Department of Physiotherapy

Head of Department: Jaswinder Kaur

Location: Room no. 82-86, 1st Floor, OPD Building, Dr. RML Hospital, Baba Kharag Singh Marg, New Delhi-110001

Faculty:

<table>
<thead>
<tr>
<th>S.No</th>
<th>Faculty Name</th>
<th>Designation</th>
<th>Office Address</th>
<th>Contact No.</th>
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<tbody>
<tr>
<td>1</td>
<td>Jaswinder Kaur</td>
<td>Senior Physiotherapist &amp; Head</td>
<td>Room No 84</td>
<td>23404273</td>
</tr>
<tr>
<td>2</td>
<td>Pooja Sethi</td>
<td>Physiotherapist</td>
<td>Room No 83</td>
<td>23404563</td>
</tr>
<tr>
<td>3</td>
<td>Shweta Sharma</td>
<td>Physiotherapist</td>
<td>Room No 85</td>
<td>23404563</td>
</tr>
<tr>
<td>4</td>
<td>Sumit Saxena</td>
<td>Physiotherapist</td>
<td>Room No 85</td>
<td>23404563</td>
</tr>
<tr>
<td>5</td>
<td>Deepti Garnawat</td>
<td>Physiotherapist</td>
<td>Room No 85</td>
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<tr>
<td>6</td>
<td>Megha Masaun</td>
<td>Physiotherapist</td>
<td>Room No 85</td>
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<tr>
<td>7</td>
<td>Mansi Mittal</td>
<td>Physiotherapist</td>
<td>Room No 85</td>
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Activities of the department:-

1. **Clinical – OPD services**

   Number of unit : 1

   HOU: Jaswinder Kaur

   OPD days of unit: Monday – Saturday

   Registration Timings:
   Mon-Fri : 8:30 AM to 11:30 AM
   Sat : 8:30 AM to 11 AM

**Faculty:**

<table>
<thead>
<tr>
<th>S.No</th>
<th>Faculty Name</th>
<th>OPD Room No.</th>
<th>OPD Days</th>
<th>OPD Shift</th>
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<tr>
<td>1</td>
<td>Jaswinder Kaur</td>
<td>84</td>
<td>Mon-Sat</td>
<td>Morning</td>
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<td>2</td>
<td>Pooja Sethi</td>
<td>83</td>
<td>Mon-Sat</td>
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2. Special clinics

**Tuesday:** Neurology Physiotherapy Clinic, Neurosurgery Physiotherapy Clinic

**Thursday:** CTVS Physiotherapy Clinic, Cardiology Physiotherapy Clinic, Rheumatology Physiotherapy Clinic.

Registration timings

**Tuesday & Thursday:** 1:30 PM to 3:00 PM

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<tr>
<th>S.no</th>
<th>Faculty name</th>
<th>OPD room no</th>
<th>OPD days</th>
<th>OPD shift (Morning / Afternoon)</th>
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<tbody>
<tr>
<td>1</td>
<td>Jaswinder Kaur</td>
<td>84</td>
<td>Tuesday</td>
<td>Afternoon</td>
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<tr>
<td>2</td>
<td>Pooja Sethi</td>
<td>83</td>
<td>Thursday</td>
<td>Afternoon</td>
</tr>
<tr>
<td>3</td>
<td>Shweta Sharma</td>
<td>84</td>
<td>Tuesday</td>
<td>Afternoon</td>
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<td>4</td>
<td>Sumit Saxena</td>
<td>83</td>
<td>Thursday</td>
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<td>84</td>
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**Training courses being run:**

1. Six months internship is provided to students enrolled in Bachelors of Physiotherapy program from recognized universities and registered with Delhi Council of Physiotherapy and Occupational Therapy.

2. Clinical training is provided to 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th} year students enrolled in Bachelors of Physiotherapy from recognized universities.
Facilities provided to general public

1. **Electro therapy and Actino therapy**
   - Shortwave diathermy
   - Interferential therapy
   - Laser therapy
   - Lumbar and cervical traction
   - Microwave diathermy
   - Paraffin wax bath
   - Electrical stimulation
   - Ultrasound therapy
   - TENS
   - Pulsed shortwave diathermy

2. **Exercise therapy**
   Treatment protocol includes
   a). Manual mobilization
   b) CPM
   c). Various exercise equipments including
   - Static cycles
   - Shoulder wheels
   - Wobble board
   - Parallel bars etc

3. **Diagnostic procedures**
   - Muscle charting
   - Electrodiagnosis
   - Physical Assessment
4. Therapeutic interventions for Orthopaedic cases:

A variety of cases such as Cervical Spondylosis, Lumbar Spondylosis, Disc Prolapse, PA shoulder, Arthritis, Post Fracture stiffness, Joint Replacement, Post-Polio Residual Paralysis and patients with chronic pains are referred to Physiotherapy department regularly and are treated using following techniques:

- Manipulation & mobilization techniques
- Electrotherapeutic modalities for pain relief
- Electronic rehabilitator
- Exercise therapy equipments
- Suspension therapy
- Parallel bars etc.

5. Therapeutic interventions available for Neurological disorders

Customized treatment programs are designed according to the conditions like Head injury, Stroke, Spinal Cord Injury, Polyneuropathy, Bell’s palsy, peripheral nerve injury, Parkinsonism, Hansen’s Disease, etc. These are treated using following Techniques:

- Constrained induced movement therapy
- Sensory Re-education techniques
- NMES
- Facial stimulation
- Proprioceptive Neuromuscular facilitation technique
- Motor Relearning program
- Balance training
- Coordination training
- Functional Re-education.
- Gait training
- Advice for orthosis & ambulatory aids etc.

6. Sports Rehabilitation:

Tailor made programs are designed according to sports related injury managed conservatively or surgically for developing strength, endurance and flexibility for early return to sports activity. Treatment techniques include :-

- Cryotherapy
- Micro currents / Russian currents
- Thera bands & thera tubes
- Balance board training
- CKC &OKC exercises
- Plyometric exercises
- KinesioTaping
- Core stability exercises
- Aerobic training
- Endurance & Agility training etc

7. Chest Physiotherapy & ICU care:

Regular chest physiotherapy facilities are available for all inpatients on ventilatory support, patients suffering from chest consolidations, asthma, pneumonia, bronchiectasis etc and other post surgical complications using the following techniques:

- Deep breathing exercises
- Incentive Spirometry
- Postural drainage
- Chest neuromuscular facilitation
- Huffing and coughing techniques
- Vibrations & percussions techniques
- Multifrequency chest vibrator
- Limb Physiotherapy and positioning etc

8. Interventions for Gynecology and Obstetrics Cases:

- Ante-natal and Post-natal exercise program
- Education regarding child birth, post-natal complications and body conditioning
- Pelvic diathermy for PID
- Kegel ‘s exercises for incontinence and prolapse.

9. Therapeutic intervention for Oncology patients:

- Electrotherapeutic modalities for reducing lymph edema,
- Chest and limb physiotherapy
- Aerobic Training
- Relaxation Techniques
- Postural re-education, correction and prevention of tightness, contractures and deformities.

10. IPD care:

Regular bedside physiotherapy treatment is provided to patients admitted in various ICUs, Nursing home, Trauma centre, various medical and surgical wards like Burns & Plastic Surgery, Kidney transplant ward, Cardiothoracic ward, Gynecology and obstetrics ward, Nursery etc.