

Public Relations Office
Jamia Millia Islamia

October 8, 2024

Press Release

JMI Physiotherapy student bagged 3rd Position in Scientific Paper Presentation in 2nd National Conference of Indian Association of Physiotherapy (Women Cell)

Tasmia Siddiqui, a Master of Physiotherapy (MPT) (orthopaedics) 3rd semester student of the Centre for Physiotherapy and Rehabilitation Sciences (CPRS), Jamia Millia Islamia (JMI) won 3rd prize in the PG scientific paper presentation category in 2nd National Conference organised by Indian Association of Physiotherapy (IAP) women cell. She presented her paper on the research topic "A combined approach of deep cervical flexor training and post isometric relaxation technique on craniovertebral angle and pain in university students with forward head posture" working under the supervision of Dr. Saurabh Sharma, Associate Professor, CPRS, JMI.

CPRS, JMI attended the conference held on 21st and 22nd September, 2024 at the Constitution club of India. The theme of the event was & Healthy Ageing - Empowering the Elderly through Physiotherapy".

Prof. Zubia Veqar, Honorary Director of the centre, served as the Head of the Committee for the event. She also chaired the session on "Innovative Techniques and Assistive Technology for Inclusive Physiotherapy Programs."

The conference aims to bring together experts to share insights on evidence-based practices and innovative approaches to support healthy ageing. By emphasizing rehabilitation and preventive care, the event highlighted the importance of physiotherapy in ensuring that elderly individuals remain active, independent, and engaged in their communities, thus contributing to their overall well-being and societal participation.

This event served as an essential platform for physiotherapists to exchange knowledge, foster innovations and create strategies to promote healthy ageing.

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The Indian Association Of
Physiotherapists
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THE INDIAN ASSOCIATION OF PHYSIOTHERAPISTS & IAP WOMEN CELL

2ND NATIONAL CONFERENCE ON WOMEN CELL

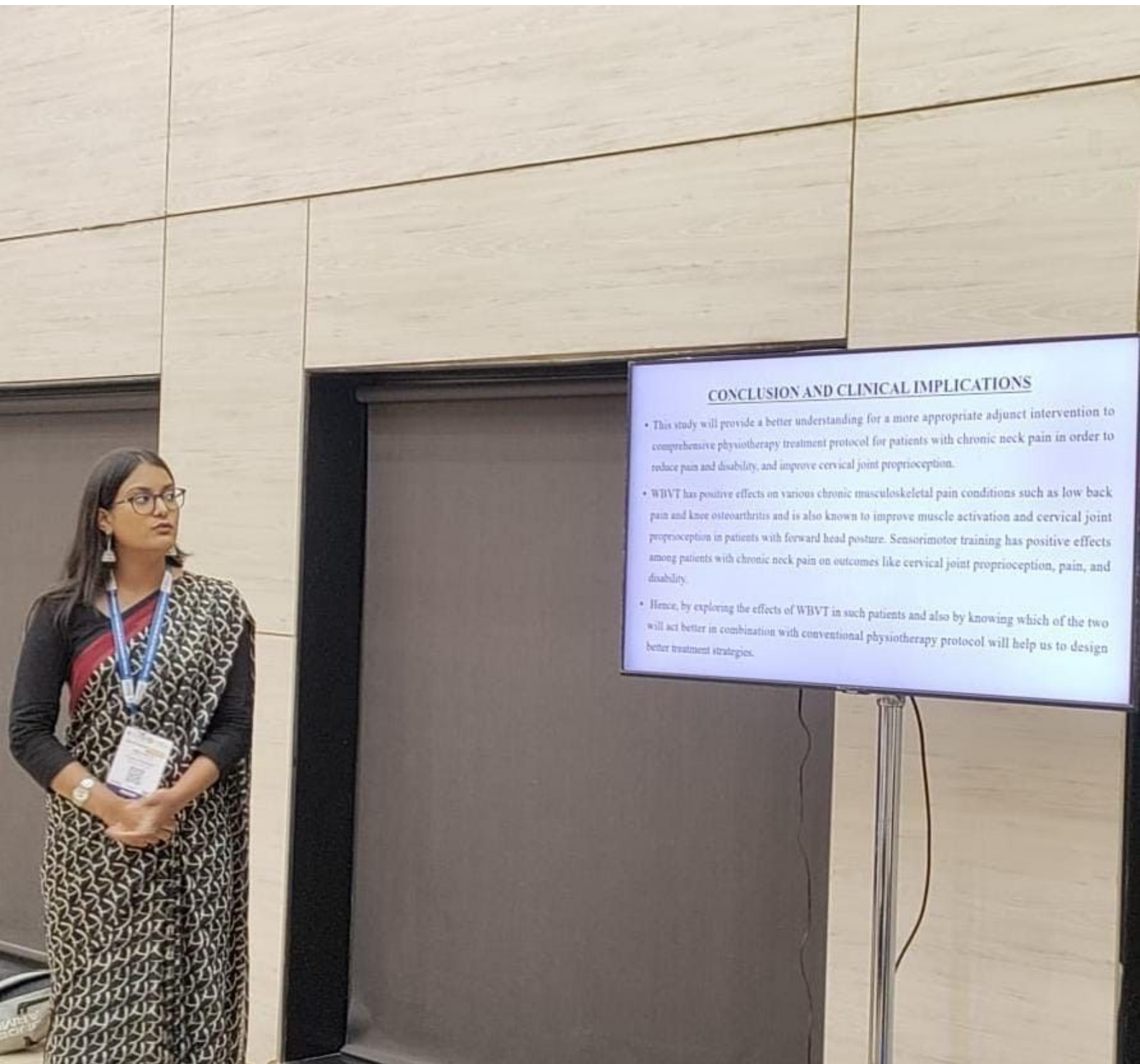
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CONCLUSION AND CLINICAL IMPLICATIONS

- This study will provide a better understanding for a more appropriate adjunct intervention to comprehensive physiotherapy treatment protocol for patients with chronic neck pain in order to reduce pain and disability, and improve cervical joint proprioception.
- WBVT has positive effects on various chronic musculoskeletal pain conditions such as low back pain and knee osteoarthritis and is also known to improve muscle activation and cervical joint proprioception in patients with forward head posture. Sensorimotor training has positive effects among patients with chronic neck pain on outcomes like cervical joint proprioception, pain, and disability.
- Hence, by exploring the effects of WBVT in such patients and also by knowing which of the two will act better in combination with conventional physiotherapy protocol will help us to design better treatment strategies.



INTRODUCTION

- CLBP is defined as "the pain, muscle tension or stiffness localized below the costal margin and above the inferior gluteal folds, with or without referred leg pain, that lasts longer than 12 weeks" (Van et al., 2013).
- CLBP negatively affects several aspects of quality of life, such as sleep, psychological health, and bodily functions (Van Looven et al., 2011).
- Sleep disturbances have been reported by more than 55% of CLBP patients (Chang et al., 2022).
- Adelman et al reported shorter times to the onset of (REM) sleep, decreased or absent Stage 3 and 4 sleep, and periodic leg movements during sleep in a subsample of depressed and nondepressed patients with CLBP.
- Harman et al, reported, in comparison to the nondepressed patient with CLBP, that the depressed patients had considerably higher occipital and frontal power (EEG power).
- There is a notable deficiency in polysomnographic investigations examining sleep patterns among CLBP patients, especially within developing countries. Therefore, there is a critical necessity for empirical evidence to objectively evaluate sleep disturbances in individuals afflicted with CLBP.



INTRODUCTION

- Muscle tightness, affecting muscle activation and flexibility mechanisms like postural adaptation or scarring, especially in hip extension and knee flexion (Sathe et al., 2020).
- Physiotherapy offers a range of treatments like dynamic stretch muscle energy technique (MET) and active release technique to address muscle tightness.
- MFR, known for enhancing soft tissue extensibility and immediate benefits in pain reduction and flexibility. However, patterns and some other physical factors remains relatively unexplored (2015).
- Emerging research on myofascial chains, such as the superficial approach to hamstring flexibility by targeting interconnected fasciocrural muscle inhibition and self-MFR improve lower limb body pressure (Krause et al., 2016; Wilke et al., 2016; Cho et al., 2015).

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