

Physical Rehabilitation Program and Its Importance

Dr. Ponkhi Sharma (PT)

Physiotherapist

23 March, 2018

What do we understand by the word Rehabilitation?

The word “Rehabilitation” or “Physical Rehabilitation” means to regain or restore the full function following an injury or illness. Physical Rehabilitation by a physio is given to wide varieties of medical conditions. It treats conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, tendon, and organs etc.

Importance of Physical rehabilitation

Conditions involving your muscles, nerves or organs require regular and specific treatment to recover and regain the optimum function to help you to avoid re-injury or re-illness. Many times after injury we get to see that we focus on only symptomatic relief like reducing the pain and inflammation. At the same time, it's very important to find out the cause of the injury so that we can rehabilitate the cause and make sure the person recover fully.

When, where and how

When: There are two ways of rehabilitating the body:

- **Pre-Rehabilitation**
- **Post-rehabilitation**

Rehabilitation done before a procedure or a surgery in order to eliminate pain, regain strength and mobility and for a faster recovery is called as Pre rehab program.

Rehabilitation after an injury, illness or surgery is called post rehabilitation

Where: People can have rehabilitation in many settings. It will often begin while they are still in the hospital, recovering from an illness or injury.

After the person leaves the hospital, rehabilitation may continue depending on the severity of the condition. Rehabilitation can be done in a hospital set up, in a clinic or even at home with a guidance of a physio.

We plan and give a complete customized Rehabilitation Program. It also guides, trains and help you to rehabilitate your body in your own free time.

How: There are different ways to rehabilitate a body. Below are few commonly used techniques –

- Aquatic rehabilitation
- Therapeutic ultrasound
- Therapy Laser
- Balancing, strengthening, stretching
- Manual therapy
- Electrical stimulation
- Athletic conditioning

If you are experiencing inflammation and pain from conditions such as sciatica, myofascial tension, fracture, stiffness, strain, sprain or postoperative you may contact a physiotherapy clinic to find the cause and treat it as quickly as possible.