

3<sup>rd</sup> International Conference and Expo on

# Physiotherapy

October 13-15, 2016 Kuala Lumpur, Malaysia

Scientific Tracks & Abstracts

Day 1



*Physiotherapy 2016*

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## Comparing the effect of Botulinum toxin and stretching in treating spasticity on children with cerebral palsy

**Fuad Al-Dabbak**

Loma Linda University, USA

Cerebral palsy (CP) is a non-progressive clinical disease that happens due to damage in the motor cortex of the brain in fetal or infant stage of life that damage may lead to a variety of physical impairments including motor deficits. Motor deficits include the presence of spasticity due to uncontrolled firing of Alpha- motor neuron. Spasticity has been rated as the main contributor to reduce in longitudinal muscle growth and functional ability in children with spastic CP. Spasticity can be managed using certain oral medication, intrathecal baclofen, selective dorsal rhizotomy, and phenol drugs. During the last few years, Botulinum toxin serotype A (BTX-A) has been presented as another option to normalize muscle tone in children with CP. However, the side effects of Botulinum toxin may include muscle weakness, pain, oropharyngeal, bowel/bladder, blood circulation, and respiratory problems. Therefore, the purpose of this study is to examine the effect of botulinum toxin compared to stretching exercises on spasticity in children with cerebral palsy. Forty subjects, 20 male and 20 female, will be recruited for this study from Loma Linda Medical Center, Claifornia, USA. Subjects will be included if they are between 3-12 years old and were diagnosed with moderate to severe spastic cerebral palsy. Level of spasticity will be measured using Modified Ashworth Scale. Also, Functional motor outcome will be measured using the Functional Independence Measure (FIM). We expect the effect of stretching on reducing Spasticity will be significantly more than the effect of botulinum toxin.

### Biography

Fuad M. Al-Dabbak, PT, MPT, earned my Bachelor's degree in Physical Therapy from Hashemite University in 2008. I obtained my master's degree from Loma Linda University in 2013. After graduation from physical therapy school, I practiced as physical therapist in a variety of settings including hospitals, outpatient clinics, and skilled nursing facilities. In addition, I have continued to enrich my clinical skills and knowledge by attending courses with specific focus on neuro rehab. I have two published articles, and one got an acceptance to be published. Outside of work, I spend much of my time with my wife Eman, and my daughters Reem and Aseel. I have a great love for biking. I also like to travel.

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## Designing and constructing multi-types of physiotherapy specializations center through applying a novel approach of Quality Function Deployment (QFD), Kano Model and Quality Control (QC) tools

Mohammed Rawashdeh<sup>1</sup>, Zain Alshami<sup>2</sup>, Atheer Alnawayseh<sup>2</sup> and Eman Frehat<sup>2</sup><sup>1</sup>System Development Project Management International, Kuwait<sup>2</sup>King Hussein Medical City, Jordan

It is a splendid conducted research involving a smashing combination between 7 specialties in 2 countries: Kuwait and Amman. The specialties are: Rehabilitation doctors, physiotherapists, biomedical engineers, staff nurses, chemical engineers, architectural engineering and industrial engineers. This research represents a case study of designing and building a new specialized rehabilitation and physiotherapy hospital. In the concept design stage, we utilized the industrial engineering principles represented by QFD, Kano model to collect information about the required departments and medical equipment to be installed. We applied QC tools represented by control chart, histogram and Pareto chart to verify the accuracy of the provided information before presenting it to the architect to prepare the concept design drawings. By applying QFD and Kano model, we built a so called house of quality (HOQ). This HOQ represents the perspectives of rehabilitation doctors, physiotherapists, biomedical engineers, staff nurses, and chemical engineers regarding the departments and medical pieces of equipment quantities in the hospital. This novel approach deeply illustrated the end users' necessities and reflected an efficient design and project time saving.

### Biography

Mohammed Rawashdeh has completed his MSc within just 3 semesters instead of 5. His Master's thesis was awarded the Scientific Research Support Fund for the Best Master Thesis in the field of Management in 2012. He is now working as Senior Biomedical Equipment Specialist in one of most reputable hospital designing and construction companies in Kuwait. He has published more than 10 papers in reputed journals.

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## Effects of scapular stabilization exercises on scapular dyskinesis, shoulder range of motion, pain and functional status in subjects with adhesive capsulitis: A randomized clinical trial

**Charu Eapen**

Manipal University, India

Adhesive capsulitis is a condition which is characterized by pain and gradual loss of both active and passive range of motion in all planes of glenohumeral joint. The scapula plays an important role in shoulder function. During elevation of the arm, abnormal scapular motion such as excess elevation and increased upward rotation of the scapula is generally thought to be the compensation strategy for a limited glenohumeral motion in patients with adhesive capsulitis. This study was directed to see the effect of adding scapular stabilization exercises not only on pain, ROM and functional status but also on scapular dyskinesis using objective methods like LSST in 3 different positions. The study was a randomized clinical trial done on 30 in-patients and out-patients diagnosed to have adhesive capsulitis with scapular dyskinesia referred by a physician to the physiotherapy department. Pain, disability and range of motion were evaluated. The treatment was given for 6 sessions over a period of 2 weeks. Both the groups received interferential electrotherapy for 20 minutes, glenohumeral and scapulothoracic joint mobilization, anterior and posterior capsular stretching, isometric and dynamic rotator cuff strengthening exercises and home exercise program. The experimental group received scapular stabilization exercise in addition to the above exercises. Significant improvement was seen within the groups on pain, ROM and functional status. There was no significant effect of added scapular stabilization exercises on pain, ROM and functional status in patients with adhesive capsulitis but significant difference was noted in position 2 of LSST to measure scapular dyskinesis between the two groups.

### Biography

Charu Eapen has completed her PhD from Manipal University. She has 17 years of experience in teaching and clinical work in Musculoskeletal Physiotherapy and Hand Rehabilitation. She is actively involved in research and has guided more than 20 students in Master's program and has published 17 papers in national and international journals. She is also the recipient of DBK Scholarship (2015) presented by the Philadelphia Hand Center, USA. She has also been the Faculty and Panelist for "Trauma Management in Underserved Areas" and presented a talk on "Trauma Management in India" at the 41st Philadelphia Hand Meeting at Philadelphia from 4-10 March, 2015.

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## To compare the efficacy of Polarized light versus Shock wave in the treatment of pressure ulcer

**Ehab Abdelhafeez Abdelmaged**  
Cairo University, Egypt

**Background:** In clinical practice many wounds are slow to heal and difficult to manage and so, this study was performed to compare the efficacy of Polarized light versus shock wave in the treatment of pressure ulcer.

**Methodology:** 30 patients were included in this study. Their ages ranged from 40 to 60 years and were selected randomly and divided into two groups each group contains 15 patients: Group (A) received traditional medical treatment and polarized light, 3 days/week for 8 weeks. Group (B) received treatment with shock wave therapy plus traditional medical treatment, one session/week for 8 weeks. The measurements were done before the study and after 8 weeks of treatment for both groups by using wound surface area tools (Tracing method) and epithelialization rate (ER).

**Results:** It showed reduction in wound surface area after treatment for group (A) and (B), with percentage of 50%, 40.58% respectively and for epithelialization rate there was a significant increase in ER of group (A) post treatment compared to group (B) as 52.14%, 42.24% respectively.

**Conclusion:** Both polarized light and shock wave had the same significant effect on pressure ulcers healing with high significant improvement in epithelialization rate using polarized light than shock wave therapy.

### Biography

Ehab Abdelhafeez Abdelmaged has completed his Master's degree from Cairo University- Faculty of Physical Therapy, Egypt.

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## ACL injury rehabilitation program

**Arinta Dewi Murharyo**

Jakarta Knee and Shoulder Orthopedic Sport Center, Indonesia

The numbers of people playing team sport, such as football, futsal, basketball or other sports, are incredibly increasing as people are more concerned in healthy life style. The internal and or external condition and other issues are all playing important role in how injury might happen to a person. One of the common injuries in sport activities involving the knee is tearing of anterior cruciate ligament (ACL). It can be a truly devastating condition to an athlete's career in sports or a simple disability for recreational athlete as well. The goal of managing an injury is to return to the sport. It is quite a simple goal, but takes so many things to be concerned of and managed well from the beginning of an injury, how and when the injury is treated until the whole rehabilitation process completed. This successful program will prepare the person that undergo the surgery of an ACL tear and finish the rehabilitation process, to be able to return to his or her previous sporting activities.

## Biography

Arinta Dewi Murharyo has completed her graduation as a Medical Doctor from Faculty of Medicine, University of Indonesia in 1998. She then continued her training in several courses and attachments, including Sport and Exercise Medicine Division at University College of London, London Academy of Sport and Health Sciences and international basic and advance Kinesio taping course for sport injury. Currently, she is an Associate Member of BASEM (British Association of Sport and Exercise Medicine). She continues to pursue her passion to work as a Sport Physician and most of all to be specific in orthopedic rehabilitation setting, which currently engaged her to a well-established knee and shoulder orthopedic sport center for the last few years.

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## Effects of Kinesio tape on grip strength and tennis performance among Filipino tennis players

**Angelica L Tiongco**

Our Lady of Fatima University, Philippines

Improving tennis performance is part of the primary goal of every tennis scientist, coaches and athletes. The aim of this study is to determine the effect of kinesio tape (KT) on grip strength and tennis performance. This study used a true experimental, multiple-time series research design. 7 competitive tennis players were chosen purposively and assigned randomly to therapeutic kinesio tape (KG) or neutral tape group (NG). Electronic Hand Dynamometer CAMRY® EH101 was used to measure the grip strength; sport radar multi-speed sport detection to determine the ball speed; and International Tennis Federation (ITF) scoring for serve accuracy. Pearson and Spearman correlation were used to identify the relationship between the grip strength with the confounding variables, ball speed and serve accuracy while t-test was used to test the hypothesis. A high to very high positive correlation between grip strength and wrist circumference ( $r=0.930$ ;  $p=0.002$ ), sex ( $r=0.866$ ;  $p=0.012$ ) and height ( $r=0.780$ ;  $p=0.039$ ) was noted. Therapeutic KT produced minimal improvement on grip strength and ball speed, but a decrease in serve accuracy. All results, however, were not statistically significant ( $p>0.05$ ).

### Biography

Angelica L Tiongco teaches in the College of Physical Therapy at Our Lady of Fatima University where she academically finished her Master's degree at the same school. She is currently the Program Coordinator of the Department of Physical Therapy at De Los Santos-STI College. She also co-authored several papers presented in different Philippine national conventions.

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## Self-perceived handicap and balance performance among elderly with disturbances in balance: A correlational study

**Sanjay Eapen Samuel**

Laxmi Memorial College of Physiotherapy, India

**Background & Purpose:** Balance disturbance due to dizziness is one of the major areas of concern of the elderly. Altered balance interferes with moving about freely and performing activities of daily living. An individual's perception of handicap due to balance disturbances and actual balance performance on balance measures may vary. The study was done to estimate the correlation between self-perceived handicap and balance performance.

**Method:** Balance was measured using Berg balance scale (BBS) and self-perceived handicap was measured using dizziness handicap inventory (DHI) in a sample of 40 elderly subjects. Data were analyzed using Pearson correlation, multiple regression analysis and t-tests to estimate correlation between BBS and DHI.

**Results:** 70% of the subjects in the study group had medium levels of fall risk as inferred from BBS scores. DHI scores indicated 60% of subjects perceiving their handicap as moderate, 32.5% as mild and 7.5% as severe. Strong negative correlation ( $r=-0.67$ ,  $p<0.001$ ) was found between the DHI and BBS scores.

**Conclusion:** In individuals with disturbed balance, self-perceived handicap evaluated with DHI correlates with actual balance dysfunction as estimated by BBS scores.

### Biography

Sanjay Eapen Samuel has completed his Master's degree in Physiotherapy with specialization in Neurosciences from Manipal University and PhD in Geriatric Neurorehabilitation. He is Professor and Principal of Laxmi Memorial College of Physiotherapy, Mangalore. He is Member of Board of Studies and Member of Academic Council at the university. He has academic teaching experience of over 18 years and has guided 39 Post-graduate students of Physiotherapy. He has served as Invited Speaker at conferences, workshops and symposiums in educational institutions in several universities and organizations, and has presented more than 30 papers in reputed conferences in India and abroad. His research interests include adult neuro-rehabilitation, geriatrics and ergonomics.

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## Effects of workout combination of the upper body parts with breathing exercise and chest physiotherapy towards quality of life and functional capacity in stable COPD patient

Amira Permatasari Tarigan<sup>1</sup>, P Pandia<sup>1</sup>, Sahdra<sup>1</sup>, Hapsah<sup>1</sup>, Andrian<sup>1</sup>, Dewi Agustina<sup>2</sup>, Maryaningsih<sup>2</sup>, Miarrel<sup>2</sup> and Ika Rahman<sup>3</sup><sup>1</sup>University of Sumatera Utara, Indonesia<sup>2</sup>STIKes Siti Hajar Medan, Indonesia<sup>3</sup>Siti Hajar Hospital, Indonesia

COPD results in inability to perform daily activities, loss of productivity and decreased quality of life of the patient, all of which deteriorate along with the increased severity of the disease. The aim of this study is to look at the effects of upper body part training method on a combination of breathing exercises and chest physiotherapy towards functional capacity and quality of life of COPD patients by assessing the 6 minute walk test and CAT questionnaire (COPD Assessment Test). Chest physiotherapy and upper body workout with the combination of breathing exercises were done to patients with COPD GOLD III-IV with or without comorbid for 8 times with the frequency 2 times a week for a month. Spirometry test, CAT interview questionnaires and 6 minute walk test were performed before and after the research. The subjects were given 4 puffs of salbutamol inhaler by using MDI with spacer each time before performing any test. Of all 27 patients, 22 patients completed the program and 5 patients dropped out. A significant increase was found ( $p < 0.001$ ) in the quality of life of patients where the mean of CAT score pre-intervention was  $23.91 \pm 5.50$  and post-intervention was  $18.32 \pm 5.21$ . A significant increase was also found in functional capacity ( $p < 0.001$ ) with the average mileage pre-intervention was  $277.30 \pm 80.78$  m rising to  $319.11 \pm 78.30$  m. There was an increase in the quality of life and functional capacity in patients with COPD who underwent chest physiotherapy and upper body part workout with the combination of breathing exercises.

### Biography

Amira Permatasari Tarigan has completed her Doctor Program from University of North Sumatera. She is a Lecturer of Asthma and COPD at Department of Pulmonology and Respiratory Medicine in Medical Faculty, University of North Sumatera. She works at University of North Sumatera Hospital as a Pulmonologist.

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## Implications of manufacturing a cost-effective domestic aquatic physiotherapy device in under developed countries

**Ibrahim Ragab**

Beni Suef University, Egypt

Many practitioners of hydrotherapy feel that water has significant curative properties and that, unlike other medicinal agents, is not harmful or potentially toxic. Aquatic physiotherapy promotes both physical and psychological functions using effects of buoyancy, dragging forces and partial immersion. Increasing demands on public and private expenditure, competitive tendering of public services and greater awareness of water and energy conservation issues augment the importance of aquatic physiotherapy. Maintenance and service providing greatly affects cost of sessions. Design of aquatic therapy devices necessitates knowledge which is critical to producing a satisfactory design. I designed a rectangular fiberglass pool of a reasonable thickness with round corners and broad edges. Inside measurements of the device are 3.5 m long x 2 m wide x 1.7 m depth. There are 3 water inlets, 1 skimmer and 1 for drain fitting. Proper housing of the device, plumbing fixation accessories and sanitation permit an effective structure hence, ambulation, exercises and hydro-massage are easily executed. A 2 hour circulation plan in this aquatic therapy device with operating temperatures of over 32 Celsius degrees was chosen as indicated by Australian Standards (AS3979). The hydro-massaging of water jets when controlled, is gentle and is capable of being applied to patients who are under great pain. The massaging effect of water currents serves to stimulate skin, nerves and muscular tissues. There is a safety belt anchored to a pulley in the ceiling helps upright position ambulation. However, the pressure to find more cost-effective ways to operate aquatic physiotherapy pools is the prime motivator as it is an expensive item.

### Biography

Ibrahim Ragab has completed his PhD from Cairo University. He is a Lecturer in the Department of Physical Therapy for Orthopedics & Orthopedic Surgery at Beni Suef University. He has published a paper on "Safe Cosmetic Leg Lengthening for Short Stature: Long-Term Outcomes" *Healio Orthopedics*, July 2015-Vol 38. Issue 7: e552-e 560.

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## Safety and feasibility of transcutaneous electrical nerve stimulation in hemiplegic cerebral palsy

Sathees Kumar Durairaj<sup>1</sup>, Dhanesh Kumar K U<sup>2</sup> and Rajasenthil K<sup>1</sup><sup>1</sup>PPG College of Physiotherapy, India<sup>2</sup>Nitte Institute of Physiotherapy, India

**Objective:** The primary objective of this study was to identify the safety and feasibility of TENS combined with task oriented training (TOT) to improve upper limb function in children with HCP.

**Design, Setting, Participants:** A single-blind, multicenter, randomized placebo-controlled study included 45 HCP children, aged 6.2±1.9 years from PPG College of Physiotherapy, Coimbatore and K S Hegde Charitable Hospital, Mangalore during February 2014 to January 2015.

**Interventions:** Participants were randomly assigned to receive TENS, placebo-TENS and conventional physiotherapy (CPT). All Participants followed same task oriented training along with main intervention for 90 minutes per session for 3 days in a week for 8 weeks.

**Outcome Measures:** modified Tardieu scale (mTS), quality of upper extremity skill test (QUEST) and ABILHAND-Kids (ABK) questionnaire were measured before and after the treatment at end of first day, 4<sup>th</sup> and 8<sup>th</sup> week. Adverse reaction mentioned in activity log and parent rated feedback questionnaire also measured at end of 8<sup>th</sup> week.

**Results:** No adverse events were found and all participants were adhered treatment protocol very well. All the parents agreed (median score-4.6 in 5 point Likert's scale) to safety of the treatment protocols. The HCP children showed statistically significant difference ( $p < 0.05$ ) in elbow spasticity (Y) level in mTS and upper limb function in QUEST.

**Conclusions:** TENS appears to be safe, feasible and well tolerated in most children with hemiparesis. But need more detailed clinical research to explore the efficacy of TENS in upper limb rehabilitation in HCP subjects

### Biography

Sathees Kumar Durairaj has completed his MPT from The Tamil Nadu Dr. MGR Medical University and is pursuing Doctoral Studies from Nitte University, Mangalore, India. He is the Associate Professor of PPG College of Physiotherapy, Coimbatore, India. He has published 2 papers in reputed journals.

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## Effects of a comprehensive physical therapy program on functional performance profile in young men with a history of Osgood-Schlatter disease

**Ibrahim Ragab**

Beni Suef University, Egypt

There is little prospective studies assessing the treatment of Osgood-Schlatter disease (OSD) hence, this study was conducted to investigate the functional performance profile of young men. 50 young men having a history of OSD were randomly assigned into 2 groups-their ages ranged between 17-21years old. Group A had a conventional physical therapy program in addition to extracorporeal shock wave therapy sessions while group B had the same conventional treatment program. Sessions were executed 3 times a week for 2 months. Assessment was done using a modified 100 points rating scale. This scale is based upon 5 variables (symptoms, functional tests, clinical examination, performance tests and manual muscle testing). The basic grading scale breaks down into 4 categories: Excellent=90-100; Good=80-89; Fair=70-79 and Poor=69 or below. Measurements were taken before as well as after the end of treatment program. Before treatment (group A); excellent 2 patients, good 13 patients, fair 8 patients, poor 2 patients, for (group B); excellent 1 patient, good 17 patients and fair 7 patients. While after treatment; (group A); excellent 17 patients, good 8 patients; for (group B); excellent 11 patients, good 13 patients, revealed statistically significant improvement in the measuring variables of both groups when comparing their pre and post treatment mean values. Significant differences in the measured variables were also obtained in favor of the group (A) when compared with that of group (B). The obtained results strongly supported the application of shock wave therapy to improve functional performance profile in young men having a history of Osgood-Schlatter disease.

### Biography

Ibrahim Ragab has completed his PhD from Cairo University. He is a Lecturer in the Department of Physical Therapy for Orthopedics & Orthopedic Surgery at Beni Suef University. He has published a paper on "Safe Cosmetic Leg Lengthening for Short Stature: Long-Term Outcomes" *Healio Orthopedics*, July 2015-Vol 38. Issue 7: e552-e 560.

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## Efficacy of virtual reality in upper limb rehabilitation in persons with spinal cord injury: A pilot randomized controlled trial

**Somya Prasad and Ruby Aikat**  
Indian Spinal Injuries Centre, India

**Background:** The use of virtual reality has gained importance in the rehabilitation sector over the last few years. The Nintendo Wii Fit has the potential to encourage upper limb function while participating in an interesting and engaging activity, which is important in long-term interventions, such as spinal cord injury. Wii is very flexible with regard to the movements that are needed to play the game, offering the opportunity for a patient to work on the affected upper limb with reasonable success, benefiting from the visual feedback that the console offers. Hence, the present study is designed to find out the effectiveness of Wii Fit rehabilitation in upper limb functioning in SCI.

**Objective:** To determine the effectiveness of virtual reality (using Wii Fit) and to compare the efficacy of virtual reality intervention (using Wii Fit) along with conventional occupational therapy with conventional occupational therapy alone in improving upper limb function in spinal cord injury.

**Method:** 24 patients with spinal cord injury (quadriplegia), were treated over a period of 1 month in weekly 30-minute sessions.

**Result:** Motor-skill improvements were observed.

**Conclusion:** Virtual reality Wii gaming system is feasible, promotes motor recovery after spinal cord injury, increases patient motivation and enriches the treatment.

### Biography

Somya Prasad is a Post-graduate student pursuing Master's in Occupational Therapy with Specialization in Neurology from Indian Spinal Injuries Centre, New Delhi, India.

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## VRT (Vestibular Rehabilitation Therapy) -- Role of physical therapy in management of Vertigo

**Sandeep Sharma**

Rehabilitation Society of Physical Therapists, India

Role of physiotherapy in various medical fields like orthopaedics and neuromuscular conditions is well established but in many parts of world patients are ignorant of their role in rehabilitation of patients with vestibular problems. Such patients of vertigo and balance related issues generally shuttle from one speciality to other are mismanaged by majority as cervical etc. A patient can play a big role in management by various maneuvers and by customized Vestibular Rehabilitation Therapy. Before plunging into management of such patients one must understand basics of balance, role of inner ear in maintenance of balance and equilibrium, vertigo, dizziness and common conditions causing these symptoms, examination of such patients etc. Then only one can understand vestibular Rehabilitation Therapy-What it is? Whom to give? When to give? Why to give? How to give? How the uncompensated patients of unilateral or bilateral vestibular lesions Present? How we ignore their complaints! – How to manage them effectively with VRT based on habituation, substitution and adaptation Exercises.

### Biography

Sandeep Sharma has completed his MS (ENT) at the age of 28 years from Punjabi University, Patiala. He has special interest in vertigo and has taken more than 50 workshops on vestibular rehabilitation along with Physiotherapist Ms. Preeti Madaan (Only team in India) at various places like IInd INCPT AIIMS Delhi, IIIrd INCPT AIIMS Delhi, IVth INCPT AIIMS Delhi, AIIMS Bhopal, International Hospital Guwahati, HPE Mumbai etc. for Physiotherapists, ENTs and General Practitioners. He has his unique method of teaching which includes Power Point Presentation with 3-D manual made models by himself and videos of own patients.

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## Efficacy Of Cranial Osteopathy On Headache

**Himanshu Gupta**<sup>1,2</sup><sup>1</sup>Netaji Subhash Chandra Bose Medical College, India<sup>2</sup>MM School Of Nursing, India

**C**ranial Osteopathy – Total of 39 patients were taken in this study they all had localise pain in their neck and headache. Their chief complain was localise Neck pain and Headache. Inclusion criteria Neck pain and Headache. Chief complain less than 1 month. Exclusion criteria Radiculopathy pain Numbness tingling paraesthesia. Complain more than 1 month. By the time of their first visit they were having mild constant Neck pain and Headache which were made worse ie aggravating factor by reading or computer work and relieving factor ie eased by warmth. After full examination including blood pressure pulse sensation reflex and muscle test all were normal other than pain on their neck and Headache Vas pain scale reveals 6 or 7 on scale. Informed consent to Manual Osteopathic care: this form was filled and signed by all 39 patients. Due to patients acute presentation the first treatment was Osteopathic Mobilization and stretching for their neck pain. It takes only 9 to 10 minutes for the session. At the second visit the patient reported that neck pain had decreased in intensity from 6 to 1 on pain scale and the muscles seemed to be somewhat looser in feel. On second day treatment consisting of frontal release suboccipital release temporal release ear pull And cv 4 techniques of cranial osteopathy. During the 24 hours following all patient had no headache for the first time. Their symptoms then returned but less severely and a treatment plan was agreed. As treatment continued they experienced increasing improvement. They all had a total of 6 to 9 visits after which their symptoms were 95 % better. Conclusion result showed that a significant improvement from cranial osteopathy suggesting that cranial osteopathy techniques can be considered a valid procedure for the management of patients with headache.

### Biography

Himanshu Gupta qualified from the university of Uttarakhand with B.P.T in 2004 and Master of Physiotherapy in 2006 on Musculoskeletal Disorders. He then joined Netaji Subhash Chandra Bose Medical college Jabalpur in 2007 as an Assistant Professor in Physiotherapy Department. He is working as a senior Physiotherapist in Dr. Himanshu Gupta Physiotherapy Centre in Jabalpur his home town. He completed his D.P.T i.e Doctor in Physical Therapy in 2015 at the age of 33 years from NUMMS Spain. He is the President of Jabalpur Association Of Physiotherapy. His professional skills include Musculoskeletal and Orthopaedics disorders evaluation and management, Injury prevention and Pain management, Wellness and Stress management. He has trained over 900 Physiotherapist in the Last 9 Years.

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## Efficacy of transcutaneous electric nerve stimulation (TENS) therapy in overactive non- neurogenic neurogenic bladder (Hinman's Syndrome)

**Sajid Rashid**

Multan College of Physiotherapy, Pakistan

**Objective:** To compare the outcome of the patients of overactive non-neurogenic neurogenic bladder syndrome with traditional treatment alone and traditional treatment plus transcutaneous electrical nerve stimulation (TENS) therapy.

**Methodology:** 28 patients of Hinman's syndrome (all below 12 years) were recruited for the study at The Children's Hospital and The Institute of Child Health Multan, from August 2008 to November 2010. It was a randomized controlled trial and individual patients were categorized as having mild moderate or severe disease, on the basis of overactive non-neurogenic neurogenic bladder symptom score (OABSS) scoring system. The patients with equal grades of severity were placed in control and study groups each comprising 14 patients. Group A was given traditional treatment while group B was treated with TENS therapy in addition to traditional treatment. Improvement was observed by OABSS and voiding diaries. After 12 weeks of treatment, the patients were re-evaluated for their symptoms and grade of severity of disease. T-test was applied to compare outcome between two groups and  $p < 0.05$  was considered to be statistically significant.

**Results:** At the start of treatment, dribbling and increased frequency was observed in all 28 patients and urgency was noted in 22 patients (11 patients in each group). At the completion of treatment after 12 weeks, dribbling was observed in 11 (78.51%) vs. 3 (21.4%) children in group A and B, respectively. Frequency was reduced to 8 (57.14%) in group A and 5 (35.7%) in group B patients. Urgency was also reduced to 8 (72.7%) in group A while 3 (27.3%) in group B patients. No marked side effects were noted, except local skin irritation in some patients.

**Conclusion:** Transcutaneous electrical nerve stimulation (TENS) therapy is an effective and safe tool to improve the symptoms and quality of life of the patients with Hinman's syndrome but still large scale studies with longer follow up are required.

### Biography

Sajid Rashid, PhD-PT (HEC Scholar), PP-DPT, MISCP (Ireland), is the Principal/HOD of Multan College of Physiotherapy. His objective is to make effective use of his experience through serving in a well reputed organization in the field of physical therapy and rehabilitation. He is the Reviewer of the journals, *Pakistan Journal of Medical Science* and *Journal of Riphah College of Rehabilitation Sciences*. He has several research articles and clinical and teaching experiences. He also attended several workshop and courses.

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Workshop

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# Physiotherapy

October 13-15, 2016 Kuala Lumpur, Malaysia



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Rehabilitation Society of Physical Therapists, India

### BPPV-where we stand

Although we have made considerable progress in understanding and managing BPPV-most common cause of vertigo, Still a number of questions remain unanswered and cases unexplained. Here I will like to discuss some such issues like PC- CUPULOLITHIASIS, cases unresponsive to various Particle repositioning maneuvers, AC-BPPV, why PC is most uncommon(defying the logic), decision making in LC-BPPV and LIGHT CUPULA etc.

### Biography

Sandeep Sharma has completed his MS (ENT) at the age of 28 years from Punjabi University,Patiala. He has special interest in vertigo and has taken more than 50 workshops on vestibular rehabilitation along with Physiotherapist Ms.Preeti Madaan (Only team in India) at various places like IInd INCPT AIIMS Delhi,IIIRD INCPT AIIMS Delhi,IVth INCPT AIIMS Delhi, AIIMS Bhopal, International Hospital Guwahati,HPE Mumbai etc.for Physiotherapists,ENTs and General Practitioners .He has his unique method of teaching which includes Power Point Presentation with 3-D manual made models by himself and videos of own patients.

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