

Physiotherapy*

A one-day symposium-cum-workshop was organized last year commemorating the World Physiotherapy Day. The event was aimed at enlightening the young physiotherapists and enhancing their skills. It also provided an opportunity for physiotherapists from all over the world to raise the awareness about the crucial contribution of the profession in keeping people well, mobile, independent and pain-free.

Uma Sankar Mohanty (Manual Therapy Foundation of India), Naveen Ganer (Jindal Institute of Medical Sciences, Hisar), Aziza Karim (Composite Regional Centre, Guwahati), Srikant Sikatia (Aditya Diagnostics and Hospital, Dibrugarh) and Biraj Gogoi (Army Base Hospital Guwahati) shared their knowledge at the symposium.

R. C. Deka, H. K. Das, B. G. Unni, P. C. Sarma, U. C. Kalita of the University also delivered lectures in the symposium.

Abhijit Dutta welcomed the guests and the dignitaries for the event. He said that with the rise in the lifestyle diseases and road accidents, the importance of physiotherapy is increasing day by day. He stressed the big role of a physiotherapist in transitioning a patient from bed to wheel chair, wheel chair to standing with support, from standing to walking with support and making the person independent without support. Touch, emotional and psychological counselling of the patient plays a vital role in boosting

the confidence of the patient, speeding his/her recovery. Students of the university get an opportunity by participating in such academic events which gives them an exposure to enhance their skills.

Deka emphasized the role of physiotherapy in the present medical health system in different diseases and injuries, and how it has evolved in the healthcare sector. Deka mentioned the role of rehabilitation in specific cases like spinal cord injury patients, post-stroke hemiplegic patients, which need a long phase of planned rehabilitation in making the person as much as possible independent in his daily activities and making functionally independent. He also stressed the importance of a physiotherapist in the intensive care units for promoting early recovery and minimizing complications of long-term, bed-ridden patients.

Das mentioned that such symposia in any university provide a good platform for the students to learn from different experts. He said that physiotherapy is a clinical science in health care which requires the sound knowledge of the human body and most importantly skilled hands.

Unni mentioned the vital role that physiotherapy plays in making a patient pain-free and mobile after, say, a stroke, paralysis or surgery. He stressed the importance of research in this field and raising the standards with evidence-based practices. He also stressed the importance of carrying out more research in this field, especially in North East India.

Sarma mentioned that with time, in the present era, physiotherapy has evolved as an integral part of modern medical sci-

ences and its importance can be clearly seen in the rehabilitation of post-operative patients after orthopaedic, neuro, general, cardiac surgeries, post-delivery patients, burn injury patients, palliative care in cancer pain management. The field now has a wide scope and he stressed to the students that participation and learning techniques from such workshops/symposia will enhance their knowledge and skill.

Mohanty emphasized on the important role of physiotherapists in making people pain-free from injuries and in rehabilitation. He also mentioned the importance of research activities in this field and already there are more than three lakh evidenced-based research articles.

The symposium was followed by a hands-on workshop.

One of the common problems in humans is back pain. It can be pathogenic, as well as due to mechanical dysfunction. So participants were given training on lumbopelvic mobilization techniques. A workshop on taping was also conducted. Taping plays a vital role in treating sports-related injuries.

A souvenir consisting of several valuable and research-based articles was also released during the symposium. Also, the best three posters were awarded with prizes during the poster presentation event.

Abhijit Dutta* and **B. G. Unni***, Assam Down Town University, Gandhi Nagar, Panikhaiti, Guwahati 781 026, India.

*e-mail: abhijitdpt@gmail.com;
dir_rsrch@adtu.in

*A report on symposium cum workshop on 'Physioacademia – Enlightening Physio Minds', held on 8 September 2017 on the occasion of World Physiotherapy Day, at Assam Down Town University, Guwahati.