



Government of India  
Dr. Ram Manohar Lohia Hospital, New Delhi  
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## Department of Physiotherapy

Date:16-02-2016

Head of Department: Jaswinder Kaur

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

### Faculty:

S.No	Faculty Name	Designation	Office Address	Contact No.
1	Jaswinder Kaur	Senior Physiotherapist & Head	Room No 84	23404273
2	Pooja Sethi	Physiotherapist	Room No 83	23404563
3	Shweta Sharma	Physiotherapist	Room No 85	23404563
4	Sumit Saxena	Physiotherapist	Room No 85	23404563
5	Deepti Garnawat	Physiotherapist	Room No 85	23404563
6	Megha Masaun	Physiotherapist	Room No 85	23404563
7	Mansi Mittal	Physiotherapist	Room No 85	23404563

**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:**

<b>S.No</b>	<b>Faculty Name</b>	<b>OPD Room No.</b>	<b>OPD Days</b>	<b>OPD Shift</b>
1	Jaswinder Kaur	84	Mon-Sat	Morning
2	Pooja Sethi	83	Mon-Sat	Morning
3	Shweta Sharma	85	Mon-Sat	Morning
4	Sumit Saxena	85	Mon-Sat	Morning
5	Deepti Garnawat	85	Mon-Sat	Morning
6	Megha Masaun	85	Mon-Sat	Morning
7	Mansi Mittal	85	Mon-Sat	Morning

## 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

S.no	Faculty name	OPD room no	OPD days	OPD shift (Morning / Afternoon)
1	Jaswinder Kaur	84	Tuesday	Afternoon
2	Pooja Sethi	83	Thursday	Afternoon
3	Shweta Sharma	84	Tuesday	Afternoon
4	Sumit Saxena	83	Thursday	Afternoon
5	Deepti Garnawat	84	Tuesday	Afternoon
6	Megha Masaun	83	Thursday	Afternoon
7	Mansi Mittal	84	Tuesday	Afternoon

### 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<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> 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.