

International Conference on

# OBESITY AND DIET IMBALANCE

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### Associated problem in obesity & tools to combat the related issues

Obesity is stated as excessive fat accumulation in body, and is considered as one of the major epidemic in today's world. It is a multi-factorial disorder imposing various negative effects on physiological system of the body. In an obese or an over-weight individual, generally various systemic diseases as hypertension, cardiovascular diseases are focused, but many associated issues get ignored. The main focus in this study is to address over the various associated issue an overweight person goes through such as postural deformities, imbalance in musculoskeletal system, breathing difficulties and behavioral problems. To date, there are many researches which focused on how obesity gives an impact on bone and joint disorders, respiratory pattern and behavioral issues. In recent past, evidence indicates that obesity may also have profound effect on soft tissue structures such as tendon, fascia and cartilages. Reports even shows that due to excessive weight, there are alterations in normal bio-mechanics of many joints and risk of overload injuries. As it is very clear that, an obese not only struggle on weighing machine but also has many associated problems to combat with. Hence, while dealing with an overweight or an obese person the aim should be total wellbeing not just the weight. In the workshop we will practice how a healthcare practitioner can incorporate the various tools such as postural assessment and corrective techniques, soft tissue release techniques targeting fascia and muscles and relaxation techniques to bright out over all wellbeing in overweight or obese individual.

### Biography

Shubhangi Gaikwad has completed Master of Physical Therapy from Ayushmann College, Barkatullah University, India. She is currently working as a Senior Physiotherapist in Saudi German Hospital, Dubai. She is having vast experience of more than 8 years dealing with musculoskeletal, neurological and lifestyle disorders. She has an expertise in ergonomics, manual therapy, fascial and functional training and is a certified Dry Needling Practitioner.

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