K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES

NEWSLETTER JAN TO MARCH-2025

S.No	CONTENT PAGE
1	From Editor's Desk
2	Message from the Leadership
3	From The Dean's Desk
4	About School
5	Events at SPRS
6	Collaborations
7	Research and Innovation
8	Students Achievements
9	Special Blog
10	Community Connect
11	Students Corner

FROM EDITOR'S DESK

Dr. Mansi Dewan (P.T.)

Assistant Professor, SPRS

Dr. Shikha Dutt Sharma

Assistant Professor, SOHS

IQAC Coordinator

It gives us immense pleasure to present this special edition of the newsletter, a testament to the remarkable journey of the School of Physiotherapy and Rehabilitation Sciences. As the Event Coordinator and editor of this edition, I am proud to showcase the achievements, innovations, and impactful initiatives undertaken by our faculty and students.

This publication reflects our collective commitment to advancing the field of physiotherapy and rehabilitation sciences while fostering a culture of collaboration and excellence. I extend my heartfelt gratitude to everyone who contributed to this edition, making it a true celebration of our milestones.

Let this newsletter serve as a source of inspiration and a platform to amplify our shared vision for progress in healthcare and rehabilitation.

Happy Reading!

MESSAGE FROM THE LEADERSHIP

With great pleasure, I offer the School of Physiotherapy and Rehabilitation Sciences my best wishes on the publication of this edition of the newsletter. This programme emphasizes the commitment and quality that characterize your school, in addition to your scholarly accomplishments and research efforts. These kinds of publications encourage innovation both inside and outside of our organization and cultivate a culture of knowledge exchange. As the Dean of Student Welfare, I firmly believe that student life is not just about academic excellence—it is also about discovering who you are, nurturing your talents, learning to lead, and above all, building character and I am delighted to witness such an environment at SPRS and I applaud the team's collective efforts and urge all colleagues of SPRS to keep pushing the boundaries of healthcare and rehabilitation through overall development and shaping responsible, creative, and compassionate individuals, Let us continue to work together across schools—to exchange ideas, to inspire one another, and to build a future driven by empathy, innovation, and excellence.

Prof(Dr)Anjana Singh

Dean Student Welfare

FROM THE DEAN'S DESK

Since its inception, SPRS has created a learning experience that encompasses 'inside classroom' as well as 'outside classroom' learning. With the passion of the faculty and the enthusiasm of our students, we have taken strides in establishing academic rigour, skill-based education, clinical competence and personality building for all the students.

Over the years, I have seen physiotherapy grow as a profession and gain the respect of society as more and more people understand its importance. In a parallel, I have seen the School of Physiotherapy and Rehabilitation Sciences make a mark within the university as well as in professional circles. Our students continue to make us proud with their achievements, while our faculty and staff nurture them and plan for even more accolades. We continue to integrate technology as well as social consciousness into the teaching learning process, focusing on holistic growth.

Since its inception, SPRS has created a learning experience that encompasses 'inside classroom' as well as 'outside classroom' learning. With the passion of the faculty and the enthusiasm of our students, we have taken strides in establishing academic rigour, skill-based education, clinical competence and personality building for all the students.

I look forward to continuing the efforts of bringing to the readers all our efforts and invite suggestions.

Warm Regards

Dr. Mamta Shankar (PT)

School Coordinator, SPRS.

ABOUT SCHOOL

The School of Physiotherapy & Rehabilitation Sciences (SPRS) is dedicated to establishing a standard of professional education that promotes independent thought and a strong commitment to society. The school emphasises evidence-based practice to meet the population's needs with skilled, efficient, and accessible care. SPRS offers an undergraduate program, the Bachelor of Physiotherapy (BPT), with the goal of creating a skilled workforce of rehabilitation professionals to address society's healthcare needs. The school prioritises clinical training, evidence-based practice, and ethical values. The BPT course is designed to enhance clinical and diagnostic skills, foster research-oriented practices, and promote the learning of life skills essential for developing ethical, empathetic, and skilled physiotherapy professionals.

SCHOOL VISION AND MISSION

Vision

To be a premier institution reputed nationally for excellence in physiotherapy and rehabilitation education.

Mission

The mission of the School of Physiotherapy and Rehabilitation Sciences is to:

- Impart evidence-based practical and hands-on learning.
- Focus on novel areas of research in physiotherapy, rehabilitation and interdisciplinary domains.
- Create a learning experience integrating advanced methods, techniques and technology in the field of physiotherapy and rehabilitation.
- Inculcate holistic education and entrepreneurial skills among students.

EVENTS AT SPRS

FIELD VISIT TO COGNIABLE

On 21 January 2025, a group of 17 Bachelor of Physiotherapy (BPT) students from final year undertook an educational field visit to the Cogniable Pediatric Rehabilitation Center in Gurugram. It is a therapy centre where they work with children with Autism, Down Syndrome, Cerebral Palsy and other intellectual and developmental disabilities.

The primary aim was to observe pediatric physiotherapy practices, understand multidisciplinary approaches, and appreciate the implementation of family-centered care in a real-world setting. It was organized in order to help students gain clinical exposure. The students reviewed specific case files to understand patient progress and discuss treatment protocols. This also helped them learn how physiotherapists collaborate with pediatricians, occupational therapists, speech therapists, and special educators. The event was successfully conducted by Dr. Sampada (P.T.), Associate Professor, Dr. Ankita Samuel (P.T.) and Dr. Pious Divya (P.T.), Assistant Professor, SPRS.

STUDENTS WITH FACULTY FOR THE VISIT.

STUDENTS AT THE REHAB CENTRE

FIELD VISIT TO SUNIL BOXING ACADEMY

On 31st January,2025 students from BPT third and final year visited Sunil Boxing Academy in Gurugram. It is a well-established set up with 50-60 professional and amateur boxers of different age groups. The students got an opportunity to have hands-on, on-field experience at Sunil boxing sports Academy. They assessed boxers with different injuries also suggested appropriate line rehab to them. Their interaction with the athletes helped them understand the game biomechanics better and also possible causes of injury. They suggested techniques of general conditioning to the players and also various strengthening exercises in order to help them improve their game. The event was successfully coordinated by Dr. Ankita Samuel (P.T.) and Dr. Kangana Juneja Kansal (P.T.), Assistant Professor, SPRS.

STUDENTS TREATING THE ATHLETE

STUDENTS TREATING THE ATHLETE

FIELD VISIT TO INDIAN SPINAL INJURIES CENTRE (ISIC)

On 18th Feb, 2025, the students of BPT second year visited Indian Spinal Injuries Centre, Vasant Kunj, New Delhi. ISIC is the most advanced Spine, Orthopaedic and Neuromuscular Surgical centre in India with the latest state of the art diagnostics and surgical equipment and a highly qualified team of specialists recognized internationally who have been trained in leading institutes of India and abroad. It provides state of the art facilities for the management of all types of spinal ailments. It has a team of dedicated, internationally trained & acclaimed spine surgeons providing cutting edge medical & surgical technology. The comprehensive schedule included interactive sessions, live clinical demonstrations, and hands-on experience with state-of-the-art rehabilitation equipment under the supervision of Dr. Megha Nijhawan (Associate Professor) ISIC. Students gained valuable exposure to advanced physiotherapy techniques such as hydrotherapy, virtual reality therapy, and robotic-assisted rehabilitation, enhancing their understanding of emerging modalities in the field. A key highlight of the visit was the interaction with eminent physiotherapists and rehabilitation specialists, who shared practical insights into patient care, rehabilitation planning, and recent technological advancements. The field visit was meticulously organized by Dr. Deepak Kumar (PT) and Dr. Rajeev Kumar Singh (PT), Assistant Professor, SPRS.

DR. MEGHA (P.T.) DEMONSTRATING THE EQUIPMENT TO THE STUDENTS

STUDENTS WITH THE FACULTY AT ISIC

FIELD VISIT FOR PHYSIOTHERAPY SUPPORT AT AMATEUR CONTENDER SERIES, MMA CHAMPIONSHIP

On February 22nd & 23rd, 2025A Mixed Martial Arts (MMA) Fight, Amateur Contender Series 10, managed by Kshastra Academy of Martial Arts event took place at Yamuna Sports Complex, Anand Vihar in New Delhi. Total Healthsums and the School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, Sohna Road, Haryana, collaborated to arrange Physiotherapy support for the event. The main goal was to ensure fighters well-being during the tournament and post-fight by offering them first aid and physiotherapy care. Assessment of each fighter was done post-fight to ensure the fitness of the fighter. BPT students got an opportunity to have hand on- learning experience on-field along with other medical team voluntaries from different colleges of Delhi NCR. Students learned hand-on under the expertise of Dr Sumit Saxena (PT), Total Healthsums and Dr Kangana Juneja Kansal, Assistant Professor, SPRS, K.R Mangalam University.

STUDENTS AT THE CHAMPIONSHIP

STUDENTS AT THE CHAMPIONSHIP

KRMU PHYSIOCON 2.0

KRMU PHYSIOCON 2.0, a collaborative effort between the School of Physiotherapy and Rehabilitation Sciences and the Ayush Department, Haryana, successfully explored the theme "Towards Holistic Healthcare: Integrating Indian Knowledge Systems" over three dynamic days.

Day 1 focused on practical skill development, featuring hands-on workshops. Participants engaged in a Pilates session led by Taru Chaddha, Founder and Owner, Red Mat Pilates, emphasizing core strengthening and postural alignment. Simultaneously, a Virtual Reality workshop, conducted by Dr. Harpreet Singh and Dr. Zubina Khan from AIIMS, showcased VR's innovative applications in rehabilitation, fostering interactive learning and networking.

Day 2 transitioned to academic and artistic domains. Students presented research papers and posters, demonstrating the integration of Ayush practices with modern physiotherapy. A vibrant cultural program, including dance, singing, rangoli, and reel making, highlighted the interconnectedness of physical and artistic well-being, fostering community engagement.

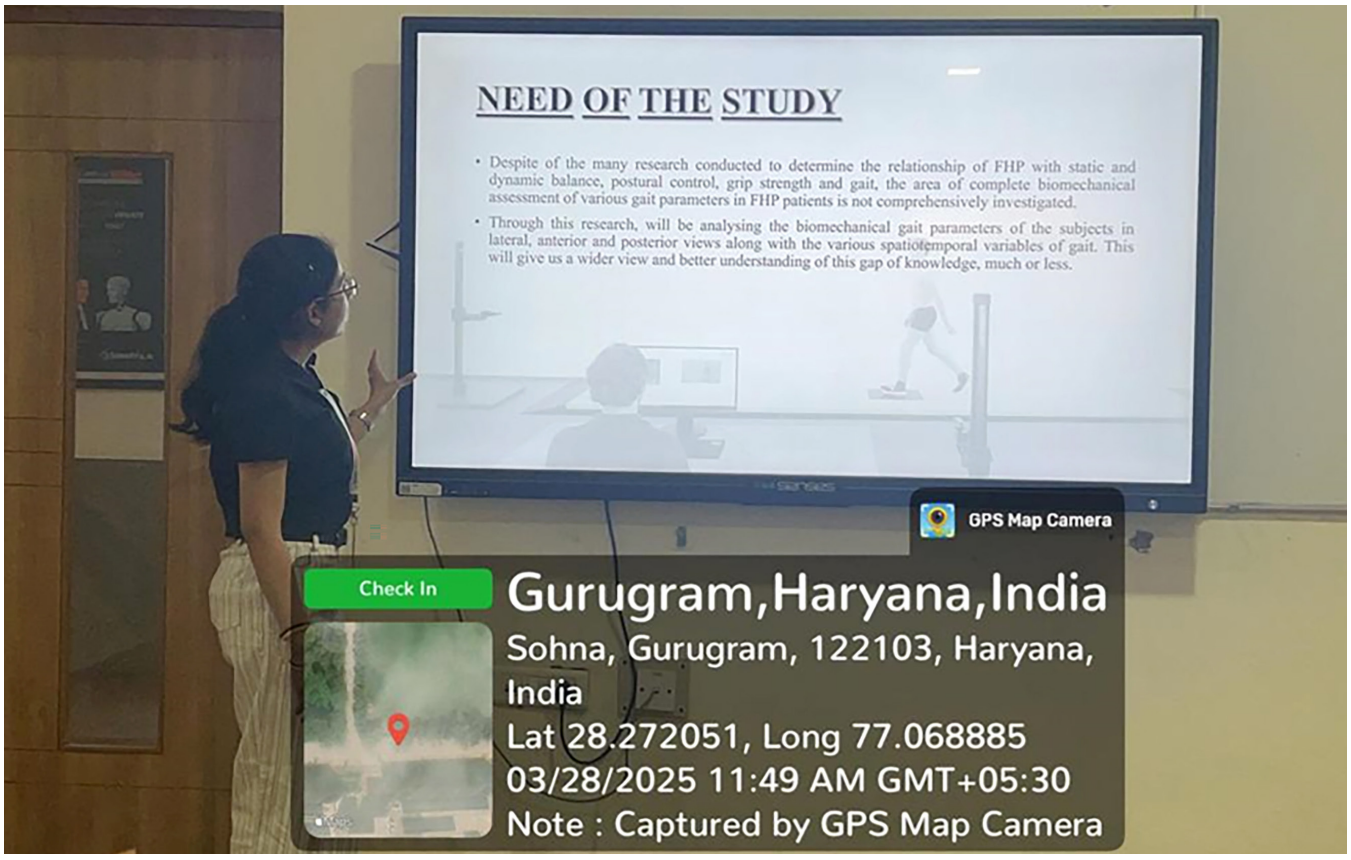
Day 3 began with a welcome address by Prof. Raghuvir Singh, Vice Chancellor, KRMU, followed by keynote addresses from Dr. Manju Bangar, DAO, Gurugram and Dr. Jasobanta Sethi, Director, Amity University, Noida and a prize distribution ceremony. The day's core was a symposium on "Integrative Approaches to Chronic Diseases," featuring expert speakers discussing diverse treatment strategies. Dr. Pooja Anand, Dean Faculty of Physiotherapy, SGT university, delivered an informative talk on the importance of nutrition in holistic health. A panel discussion on "Ethical Practices in Integrative Medicine," moderated by Dr. Gurjeet Kaur Chawla, Professor and DSW, Manav Rachna Institute, Faridabad along with four other panelists addressed ethical considerations in blending traditional and modern healing. The conference concluded with a valedictory ceremony, recognizing contributions to physiotherapy and holistic healthcare, and a vote of thanks by Dr. Mamta Shankar, marking a successful interdisciplinary exchange.

PRECONFERENCE WORKSHOP ON PILATES

PRECONFERENCE WORKSHOP ON VIRTUAL REALITY

JUDGES MODERATING THE RANGOLI PREPARED BY THE STUDENTS

STUDENTS EXPLAINING THEIR POSTER TO THE JUDGES



STUDENTS EXPLAINING THEIR POSTER TO THE JUDGES

LAMP LIGHTING BY VC SIR, Dr. MANJU BANGAR, Directorate Of Ayush, HARYANA- CHIEF GUEST AND GUEST OF HONOUR

PANEL DISCUSSION ON- "ETHICAL PRACTICES IN INTEGRATIVE MEDICINE: ETHICS IN HARMONY: NAVIGATING THE INTERSECTION OF TRADITIONAL AND MODERN HEALING PRACTICES:, IN PROGRESS

Dr. MAMTA SHANKAR (P.T.) ALONG WITH FACULTY AND STUDENT VOLUNTEERS OF SPRS

COLLABORATIONS

An MoU was signed between Ahamyo Care - Tan Man Tra and K.R. Mangalam University to foster academic and clinical collaborations in areas of mutual interest within the field of physiotherapy. This partnership aimed to provide students of the School of Physiotherapy and Rehabilitation Sciences (SPRS) with practical exposure through clinical postings, interactive workshops, and hands-on training in physiotherapy techniques.

The collaboration is expected to enhance industry-academia engagement by facilitating real-world learning experiences, knowledge-sharing sessions, and skill development initiatives. Joint seminars, training programs, and expert interactions will further strengthen the academic framework and clinical relevance of physiotherapy education.

The MoU was formally signed by Dr. Shivani Tomar, Founder & CEO of Ahamyo Care - Tan Man Tra, along with Dr. Rahul Sharma, Registrar, K.R. Mangalam University, in the presence of Prof. Raghuvir Singh, Vice Chancellor of K.R. Mangalam University and Dr. Mamta Shankar (P.T.), School Coordinator,

AHAMYO™
TAN . MAN . TRA

SPRS marking the beginning of a valuable partnership aimed at fostering professional growth and industry readiness for students pursuing physiotherapy careers.

MOU SIGNING CEREMONY

MOU SIGNING

RESEARCH AND INNOVATION

Dr. Rajeev Kumar Singh (P.T.), Assistant Professor, Dr. Shazia Mattu (P.T.), Associate Professor, Dr. Deepak Kumar (P.T.), Assistant Professor, SPRS published a case report titled- Acute Motor Axonal Neuropathy: A Challenging Rehabilitation Case of a 6-Year-Old Child with Respiratory Failure in International Journal of Physiotherapy , Web of Science Q4 indexed journal in March.

Int J Physiother. Vol 12(1), 145-151, March (2025) *ISSN (P): 2349-5987, ISSN (O): 2348-8336*

CASE REPORT

IJPHY

Acute Motor Axonal Neuropathy: A Challenging Rehabilitation Case of a 6-Year-Old Child with Respiratory Failure

[1]Rajeev Kumar Singh
[2]Prince Rohilla
[3]Shazia Mattu
[4]Harish Sharma
[5]Samarpita Senapati
[6]Deepak Kumar

ABSTRACT

Background: Acute motor axonal neuropathy (AMAN) is an autoimmune disorder that targets the axons of motor neurons without significant demyelination or sensory involvement. It primarily affects the lower motor neurons, leading to muscle weakness and diminished reflexes. It is a subtype of Guillain-Barre syndrome. Acute Motor Axonal Neuropathy (AMAN) in children shares similarities with adult presentations but also shows unique characteristics due to developmental and physiological differences. It typically appears after the third year of life.

Case Summary: A 6-year-old male child was reported to the emergency room with ascending weakness, drooling of saliva, and difficulty in breathing, along with flaccid tetraplegia and areflexia. An electrophysiological examination showed severe motor axonal neuropathy.

Interventions: A progressive program is designed using functional exercises.

These are as follows: Functional Training, Cardio-respiratory Training, Balance Training, and Coordination Training. Exercises progressed from passive ROM through gravity-eliminated AROM and antigravity-AROM to resisted functional exercises.

Outcome measures: The outcome measures are, Muscle Strength using Manual Muscle Testing (MMT); Disability and Progression of the disease using the Overall Neuropathy Limitation Scale (ONLS) and Hughes Severity Scale; Cardio-respiratory fitness using Borg Rating of Perceived Exertion (Original); (BBS); Mobility using Dynamic Gait Index (DGI).

Conclusion: Hence, structured and supervised exercises, including supervised cycling or prescribed unsupervised exercises and aerobic activities, have significantly improved strength, balance, gait, and cardiorespiratory functions.

Keywords: Guillain-Barre Syndrome; Child; AMAN; Respiratory Insufficiency, Functional Capacities, Muscle strength.

Received 11th December 2024, accepted 04th March 2025, published 09th March 2025

www.ijphy.com

10.15621/ijphy/2025/v12i1/1678

[1]Assistant Professor and Neuro-Physiotherapist, School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, Gurugram, Haryana, India.
[2]Physiotherapist, School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, Gurugram, Haryana, India.
[3]Associate Professor, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.
[4]Assistant Professor, Department of Physiotherapy, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.
[5]Assistant Professor, School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, Gurugram, Haryana, India.

CORRESPONDING AUTHOR

[2]**Prince Rohilla**

Physiotherapist, VMMC and Safdarjung Hospital, New Delhi, India.
E-mail: princephysio98@outlook.com

Dr. Rajeev Kumar Singh (P.T.), Assistant Professor, Dr. Shazia Mattu (P.T.), Associate Professor, SPRS published a case report titled- Non-Traumatic Spinal Cord Injury Following Large Cervicodorsal Syringohydromyelia in International Journal of Physiotherapy , Web of Science Q4 indexed journal in March.

Int J Physiother. Vol 12(1), 85-90, March (2025) *ISSN (P): 2349-5987, ISSN (O): 2348-8336*

CASE REPORT

IJPHY

A Case Report of Non-Traumatic Spinal Cord Injury Following Large Cervicodorsal Syringohydromyelia

[1]Rajeev Kumar Singh
[2]Prince Rohilla
[3]Zubina Khan
[4]Nitika Roy
[5]Shazia Mattu

ABSTRACT

Background: Patients having cervicodorsal syrinx are at an increased risk of sustaining a complete spinal cord injury resulting in poor prognosis. Current data on the efficacy of physical therapy for this condition is limited. In this study, rehabilitation aimed to maximize functional independence in ADLs. Subsequently, emphasis was placed on improving general fitness, coordination, and balance.

Case Summary: A female aged 38 years with a history of seizures and tubercular meningitis sustained a non-traumatic spinal cord injury as a result of large cervicodorsal syringohydromyelia. She underwent lumbo-peritoneal shunting surgery. Postoperatively, the patient experienced paralysis and loss of sensation in the lower limbs, along with urinary incontinence. The physiotherapy protocol was planned using a comprehensive neurological rehabilitation strategy so as to relieve her symptoms and improve her QoL. NMES was implemented after 4 months to enhance motor control and facilitate active assisted movement. Sessions were conducted 3-4 times per week.

Outcome measures: ASIA Scale, ASIA impairment Scale, SCIM, Borg rate of perceived exertion, QoL index SCI version-III, modified functional reach test, Spinal Cord Injury Functional Ambulation Index, and Karnofsky performance index were outcomes used to analyse the efficiency of numerous medications and to assess patient prognosis.

Conclusion: The patient's level of functional independence increased, i.e., she was able to get out of bed and move to a chair, stand and walk with a walker, and perform her personal hygiene tasks (eating, dressing, using the bathroom, bathing, etc.). Further research is needed to evaluate potential benefits and optimize treatment protocols.

Keywords: Neurological deficits, Non-traumatic Spinal cord injury, Physical Therapy, Rehabilitation, Syringohydromyelia.

Received 11th August 2024, accepted 05th January 2025, published 09th March 2025

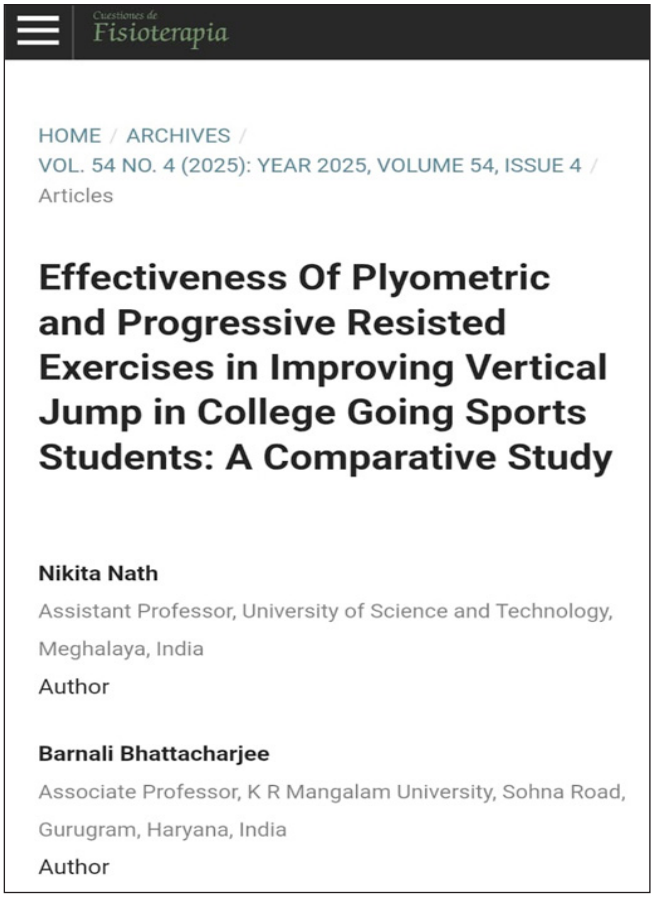
www.ijphy.com

10.15621/ijphy/2025/v12i1/1675

[1]MPT (Neurology), Assistant Professor, School of Physiotherapy and Rehabilitation Science, K R Mangalam University, Gurugram, Haryana, India. E-mail: rajeev.rajeevsingh1085@gmail.com
[2]Physiotherapist, VMMC and Safdarjung Hospital, New Delhi, India. E-mail: princephysio98@outlook.com

CORRESPONDING AUTHOR

Dr. Barnali Bhattacharjee (P.T.) published a journal article titled Effectiveness of Plyometric and PRE in improving vertical jump in college going students: A comparative study in journal titled Cuestiones de fisioterapia –in February.



Cuestiones de Fisioterapia

HOME / ARCHIVES /
VOL. 54 NO. 4 (2025): YEAR 2025, VOLUME 54, ISSUE 4 /
Articles

Effectiveness Of Plyometric and Progressive Resisted Exercises in Improving Vertical Jump in College Going Sports Students: A Comparative Study

Nikita Nath
Assistant Professor, University of Science and Technology, Meghalaya, India
Author

Barnali Bhattacharjee
Associate Professor, K R Mangalam University, Sohna Road, Gurugram, Haryana, India
Author

HOME / ARCHIVES /
VOL. 54 NO. 4 (2025): YEAR 2025, VOLUME 54, ISSUE 4 /
Articles

Effects of Blood flow restriction training on pain pressure threshold and craniovertebral angle in patients with upper cross syndrome: A case study

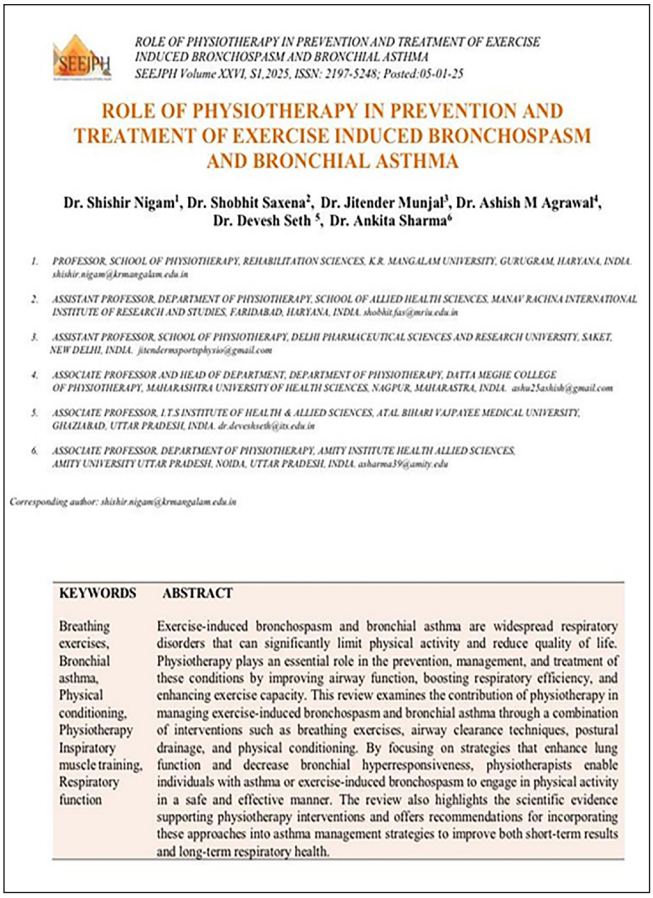
Komal Dhull, MPT, Epshita Kakati, MPT, Yukti Gogia, MPT, phd scholar, Monika Kataria, MPT
Author

DOI: https://doi.org/10.48047/CU/54/04/4880-4890

Keywords: Blood Flow Restriction Training, Upper Cross Syndrome, Pain Pressure Threshold, Craniovertebral Angle, Postural Alignment.

Dr. Yukti Gogia (P.T.), Dr. Komal Dhull (P.T.) and Dr. Epshita Kakati (P.T.) Demonstrator, SPRS, published a paper titled -Effect of Blood flow restriction training on pain pressure threshold and craniovertberal angle in patients with upper cross syndrome: A case study in journal named Cuestiones de fisioterapia in January.

Dr. Shishir Nigam (P.T.), Professor, SPRS published a paper titled Role of physiotherapy in prevention and treatment of exercise induced bronchospasm and bronchial asthma in journal titled South Eastern European Journal of Public Health, in January.



ROLE OF PHYSIOTHERAPY IN PREVENTION AND TREATMENT OF EXERCISE INDUCED BRONCHOSPASM AND BRONCHIAL ASTHMA
SEEJPH Volume XXVI, S1, 2025, ISSN: 2197-5248; Posted:05-01-25

ROLE OF PHYSIOTHERAPY IN PREVENTION AND TREATMENT OF EXERCISE INDUCED BRONCHOSPASM AND BRONCHIAL ASTHMA

Dr. Shishir Nigam[1], Dr. Shobhit Saxena[2], Dr. Jitender Munjal[3], Dr. Ashish M Agrawal[4], Dr. Devesh Seth [5], Dr. Ankita Sharma[6]

1. *PROFESSOR, SCHOOL OF PHYSIOTHERAPY, REHABILITATION SCIENCES, K.R. MANGALAM UNIVERSITY, GURUGRAM, HARYANA, INDIA. shishir.nigam@krmangalam.edu.in*
2. *ASSISTANT PROFESSOR, DEPARTMENT OF PHYSIOTHERAPY, SCHOOL OF ALLIED HEALTH SCIENCES, MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES, FARIDABAD, HARYANA, INDIA. shobhit.fas@mriu.edu.in*
3. *ASSISTANT PROFESSOR, SCHOOL OF PHYSIOTHERAPY, DELHI PHARMACEUTICAL SCIENCES AND RESEARCH UNIVERSITY, SAKET, NEW DELHI, INDIA. jitendermsportsphysio@gmail.com*
4. *ASSOCIATE PROFESSOR AND HEAD OF DEPARTMENT, DEPARTMENT OF PHYSIOTHERAPY, DATTA MEGHE COLLEGE OF PHYSIOTHERAPY, MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NAGPUR, MAHARASTRA, INDIA. asha25ashish@gmail.com*
5. *ASSOCIATE PROFESSOR, I.T.S INSTITUTE OF HEALTH & ALLIED SCIENCES, ATAL BIHARI VAJPAYEE MEDICAL UNIVERSITY, GHAZIABAD, UTTAR PRADESH, INDIA. dr.deveshseth@its.edu.in*
6. *ASSOCIATE PROFESSOR, DEPARTMENT OF PHYSIOTHERAPY, AMITY INSTITUTE HEALTH ALLIED SCIENCES, AMITY UNIVERSITY UTTAR PRADESH, NOIDA, UTTAR PRADESH, INDIA. asharma39@amity.edu*

Corresponding author: shishir.nigam@krmangalam.edu.in

KEYWORDS

Breathing exercises, Bronchial asthma, Physical conditioning, Physiotherapy Inspiratory muscle training, Respiratory function

ABSTRACT

Exercise-induced bronchospasm and bronchial asthma are widespread respiratory disorders that can significantly limit physical activity and reduce quality of life. Physiotherapy plays an essential role in the prevention, management, and treatment of these conditions by improving airway function, boosting respiratory efficiency, and enhancing exercise capacity. This review examines the contribution of physiotherapy in managing exercise-induced bronchospasm and bronchial asthma through a combination of interventions such as breathing exercises, airway clearance techniques, postural drainage, and physical conditioning. By focusing on strategies that enhance lung function and decrease bronchial hyperresponsiveness, physiotherapists enable individuals with asthma or exercise-induced bronchospasm to engage in physical activity in a safe and effective manner. The review also highlights the scientific evidence supporting physiotherapy interventions and offers recommendations for incorporating these approaches into asthma management strategies to improve both short-term results and long-term respiratory health.

STUDENT ACHIEVEMENTS

We are pleased to share that Piyush Singh and Mehwish Anwar from BPT third Year won first prize in scientific poster presentation at conference REACH- held in G.D. Goenka on 31st January and 01st February, 2025.

STUDENTS PRESENTING THEIR POSTER

STUDENTS RECEIVING FIRST PRIZE

STUDENTS WITH THE PRIZE

SPECIAL BLOG

World Cancer Day Spotlight: Restoring Strength & Dignity—The Role of Physiotherapy in Cancer Care

Cancer Treatment: Saving Lives, but at a Cost

As highlighted by Angelo Rizzo, MS, PT, and CLT, in his presentation at JADPRO Live (2015), improvements in cancer survival have led to a growing population of survivors—over 14.5 million in the U.S. alone. However, many of these survivors live with persistent physical impairments, fatigue, pain, and reduced functional capacity as a result of the treatments that saved their lives.

From Passive to Proactive: Rehabilitation Empowers Survivors

Cancer survivors are three times more likely to report poor health and less likely to return to work, impacting financial stability and self-esteem.

Here, physiotherapy becomes more than physical and empowered. As Rizzo explained, physiotherapy helps survivors transition from passive to active participants in their recovery by promoting movement, strength, and autonomy.

The Science Behind the Movement:

Exercise is not just supportive; it is also therapeutic. Physical activity mitigates cancer-related fatigue (affecting up to 90% of patients), improves immune and cardiovascular health, modulates inflammation through myokines, enhances muscle function, counters cachexia, and may improve survival rates in breast and colorectal cancers. The National Comprehensive Cancer Network (NCCN) now recognizes exercise as the most effective non-drug intervention for cancer-related fatigue.

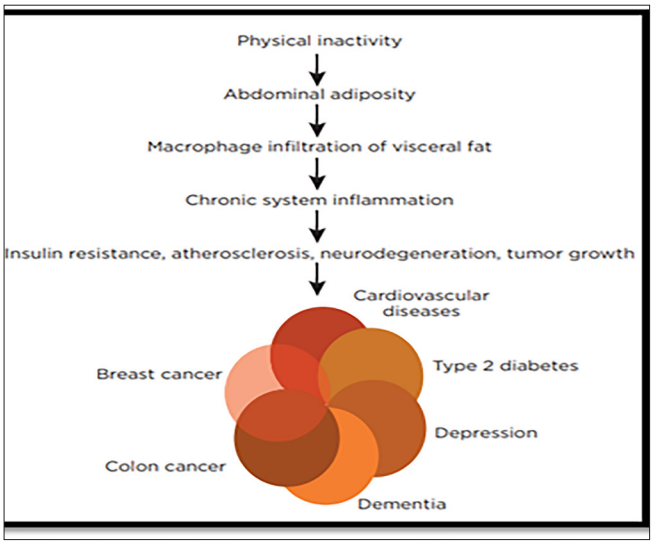


Figure 1. Inactivity leads to chronic inflammatory diseases. Adapted from Pedersen (2011)

Tailored Interventions: From Fragile to Functional

Contrary to outdated beliefs, even frailest patients—those with osteoporosis, neuropathy, or post-surgical fatigue—can benefit immensely from structured physiotherapy. Rizzo emphasized that most deconditioned patients often show the greatest gains in strength and function. Interventions included balance and gait training to reduce fall risk, postural corrections to ease strain and pain, pulmonary rehabilitation for respiratory compromise, and assistive device education to promote safe mobility.

A Multidisciplinary Role: Physiotherapists on the Cancer Care Team

With oncology teams stretched thin, physiotherapists can help bridge care gaps, define rehabilitation goals, and improve the continuity of care. The inclusion of physiotherapists in decision making ensures holistic and patient-centered recovery pathways.

Moving Forward on World Cancer Day

On this day of reflection and resolution, let us champion physiotherapy not as an optional afterthought but as a

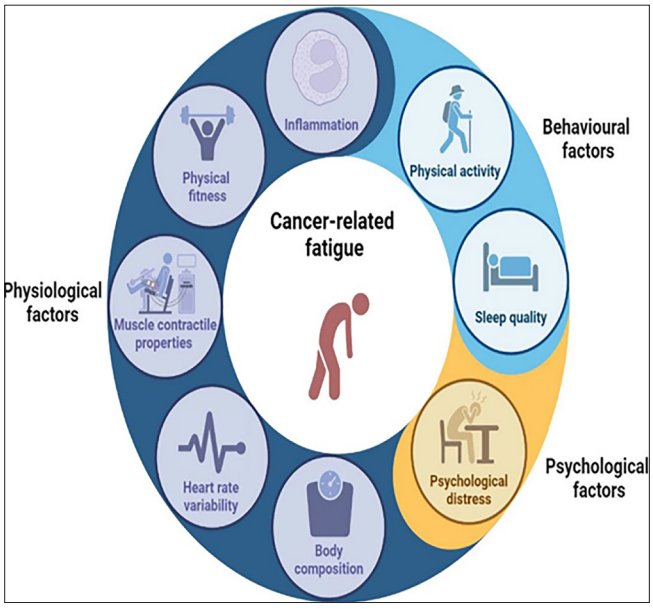


Figure 2: Potential mechanisms underlying the effect of physiotherapy on cancer-related fatigue in cancer survivors (Mast et al., 2024)

foundational element in cancer care. Every cancer journey deserves not only survival but also strength, dignity, and movement.

Final Takeaway

"To advance the patient's quality of life and physical function, we must ask how to use the power of the muscular system for healing against cancer's side effects."

Let us stand united on World Cancer Day—not only in curing cancer but also in caring for the lives that continue after it.

By: Rajeev Kumar Singh,

Assistant Professor,

School of Physiotherapy and Rehabilitation Science,

K R Mangalam University

COMMUNITY CONNECT

The School of Physiotherapy and Rehabilitation Sciences organized an outreach activity, "Health Camp," on 12th March 2025, which was in continuation with a long-term extension activity for case study titled- Prevalence of Breast Cancer in Rural Women of Haryana aimed at raising health awareness among the rural population of Sohna Rural.

A total of 14 BPT 3rd-year students participated in this initiative. The camp saw the attendance of 31 patients with various health concerns. The most common issues reported by women included joint pain, menstrual irregularities, and general fatigue, while men mostly complained of muscular pain and lower back issues. This health camp allowed the students to observe and assess the health conditions faced by rural communities in India. The patients received basic physiotherapy treatment through targeted exercises, and a home exercise program was provided to help maintain their conditions. The event was coordinated and led by Dr. Shazia Mattu (PT), Dr. Hemant Kumar (PT) and Dr. Aatika Waheed (PT) from the School of Physiotherapy and Rehabilitation Sciences.

STUDENTS WITH THE FACULTY AT GURUDWARA

STUDENTS ASSESSING THE PATIENTS

STUDENT CORNER

MODERN PHYSIOTHERAPY vs CONVENTIONAL PHYSIOTHERAPY

Over the years, physiotherapy—the science of preserving and regaining physical function and mobility—has experienced a substantial change. Physiotherapy has developed in response to research, innovation, and the needs of contemporary healthcare, moving from its early beginnings in manual therapy and simple exercises to its sophisticated, technology-driven methods today. Modern physiotherapy has a number of benefits that make it more efficient, individualised, and comprehensive, even if conventional physiotherapy established the field's foundation.

Basic exercises, manual therapy, and massage techniques were the mainstays of traditional physiotherapy. Through repetitive and frequently generalised techniques, these procedures were primarily intended to reduce discomfort, increase range of motion, and restore function. While somewhat successful, traditional methods frequently lacked the accuracy and personalisation needed to meet each patient's unique demands. Furthermore, treatment was centred less on underlying causes and more on apparent symptoms due to a lack of adequate diagnostic tools.

Modern physiotherapy, on the other hand, combines interdisciplinary techniques, state-of-the-art technology, and evidence-based practices. The use of motion analysis software and diagnostic imaging is one of the biggest developments, enabling therapists to precisely evaluate postural abnormalities, muscle imbalances, and movement patterns. Better results and a quicker recovery are guaranteed by the highly customised treatment regimens made possible by these insights.

One of the main components of contemporary physiotherapy is technology. In order to improve treatment, technologies like laser therapy, transcutaneous electrical nerve stimulation (TENS), ultrasound therapy, and virtual reality (VR) rehabilitation are now frequently employed. For instance, VR enables people recuperating from accidents or strokes to perform interactive activities that improve motor control and brain function. Additionally, remote patient monitoring is made possible by wearable technology and smartphone apps, which encourage workout regimen adherence and offer real-time feedback.

The incorporation of a patient-centered and holistic approach is another significant benefit of contemporary physiotherapy. Therapists increasingly take into account psychological, social, and lifestyle issues that impact healing in addition to addressing the physical symptoms. By addressing the underlying causes of dysfunction, this biopsychosocial model guarantees that treatment promotes general wellbeing. Additionally, patients are empowered to actively participate in their rehabilitation and long-term health through the emphasis on education and self-management techniques.

A multidisciplinary structure is also advantageous for contemporary physiotherapy. Comprehensive care is ensured

by collaboration with neurologists, occupational therapists, sports scientists, and orthopaedic surgeons, especially for complex situations such neurological disorders, chronic pain, and post-operative recovery. In addition to increasing therapeutic efficacy, this collaboration lowers the risk of problems or recurrence.

But it's important to recognise the benefits of traditional physiotherapy, especially in situations with limited resources where access to contemporary technology may be limited. Effective physiotherapy still relies heavily on the concepts of manual therapy, therapeutic exercise, and patient engagement. Instead of completely replacing these core ideas, modern strategies build upon them.

In summary, modern physiotherapy provides a more efficient, individualised, and technologically sophisticated approach to patient care, even if traditional physiotherapy established the foundation for the field. Modern physiotherapy enhances quality of life and speeds up healing by combining diagnostics, cutting-edge equipment, and holistic techniques. Physiotherapy's position will surely grow as healthcare continues to change, providing even more opportunity to improve human movement and health.

JANVI- BPT FINAL YEAR

K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

08800697010-15 011-48884888 8800697012

www.krmangalam.edu.in | admissions@krmangalam.edu.in

krmuniv krmuniv K.R. Mangalam University

Krmangalamuniv K.R. Mangalam University