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# PHYSIOZine™

Advancing Physiotherapy Knowledge & Innovation

CLINICAL  
ASSESSMENT AND  
DOCUMENTATION

OZEMPIC  
AND BEYOND

ADHD

NAVIGATING  
BALANCE

LISTENING  
TO YOUR  
BODY

# DR. ALI IRANI



GUINNESS WORLD RECORD HOLDER:  
FASTEST TIME TO TRAVEL  
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December 2025

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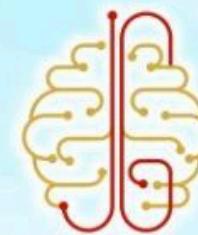
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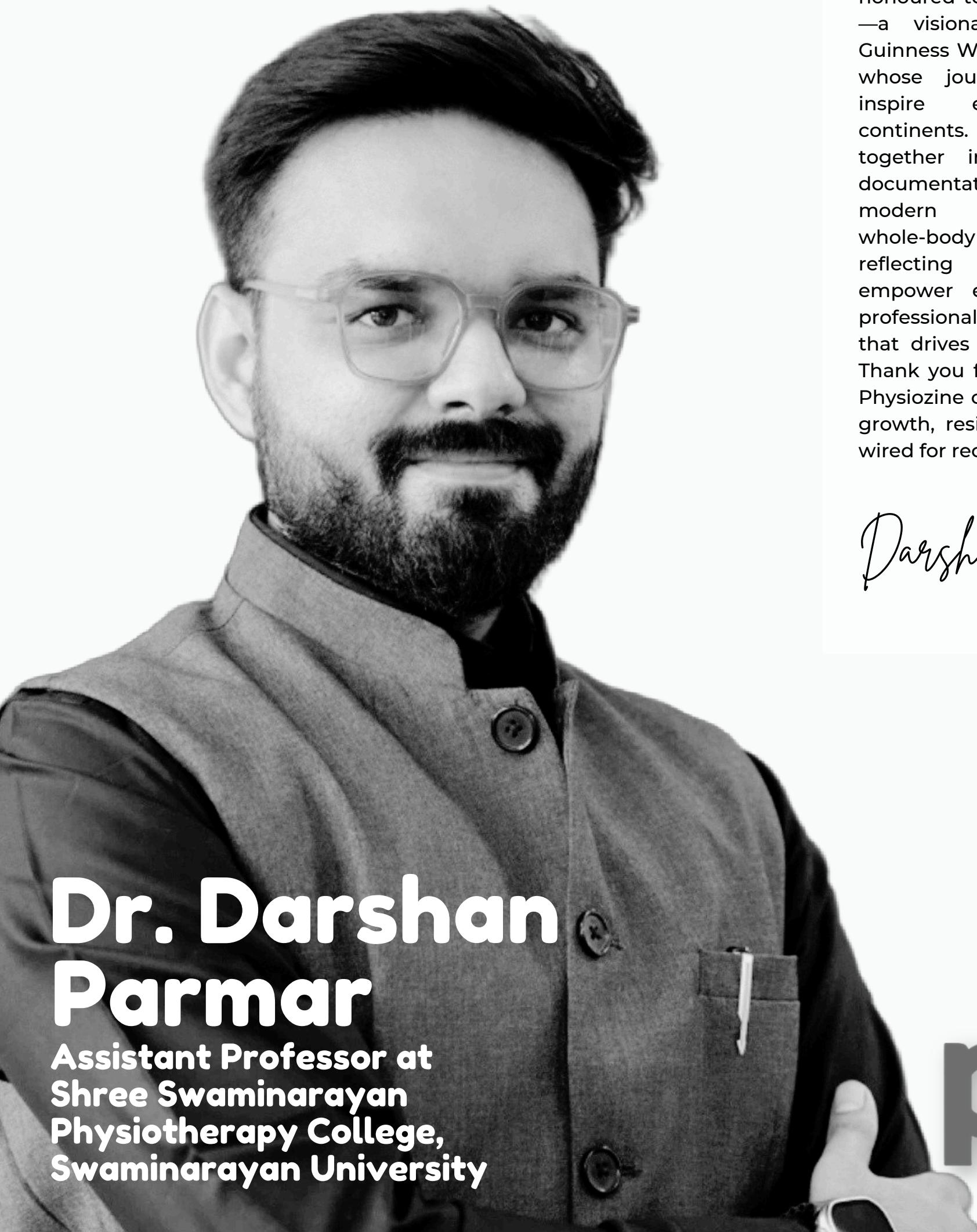
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# FOUNDER'S NOTE



## Dr. Darshan Parmar

Assistant Professor at  
Shree Swaminarayan  
Physiotherapy College,  
Swaminarayan University

As we close out another remarkable year, this December edition of Physiozine celebrates the spirit of perseverance, innovation, and global impact within physiotherapy. We are honoured to feature Dr. Ali Irani—a visionary, educator, and Guinness World Record holder—whose journey continues to inspire excellence across continents. This issue brings together insights on clinical documentation, balance, modern therapeutics, and whole-body awareness, reflecting our mission to empower every physiotherapy professional with knowledge that drives meaningful change. Thank you for being part of the Physiozine community. Here's to growth, resilience, and a future wired for recovery.

*Darshan Parmar*

**pzm**<sup>TM</sup>  
PHYSIOZINE MAGAZINE

# CHIEF EDITOR'S NOTE

Welcome to the December 2025 issue of Physiozine. This edition highlights the evolving landscape of physiotherapy, where clinical excellence meets compassionate care. Featuring the remarkable Dr. Ali Irani on our cover—an educator, global ambassador for the profession, and Guinness World Record holder—we honour a legacy that continues to elevate physiotherapy on the world stage. Within these pages, you'll find thoughtful perspectives on assessment, balance, emerging therapies, and the importance of truly listening to the body. As we move forward, may this issue inspire you to innovate, collaborate, and continue shaping a healthier tomorrow.

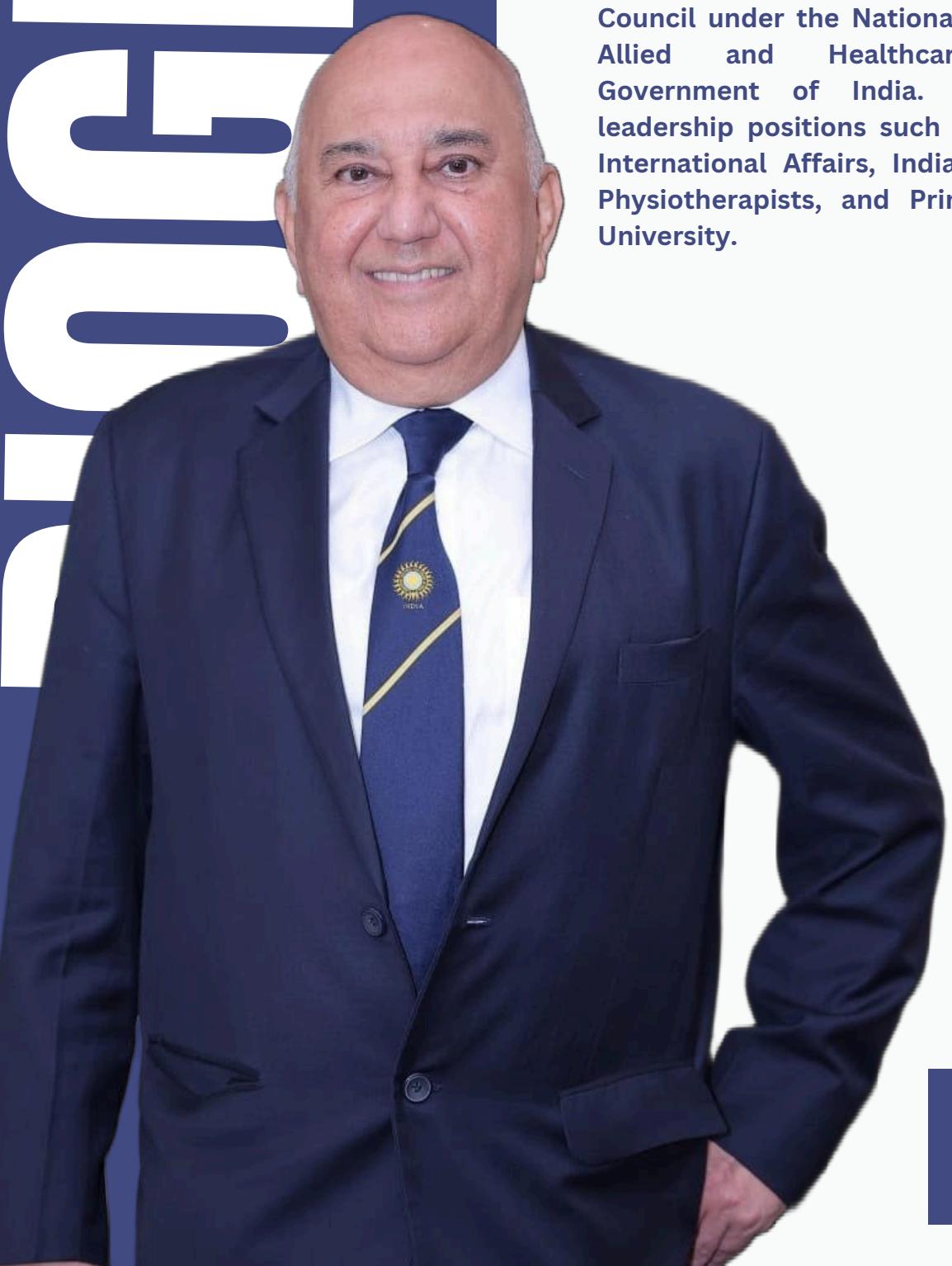
## Dr. Jaspreet Kaur Kang

Principal at  
KD Institute of  
Physiotherapy

Dr. Jaspreet Kaur Kang

Prof. Dr. Ali Irani is an eminent physiotherapist and globally recognized healthcare professional, celebrated as the only physiotherapist to hold the Guinness World Record for the fastest time to travel all seven continents. With a distinguished academic background—including a B.Physio from M.S. University Baroda, a Ph.D. in Sports Medicine, a Ph.D. in Anatomy of Body Movement and Dance from Bombay University, and a Doctor of Physiotherapy from NUMS, Spain—he has contributed profoundly to the advancement of physiotherapy and sports medicine. Dr. Irani serves as the Head of Physiotherapy, Sports Medicine & Rehabilitation at Nanavati Max Super Speciality Hospital, Mumbai and is a Member of the Physiotherapy Professional Council under the National Commission for Allied and Healthcare Professions, Government of India. He also holds leadership positions such as Chairperson – International Affairs, Indian Association of Physiotherapists, and Principal at NMIMS University.

His illustrious career includes serving as Physiotherapist to the Indian Cricket Team from 1987–1997, extensive academic involvement across prestigious universities, and pioneering community and disaster-management initiatives, including rehabilitation efforts for earthquake victims in Bhuj and physiotherapy camps across Leh, Kargil, and Kashmir. A prolific researcher, author, and international speaker, he has delivered lectures and workshops worldwide and guided numerous PhD scholars. His excellence has been recognized through multiple honors, including the Hitra Oration Award (1994), Lifetime Achievement Awards from IAP (2004) and Nanavati Max Hospital (2021), the Best Citizens of India Award (2011), and the Medscape India Best Physiotherapist Award (2014). Dr. Ali Irani continues to inspire the profession through his dedication, service, and lifelong commitment to advancing physiotherapy on national and global platforms.



**DR. ALI  
IRANI (PT)**

## INTRODUCTION

Clinical assessment and documentation are the foundation of physiotherapy practice. They not only guide treatment decisions but also provide a clear record of patient progress, communication among healthcare providers, and evidence of professional accountability. A well-documented assessment transforms subjective complaints into objective findings, ensuring that physiotherapy interventions are targeted, evidence-based, and measurable.

Despite their importance, documentation is often underestimated in busy clinical environments. Some physiotherapists may view it as time-consuming or secondary to direct patient care. However, the truth remains: if it is not documented, it did not happen. This simple principle underscores why documentation is as critical as the hands-on treatment itself.

### Why Clinical Assessment Matters

Every successful rehabilitation journey begins with a thorough assessment. The clinical assessment allows physiotherapists to:

- Identify the underlying cause of a patient's problem.
- Establish baseline measurements for progress tracking.
- Tailor individualized treatment plans.
- Set realistic, functional, and measurable goals.

# Clinical Assessment and Documentation in Physiotherapy: The Cornerstone of Quality Care



## Dr. Mohammed Amjad Khan (PT)

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Senior Physical Therapist,  
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Medina Al Munawwarah, Saudi Arabia

A comprehensive assessment is multidimensional and may include:

1. Patient History: Gathering details about the patient's condition, medical background, lifestyle, and goals.
2. Observation & Inspection: Posture, gait, and visible abnormalities.
3. Palpation: Feeling for muscle tone, tenderness, or swelling.
4. Range of Motion (ROM): Active and passive movement assessment.
5. Strength Testing: Manual muscle testing or dynamometry.
6. Neurological Examination: Reflexes, sensation, and motor control.
7. Special Tests: Orthopedic or neurological tests relevant to the condition.
8. Functional Assessments: Activities of daily living (ADLs), sports-specific tasks, or work-related movements.

### The Role of Documentation in Physiotherapy

Documentation is the process of recording findings, decisions, and outcomes systematically. Its significance extends beyond patient care:

1. Clinical Reasoning: Helps physiotherapists justify their interventions.
2. Continuity of Care: Ensures smooth handovers between professionals.
3. Legal Protection: A detailed record safeguards practitioners in cases of disputes or complaints.
4. Research & Audit: Documentation provides data for quality improvement and evidence-based practice.
5. Professional Accountability: Demonstrates adherence to ethical and professional standards.

### Principles of Effective Documentation

For documentation to be meaningful, it must be:

1. Accurate: Reflecting exactly what was assessed and observed.
2. Clear and Concise: Free from ambiguity or jargon.
3. Comprehensive: Covering all aspects of assessment and intervention.
4. Timely: Completed as soon as possible after the session to avoid memory lapses.
5. Legible and Structured: Whether digital or handwritten, records should be easy to interpret.

Many institutions recommend using SOAP notes as a standard framework:

- S – Subjective: Patient's perspective, symptoms, history, pain ratings.
- O – Objective: Measurable findings such as ROM, strength, gait patterns.
- A – Assessment: Interpretation of findings, clinical reasoning, progress.
- P – Plan: Treatment goals, interventions, home exercise programs, and follow-up.

### Common Pitfalls in Physiotherapy Documentation

Despite its importance, errors in documentation are common. Some include:

- Incomplete Records: Leaving out progress notes or follow-up plans.
- Copy-Paste Errors in EMRs: Using templates without tailoring them to the patient.
- Subjectivity Over Objectivity: Relying too much on patient-reported outcomes without quantifiable measures.
- Delayed Documentation: Writing notes long after treatment, risking inaccuracies.
- Breach of Confidentiality: Not securing patient records properly.

Avoiding these pitfalls is essential for maintaining professional integrity.



**Digital Transformation in Documentation**  
With the rise of electronic medical records (EMRs) and mobile applications, documentation in physiotherapy is becoming more efficient and data-driven.

Digital platforms offer:

- Templates for SOAP notes.
- Integration with outcome measures (e.g., Oswestry Disability Index, Berg Balance Scale).
- Secure storage with encrypted access.
- Easy sharing across multidisciplinary teams.

Additionally, artificial intelligence (AI) is being explored to auto-generate summaries from clinician inputs, reducing time spent on paperwork and increasing time for patient interaction.

#### Documentation and Evidence-Based Practice

Documentation plays a vital role in aligning physiotherapy with evidence-based practice. By systematically recording outcomes, physiotherapists can:

- Evaluate the effectiveness of interventions.
- Contribute data for clinical research.
- Identify trends and refine treatment protocols.

For instance, documenting pre- and post-intervention measures such as muscle strength or spasticity scores can highlight which approaches deliver sustainable improvements.

#### Ethical and Legal Considerations

Accurate documentation is both a professional obligation and a legal safeguard. In situations such as malpractice claims, insurance disputes, or medico-legal cases, physiotherapy records can serve as vital evidence. From an ethical standpoint, transparency and honesty are essential; records must capture the actual interventions performed rather than assumptions or retrospective adjustments.

Confidentiality is equally critical. Physiotherapists are responsible for protecting patient information and ensuring it is shared only with authorized individuals. While international frameworks such as the Health Insurance Portability and Accountability Act (HIPAA) in the United States and the General Data Protection Regulation (GDPR) in Europe set global standards for data protection, in India, confidentiality is guided by professional codes of conduct, institutional policies, and emerging digital health laws under the Digital Information Security in Healthcare Act (DISHA). Adhering to these principles safeguards patient trust and upholds professional integrity.

**Clinical Assessment and Documentation in Education**  
For students and early-career physiotherapists, documentation skills are as vital as manual therapy. Through reflective writing, case notes, and structured assessments, educators instill accuracy and clarity. Reviewing records also fosters self-reflection, helping physiotherapists recognize patterns, refine clinical reasoning, and advance professionally.

#### The Future of Clinical Assessment and Documentation

As physiotherapy evolves, documentation will not remain static. Future directions may include:

- **Wearable Devices:** Objective tracking of patient activity levels integrated into records.
- **Tele-rehabilitation Notes:** Structured documentation for online consultations.
- **AI-Powered Analysis:** Identifying patterns in large datasets to personalize rehabilitation.
- **Patient-Accessible Records:** Empowering patients to track their own progress alongside physiotherapists.

#### Conclusion

Assessment and documentation are central to quality physiotherapy, ensuring accountability, continuity, and patient safety. Every note reflects clinical reasoning and professional standards, with lasting impact beyond the treatment session.



# ATTENTION DEFICIT HYPERSENSITIVITY DISORDER



This is chronic disorder and there are million children who suffering from this. In India 5-9% children and 5-25% adults are suffering from this. It is mental health disorder cause from mother consuming alcohol and smoking during pregnancy, birth prematurely and maternal exposure to the toxic environment.

In ADHD person can not focus or attention at one point, impulsiveness, anxiety and defiant behaviour. These patients demonstrate delays in sleep wake rhythms, nocturnal rise in melatonin, and early morning rise in cortisol. In ADHD, have at least one defective gene, the DRD2 gene that makes it difficult for neurons to respond to dopamine. Lower dopamine levels can make it harder to stay engaged and motivated in tasks.

There is no particular treatment of ADHD and it does not have permanent cure. It is life long therapy. Medications, behavioural therapy which can help in ADHD prevention. BLT (bright light therapy) is safe light-based treatment that regulates sleep, mood, and attention in ADHD. It resets circadian rhythm from BLT eye. It stimulates retinal ganglion cells which signal to the suprachiasmatic nucleus in the brain which regulates sleep wake cycle. BLT suppresses melatonin which makes the person more alert in daytime. It helps restore the normal morning cortisol level, which improves energy and stress response. BLT enhances dopamine transmission, improving attention and impulse control. It boosts serotonin activity and reducing anxiety and depression in ADHD.



# Ozempic and Physiotherapy: Navigating Promise and Controversy

## Introduction

Ozempic (Semaglutide), a Glucagon-Like Peptide (GLP-1) agonist, is widely prescribed not only for type 2 diabetes but also increasingly for weight management. Recently, the fueling of dramatic “before and after” stories and widespread media attention generates controversy over medical, ethical and legal concerns surrounding muscle loss, bone health and adverse effects. Yet, while many experience substantial weight loss, new research and public debate suggest the full picture is far more complex. In all this complexity, Physiotherapy may offer vital measures to optimize benefits and offset risks for these patients.

## Understanding the Ozempic Controversy

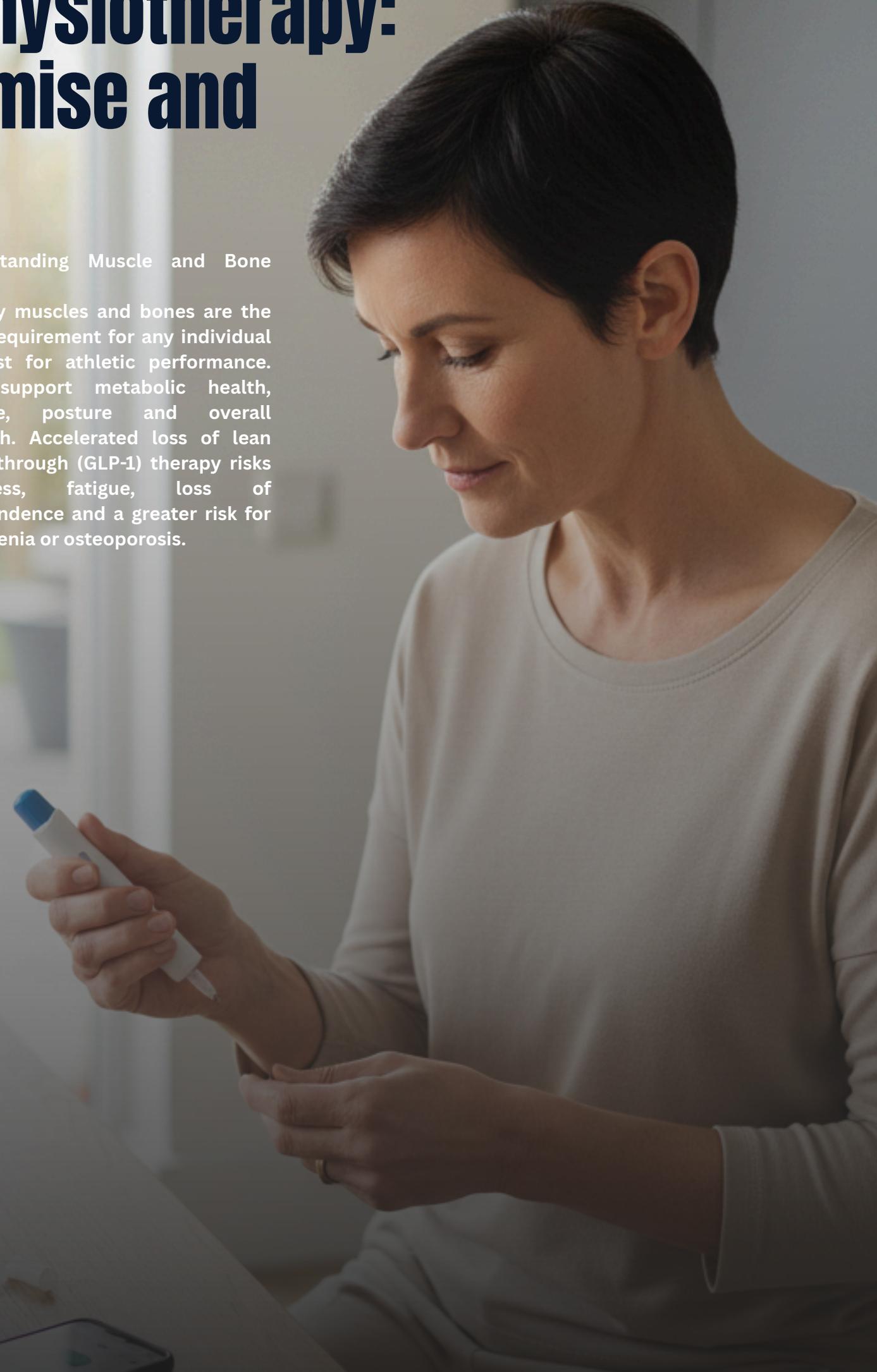
Weight loss is achieved through semaglutide by suppressing appetite and slowing gastric emptying, but a post-marketing survey has revealed significant gastrointestinal issues and reports of rapid muscle atrophy. A November 2025 legal review highlighted lawsuits against the manufacturer for alleged lack of adequate safety warnings. Along with this, recent expert editorials have cautioned that bone and muscle health must be closely monitored in patients who are rapidly slimming, especially those with concurrent chronic diseases.

## Understanding Muscle and Bone Loss

Healthy muscles and bones are the basic requirement for any individual not just for athletic performance. They support metabolic health, balance, posture and overall strength. Accelerated loss of lean tissue through (GLP-1) therapy risks weakness, fatigue, loss of independence and a greater risk for osteopenia or osteoporosis.



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**Associate professor at Baba**  
**Farid University of Health**  
**Sciences, Faridkot**



## Understanding Muscle and Bone Loss

Healthy muscles and bones are the basic requirement for any individual not just for athletic performance. They support metabolic health, balance, posture and overall strength. Accelerated loss of lean tissue through (GLP-1) therapy risks weakness, fatigue, loss of independence and a greater risk for osteopenia or osteoporosis.

## The Physiotherapy Imperative

Physiotherapy offers a tailored approach for protecting muscle, bone and functional capacity. Many recent studies have shown a proven effect of therapeutic exercises in participants engaging in drug therapy along with physiotherapy.

### 1. Muscle Preservation

The impact of structured resistance exercise during semaglutide therapy helps in reducing muscle wasting. This underscores the crucial role physiotherapists play in tailoring progressive load-bearing exercise.

### 2. Bone Health Concerns

People on Ozempic are at higher risk of reduced T-scores and osteoporosis if bone-loading exercises are neglected. A meta-analysis concluded that physiotherapy-led interventions such as vibration and balance training can substantially support bone density maintenance in this population.

### 3. Functional Mobility and Fall Prevention

In older adults, falls and functional mobility are compromised and if the individual is on semaglutide therapy, then the risk doubles. The physiotherapists can integrate proprioceptive, balance and mobility training, countering increased fall risk caused by both rapid weight loss and muscle depletion.

### 4. Maximizing Cardiovascular and Arthritis Outcomes

A 2023 review discussed how patients with arthritis who paired Ozempic therapy with exercise experienced greater symptom relief and improved mobility, compared to those using medication alone. These multimodal improvements align with Pritikin Program recommendations, which advocate aerobic and resistance exercise along with diet modifications, to optimize metabolic and musculoskeletal benefits.

## Multidisciplinary Care and Ethics

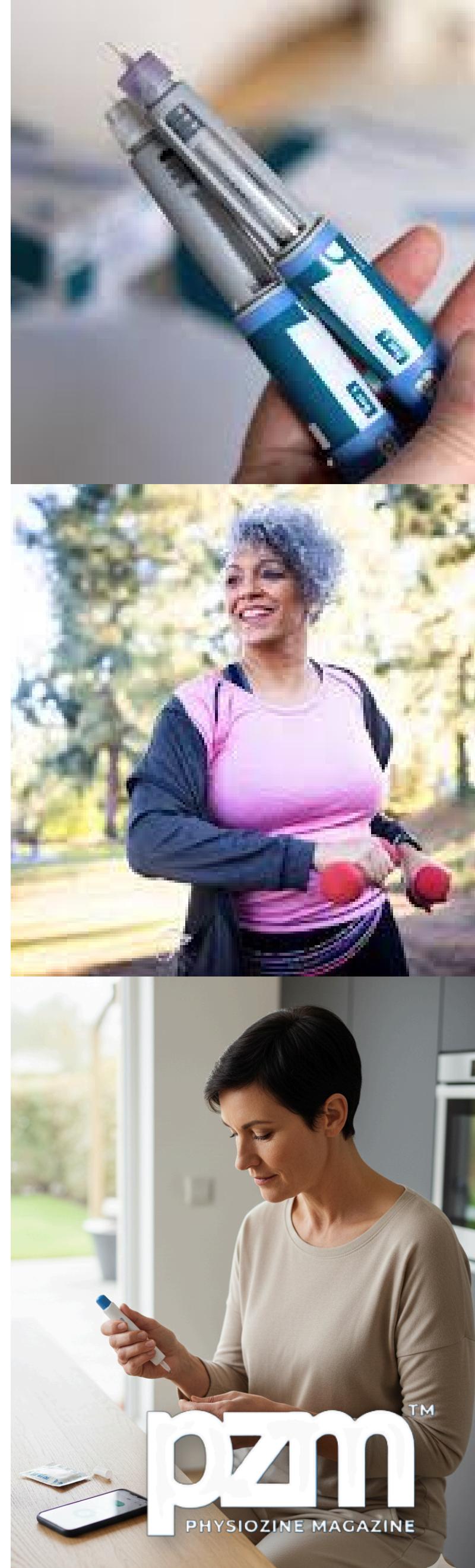
Given the mounting controversy, ethical reviews strongly recommend close collaboration between prescribers and physiotherapists. Regular muscle - bone assessments and patient education about balancing rapid weight reduction against musculoskeletal integrity are essential.

## Practical Tips for Physiotherapists

- Initiate individualized resistance and load-bearing exercise alongside Ozempic prescribing.
- Monitor patients' muscle strength, balance and gait at regular intervals.
- Educate about fall prevention in elderly and nutrition to maximize outcomes and safety.
- Encourage interdisciplinary communication to ensure comprehensive monitoring.

## Conclusion

Ozempic can be transformative for metabolic health, but combination with structured physiotherapy is vital for maintaining muscle-bone health and physical function. As highlighted by recent research and ethical discussion, multidisciplinary oversight and proactive physiotherapy are now essential standards of patient care.



# ARE YOU LISTENING TO YOUR BODY, OR JUST HEARING IT SCREAM?



**Dr Shaily Parekh Karia**

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As a physiotherapist, I've seen countless patients who've pushed through pain, believing it's a sign of strength. They often arrive with a chronic issue that started as a small whisper, which they ignored until it became a loud, undeniable scream. But what if we could change that narrative? What if we could learn to listen to our bodies before they have to shout?

## The Wisdom of Pain: When to Push and When to Pause

Not all pain is created equal. Understanding the difference is crucial for preventing injury and promoting long-term health.

**"Good" Pain (Productive Pain):** This is the pain that comes from challenging your body in a safe, controlled way. Think of the muscle burn during the last few reps of an exercise or the deep stretch in a yoga pose. This type of pain indicates that your tissues are adapting and getting stronger. It's temporary, manageable, and improves with rest.

**"Bad" Pain (Warning Pain):** This is the pain that signals something is wrong. It can feel sharp, stabbing, or persistent, like a nagging ache that won't go away. This pain is your body's alarm system, warning you of potential tissue damage, inflammation, or an underlying issue. Ignoring it can turn a minor problem into a serious, long-term injury.

A great way to differentiate is the "24-hour rule": if an activity causes a sharp increase in pain that lasts for more than 24 hours, you've likely overdone it and should adjust your approach.

**Your Body's Language: How to Tune In**  
Learning to listen to your body is a skill. Here are a few ways to become more fluent in its language:

**\* Mindful Movement:** Before and during any activity, whether it's a workout or a simple daily task, check in with your body. How do your joints feel? Are your muscles tense or relaxed? If something feels "off," make a small adjustment.

**\* The Power of Rest:** Our bodies don't get stronger while we're exercising; they get stronger during recovery. Rest is when tissues repair and adapt. Chronic fatigue and persistent aches are often signs that your body needs more rest, not more activity.

**\* Pay Attention to Your Posture:** How you hold your body throughout the day can be a major source of pain. Slouching can strain your neck and back, while repetitive movements without breaks can lead to overuse injuries. Small changes, like standing up and stretching every hour, can make a huge difference.



**Prevention is the Best Medicine**

*As a physiotherapist, my goal isn't just to treat injuries—it's to prevent them. By learning to respect and respond to your body's signals, you empower yourself to live a healthier, more active life. Don't wait until the pain becomes a scream. Start listening to the whispers, and build a relationship of trust with your body. It's the only one you've got.*



Women are traditionally expected to multitask, a responsibility reinforced by the "hustle culture" trend on social media. Many women feel compelled to compare their lives to those of influencers who appear to manage numerous tasks with ease. This pursuit of success and perfection can be emotionally, mentally, and physically draining. However, the phenomenon of betterment burnout in women is not solely influenced by social media, but also by various other factors, including societal and cultural pressures, workplace expectations, family dynamics, and the pursuit of unrealistic growth and perfection. This article explores the various dimensions of betterment burnout in women and discusses physiotherapeutic strategies to tackle it.

#### What is Betterment Burnout?

Betterment burnout is a state of exhaustion or overwhelm that arises when someone focuses excessively on self-improvement or personal development goals, leading to stress or detrimental effects on well-being. It occurs when the pursuit of improvement becomes overwhelming rather than fulfilling.

#### Dynamics of Betterment Burnout

Is social media the sole contributor to women feeling inadequate? Research indicates that multiple factors contribute to the development of betterment burnout. Fig 1.1 Explains the women-specific components that reinforce the feeling of burnout.

# NAVIGATING BALANCE: SUPPORTING WOMEN IN PREVENTING BURNOUT AND ACHIEVING SUCCESS



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#### Societal and Cultural Factors:

The phenomenon of betterment burnout in women is strongly influenced by the cultural expectations that women 'MUST' excel in multiple roles, including career, family, and social responsibilities. Research indicates that women are disproportionately affected by burnout due to factors such as the unequal distribution of household chores and childcare as well as the mental load of managing a household. For example, a working mother may experience chronic fatigue from juggling demanding job and household responsibilities, leading to burnout and multiple health issues.

**Workplace Performance:** Women often feel the need to overperform to prove their worth, especially in male-dominated fields. There are various factors which influence burnout in women such as workload, work-demand, work-environment, reward, community, support, fairness, values which should be addressed to prevent burnout. For instance, a female executive may work extra hours to meet perceived expectations, which can lead to burnout and hinder career progress.

**Family Dynamics:** The unequal distribution of household chores and mental load can strain relationships and affect family harmony. A woman handling most household tasks while also managing her job may have less time and energy for herself. Sometimes un empathetic family members may not validate the physical, mental and emotional struggles of women.

Recently, we encountered a case of burnout in our Musculoskeletal Outpatient Department (OPD). A 32-year-old female presented with chronic lower back pain, severe cervical pain, generalized body aches, and knee pain. Laboratory investigations revealed deficiencies in the vitamin D and vitamin B12 levels. The patient was employed as a telephone operator in a medical department working a nine-hour night shift from 10 PM to 7 AM to accommodate her responsibilities as a primary caregiver for her son during the day. The chronic duration of night shifts made her exhausted and sleep deprived. In addition to her professional obligations, she managed multiple household tasks, including cooking, laundry, and childcare, without any familial support. This extensive burden results in significant levels of exhaustion, frustration, and anxiety.

The patient articulated her distress:

"I feel tired all the time.., I find myself managing multiple responsibilities, including caring for my son and maintaining my employment, which often feels overwhelming. Initially, I had assistance with childcare, which allowed me to take day shifts. However, as the circumstances changed, I became solely responsible for my son's education and health, particularly with his hypoglycemic condition requiring additional attention.

This has necessitated night shifts over the past five years. I frequently consider that if I had more reliable support, it would not feel as though I were confronting numerous challenges simultaneously. Amidst these circumstances, I have neglected my own health, particularly the post Cesarean section lower back pain, which I initially disregarded. Recently, the stiffness has exacerbated significantly, prompting me to seek physiotherapy, which has provided much-needed relief."

This case underscores the interplay between chronic pain, caregiver burden, and the psychological impact of inadequate support systems on managing health conditions.

#### Can Physiotherapy help?

Certainly! Physiotherapists can play a crucial role in preventing and treating burnout by providing targeted interventions that address its physical, psychological, and social aspects. 1) Pain Management:

a. **Electrotherapy modalities:** In Physiotherapy, various electrotherapy modalities can be used for effective initial stage pain management. These modalities help promote muscle relaxation and improve blood circulation, leading to pain relief.

b. **Pain education:** Physiotherapists are the primary providers of a better understanding of pain and its aspects to individuals, families, and organizations. This understanding promotes a better work-life balance and prevents burnout. Knowing one's self-physiological limits and working within them with adequate precautions plays a very important role in preventing burnout.

c. **Coping strategies:** Physiotherapists can introduce patients to certain coping strategies. Such as

1. Establishing a strong support network of friends, family or support groups. Set realistic goals and delegate tasks whenever possible.

2. Engaging in physical activities to boost mental and physical health.

#### 3. Reframing the concepts of pain

These comprehensive strategies help women manage stress, improve resilience, and maintain a healthy work-life balance, thereby preventing burnout.

#### 2. Patient-centric exercises

a. **Strength training:** Physiotherapists help develop muscle strength of phasic and postural muscles, which are important for physical activity and ease the physical workload of the body in various activities. Strengthening the correct muscles will optimize posture, which lessens physical strain on the body and prevents musculoskeletal problems.

b. **Flexibility training:** This promotes muscle lengthening, enhances mobility at various joints, and prevents muscular injuries and releases accumulated stress.

c. **Balance and proprioception training:** This can provide with better agility and ease of movements.

d. **Cardiovascular endurance:** This improves the aerobic capacity of an individual, prevents fatigue, and promotes cardiovascular fitness, thus preventing burnout.

#### 3. Lifestyle Modifications:

Encouraging women to have a balanced diet and adequate sleep further supports overall health. Explaining about how the food and sleep can influence the inflammation levels and healing will make women adopt healthier habits.

4. **Ergonomic Modification:** Education on proper workstation setup and posture to avoid prolonged static posture. Physiotherapists can address musculoskeletal issues caused by poor posture and manage them effectively.

Physiotherapists are frequently the initial point of contact for women experiencing burnout, as many of them suffer from chronic pain. As such, it is crucial for physiotherapists to understand the importance of involving other healthcare professionals when necessary. This includes specialists such as orthopedic professionals, nutritionists, psychiatrists, and clinical psychologists. By taking a holistic approach, women experiencing burnout can receive the most effective treatment.

#### Take Home Message:

There is a need to raise awareness and encourage societal changes towards more balanced and realistic expectations of women's roles in society. It is important to consider various factors, including cultural influences, workplace performance and family dynamics. The physical therapy professionals should opt for shared decision making and inculcate holistic approach in preventing and managing betterment burnout in women.

"Every small step can feel like a victory when your body no longer listens the it used to be"

Parkinson's disease is not just about tremors and stiffness — it's a story of lost communication.

Inside the basal ganglia, dopamine-producing neurons which slowly declines, disrupting the dialogue between brain regions that coordinate movement. The result? Movements become slow, rigid, and unstable. While physiotherapy builds strength and balance, the brain sometimes struggles to learn and adapt because of reduced neuroplasticity — the brain's ability to rewire itself.

That's where tDCS steps in — not as a replacement, but as a partner to physiotherapy. It primes the brain to learn better, to "remember movement," and to turn every repetition into meaningful progress. tDCS might sound futuristic, but its beauty lies in simplicity. It delivers a low, steady electrical current (1–2 mA) through two small electrodes placed on the scalp. One — the anode — gently excites brain cells, while the cathode calms others.

# WIRED FOR RECOVERY: THE FUTURE OF PARKINSON'S MOVEMENT



## Dr. Shivam Monga (PT)

Assistant Professor,  
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Faridkot

This subtle shift helps the brain's motor areas "wake up" and become more receptive to therapy. Think of it like tuning an old radio: the current helps the signal between brain and movement come through more clearly.

### The science beneath the spark:

Behind every flicker of improved movement lies a cascade of biological changes. tDCS works by enhancing long-term potentiation (LTP) — the process that helps neurons communicate more effectively. It also improves blood flow, boosts oxygen supply to motor areas, and increases functional connectivity between motor and cognitive networks.

In simpler terms, it makes the brain a better learner.

And when physiotherapy follows — whether it's treadmill walking, balance drills, or dual-task training — the effects often last longer and feel more natural.

One of the best things about tDCS is how gentle and safe it is.

Most patients report only mild tingling or itching under the electrodes. Occasionally, there's slight redness or a dull headache, but serious side effects are virtually unheard of when applied correctly.

"In neurorehabilitation, safety is the strongest current that flows before stimulation begins."

### Conclusion:

**tDCS isn't magic. It doesn't cure Parkinson's. But what it does — powerfully and quietly—is amplify potential.**

**By enhancing brain plasticity and deepening the effects of physiotherapy, it helps patients rediscover what disease once took away: movement, balance, and confidence.**

**In the gentle hum of the current lies a promise — that with the right guidance, the human brain can learn to move again.**

**"Physiotherapy shapes the body. tDCS helps shape the brain."**

Study	Key findings
Schabrun et al., 2022	Combining tDCS with treadmill training improved gait speed and stride length significantly compared to training alone.
Elsner et al., 2020 (Cochrane Review)	Multi-session tDCS modestly improved motor and mobility outcomes across several trials.
Manenti et al., 2018	tDCS paired with cognitive-motor training enhanced dual-task walking performance, helping patients walk more smoothly even while thinking or talking.

### Looking Ahead:

The next wave of neurorehabilitation is shaping up to be deeply personalized. Imagine a day when brain stimulation is guided by real-time EEG data, or when tDCS works in tandem with virtual reality and robotic gait trainers — adapting intensity as the patient moves.

These "closed-loop" systems could transform physiotherapy into something more dynamic, interactive, and brain-centred than ever before.



# ANCIENT RHYTHM OF RADIANCE

**WHAT DOES SURYS NAMASKAR MEAN ?**  
SURYA NAMASKAR is the Sanskrit name for a specific sequence of twelve yoga asana otherwise known as a sun salutation. One of the most widely known yoga practices, incorporated into several different traditions such as hatha, vinyasa and ashtanga. The term is derived from two Sanskrit roots; surya, meaning "SUN" and "NAMASKAR" meaning "greetings" or "salutations".

Traditionally, the practice of surya namaskar was used as a means of paying respect to the sun. In Indian culture from which the practice came, the sun is regarded as the source of all life, and it is therefore of great importance.

In Hinduism, surya is the god of the sun, understood to be the creator of the universe, and in Vedic tradition the sun is symbolic of consciousness and the divine. As such, surya namaskar is considered to be one of the most important yoga practices.

The exact origins of surya namaskar are widely debated. Some scholars believe it to be thousands of years old, whilst others contend that the physical sequence is a 20th-century creation, designed by the Raja of Aundh to accompany ancient Vedic mantras which honor the sun.

The oldest known text to describe surya namaskar as a sequence of asana is the Yoga Makaranda, written in 1934 by T.KRISHNAMACHARYA. ALTHOUGH KRISHNAMACHARYA IS OFTEN CONSIDERED TO BE THE FATHER OF MODERN HATHA YOGA, it is unclear whether he invented the sequence or learned it from his predecessors.

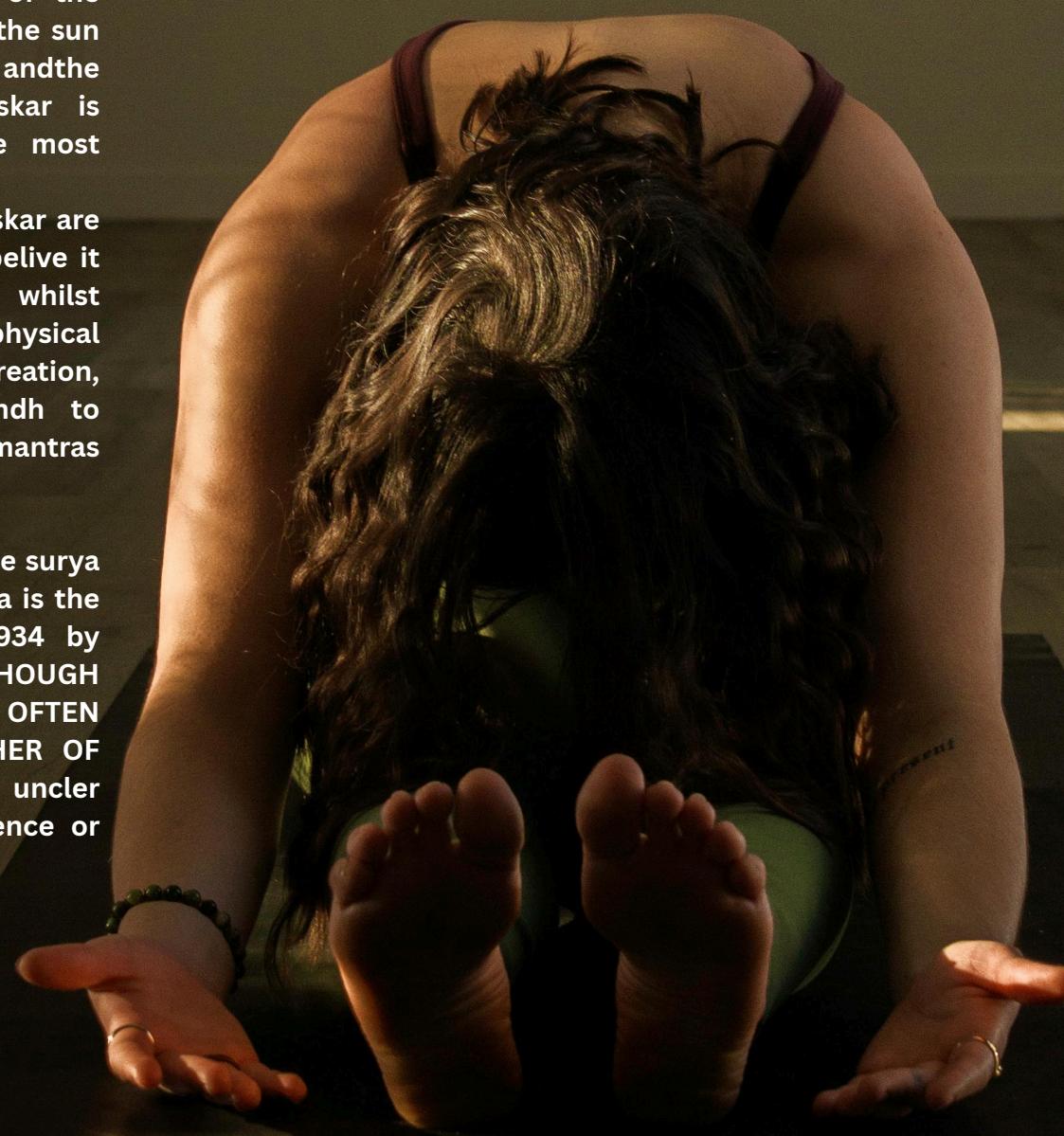
## TWELVE ASANA WHICH COMPRIZE SURYA NAMASKAR ARE

- 1 Pranamasana [prayer pose]
- 2 Urdhva hastasana [upward salute]
- 3 Uttanasana [standing forward fold]
- 4 Ashwa sanchalanasana [equestrian Pose or low lunge]
- 5 Chatanga dandasana [plank pose]
- 6 Ashtanga namaskara [eight limbed salute]
- 7 Bhujangasana [cobra pose]
- 8 Adho mukha svanasana [downward-facing dog pose]
- 9 Ashwa sanchalanasana [equestrian pose]
- 10 Uttanasana [standing forward fold]
- 11 Urdhva hastasana [upward salute]
- 12 Pranamasana [prayer pose]

The transition from posture to posture is facilitated by either an inhalation or an exhalation, allowing the practitioner to connect to their breath as a means of cultivating concentration. The repetitive nature of surya namaskar fosters a meditative practice, in which little thought is required. Additionally, surya namaskar provides many overall health benefits such as.

- Maintaining cardiovascular health
- Stimulating the nervous system
- Improving strength and flexibility
- Enhancing cognitive functions
- Relieving stress and fatigue
- Regulating hormones

"ENERGISING ALL AGED INDIVIDUALS WITH RAYS OF SUN"



**Radhika Santoki**  
**BPT Student, KD Institute of**  
**Physiotherapy**

## Introduction:

Falls are one of the major causes of mortality and morbidity in older adults. Every year, an estimated 30-40% patients over the age of 65 will fall at least once. Falls lead to moderate to severe injuries, fear of falling, loss of independence, and death in a third of those patients. Falls are the top cause. Of accidents in people over the age of 65 falls are also the main cause of serious injuries and accidental deaths in older people.

According to the population census in India 2011. The percentage of older adults above the age of 60 is 8.6% of the total population. The prevalence of falls in India above the age of 60 years reported to range 14%-53% older people who appear to be strong and well can fall.

Several approaches have been shown to reduce the risk of falls in older people including exercise, cataract surgery, medication reduction and home safety intervention; however, none of these approaches have been evaluated in low-income settings. Exercise can reduce the risk of falls by up to 35% and also offers many other health benefits. Falls threaten the independence of older people.

In the modern world, the South Asian art of yoga has expanded to all corners of the globe. Yoga improves balance and mobility and therefore has potential as a fall prevention strategy and spiritual aspects of aspects of health and breathing exercise. Individuals who practice yoga are not free of health concerns, but most believe their health improved because of yoga.

Yoga might be beneficial for a number of populations including elderly women and those with chronic health conditions. Surya Namaskar, which is known as "sun salutation" is a part of yoga.

Chair Surya Namaskar is an easy way out for those who are on their chairs for long hours sitting.

### "Sitting Surya Namaskar"

Surya Namaskar is beneficial for geriatric rehabilitation, specifically the "sitting Surya Namaskar" variation, which is designed for individuals with mobility issues or disabilities. Making it a suitable option for seniors who may not be able to perform the traditional Surya Namaskar sequence.

This variation is a modification of the traditional Surya Namaskar, adapted to be performed while sitting. It involves the same sequence of pose, but with adjustment to accommodate the seated position.

### "BENEFITS FOR GERIATRIC PATIENT"

#### -Improved blood circulation:

Movement in sitting Surya Namaskar helps to stimulate blood flow, which is crucial for maintaining overall health in the elderly.

#### -Flexibility and endurance:

The practice can help to strengthen muscles and improve endurance, which can be beneficial for maintaining functional independence in daily activities.

#### -Relieves stress and anxiety:

Surya Namaskar focuses on steady breathing, which poses as an effective grounding method, helping calm a person. Also, enhances a person's nervous system making it easier for an individual to respond to stress.

#### -Improves digestive system:

A healthy and proper digestive system is a must for a healthy individual. Surya Namaskar increases the blood to your digestive tract, ensuring the better functioning of your intestines. Some poses help in increasing the abdominal space inside stretching. Thus helping release the trapped gas from their system.

## CONCLUSION

*This sequence of movement can be practiced on varying levels of awareness. Surya Namaskar improves strength, flexibility of musculoskeletal system, balances endocrinological system and metabolic function, tones central nervous system, supports urogenital system, boosts gastrointestinal system. Keeps mind calm, attentive and stress-free lend grace and ease of movements of body. Revives and maintains the spirit of youthfulness. Thus it should be a need to incorporate Surya Namaskar in modern life style for healthy mind and body. That 6 weeks of sitting Surya Namaskar had significant effect on reducing risk of falls in community dwelling elders.*

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