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### Effective tool in polio management “Mahboob Power Evaluation and Therapeutic (MPET) chart” original research article by Mahboob ur Rahman

**Background:** Elimination of disease of Polio is the top most priority of the Govt. of Pakistan as well as all the provincial governments. Each year polio eradication efforts are made on regular basis in which various governments, non-government organizations, INGOs, International donors and civil society takes active part. But despite all these enormous efforts still a considerable number of polio affected children emerge throughout the country. The province of Khyber Pakhtunkhawa is especially very vulnerable in this regard due various reasons; the migrants and refusals are the two most common causes. Thus, the people especially the children when get affected by the polio and become paralyzed then they need special and long treatment at home and the at the health facilities. There are various treatment and rehabilitation measures for treatment of polio and use of MPET chart is one of them.

**Objectives:** The aim of our study was to use and see the utility of the redesigned Mahboob Power Evaluation and Therapeutic chart in the treatment of polio affected children.

**Methods:** The study was under taken in a controlled environment in Habib Physiotherapy Complex, Peshawar. Physical Observation method was used for treatment and assessment of results of the Physiotherapy tool. In the treatment muscle assessment was done, reviewed after 4 months. The improvement in Muscle power is noted and new plan given. Data was collected through recording results from the Muscle chart. The participants were selected random on the basis of as and when came to HPC for treatment. The whole polio affected population of Khyber Pakhtunkhawa was the population of the Study and 30 number of polio affected people was the sample size.

**Conclusion:** The MPET Chart is an effective tool in Post Polio Paralysis Management.

**Key Words:** Key words used were:-Physiotherapy, MPET Chart, Redesigned MPET Chart, Therapeutic Regime, Oxford Muscle Testing Chart

**Results:** Improvement Status of Polio Patients after Implementation of MPET Chart (n=30). The Response percentage is 63% (19) and the Non Response percentage is 36% (11). Followed is n= 13 and the Not Followed is n= 6. The Improvement Status is 61% (08) Yes and 38% (05) No, whereas the Non Improvement Status is 0% (0) Yes and 100% (06) No. Thus the Success rate is 61% as responded by using the MPET Chart.

**Conclusions:** MPET chart is an effective tool in post polio paralysis Management.

### Biography

Mahboob ur Rahman graduated in Physiotherapy from Karachi University, Pakistan. In 1997, Habib Physiotherapy Complex was established whereas Mahboob ur Rahman the founder and Chairman for the same. It's first ever Rehabilitation Complex in the country focusing on stroke rehabilitation, polio, cerebral palsy with facilities as Physiotherapy, Speech, Audiology, Orthotics, Prosthetics, Orthopedic and Neuro Consultants. In 2007, Mahboob School of Physiotherapy, the Pioneer Institute in the province was established; where now it offers Doctor of Physiotherapy (D.P.T.), Post Graduate Courses as M. S. Physiotherapy and Post Professional Doctor of Physiotherapy. I, Mahboob ur Rahman have been awarded with recommendation by Government of Pakistan as Quid e Azam Gold Medal and King Abdullah Gold Medal. I have been member of Pakistan Bait ul Mal Khyber Pakhtunkhawa Province for 3 years. My research oriented M. P. E. T. Chart for the Rehabilitation of the Polio affected children has been very positive impact in Polio Children Rehabilitation. Recently, I have been elected Chairman, Board of Directors; Pakistan Physiotherapy Association (PPTA) for next two years. Besides the publication of research papers, my book Chest Physio for the War Wounded has been published by National Book Foundation, Islamabad.

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