PHOTO

**Dr. VINOD KUMAR CHAUHAN (PT)**

**Sr. Consultant Physiotherapist & Manual Therapist**

**Name – Dr. Vinod Kumar Chauhan (PT)**

**Designation – Chief Physiotherapist & Manual Therapist – KONG POSH WELLNESS CLINIC**

**Area Of Expertise – Neuro Physiotherapy, Orthopaedics Physiotherapy, Cardiorespiratory Physiotherapy, Sports Physiotherapy, Paediatric Physiotherapy, Geriatric Physiotherapy, Manual Therapy, all kind of Rehabilitation in Pre and Post Operative Condition .**

**Qualification – MPT(Neurology), COMT, M.F.I.M.T.SDT(AIIMS)**

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**Brief Profile :**-

**Dr.** Vinod Kumar Chauhan (PT) is a senior Physiotherapist and Manual Therapist with 10 years of experience in Neuro Physiotherapy, Ortho Physiotherapy, Cardiorespiratory Physiotherapy, Sports Physiotherapy, Pediatric Physiotherapy, Geriatric Physiotherapy , Pre & Post Operative Physiotherapy, and Manual Therapy, all kind of Spinal Physiotherapy and all kind of Pain Management in Out Patients Department and In Patient Department , ICU Physiotherapy ,Common Health & Wellness Programme. in various Hospitals , health organizations and Clinics like:-

All India Institute of Medical Science (AIIMS) New Delhi

North Point Hospital Panchsheel park New Delhi

Max H. Care New Delhi

ADIVA Hospital New Delhi.

Active physiotherapy sports injury and rehabilitation Clinic Jammu

Mac wellness zone Uday Park New Delhi\

Kunj Clinic R-10 Hauz Khas New Delhi.

Active physiotherapy sports injury and rehabilitation clinic Savitri Nagar , Malviya Nagar, New Delhi

Presently working as Visiting Sr.Consultant Physiotherapist in SCI International Hospital GK1 on call.

&

Running own clinic as

“ KONG POSH PHYSIOTHERAPY SPORTS INJURY & REHABILITATION CLINIC”

at 19/A, Arjun Nagar, opposite B-7 Safdarjung Enclave behind Sukhmani Hospital New Delhi 110029.

**During my Internship I got opportunity to work with-**

vinayaka Missions Kirupananda Variyar Medical College & Hospital, Salem.

Vinayaka Mission Hitech Hospital, Salem T.N.

ST.Mary’s Leprosy centre,Salem T.N. (prevention of disabilities & self care method in leprosy).

Ecomwel Orthopadic centre (special education & rehabilitation centre for disabled) Salem T.N.

Narayana Hrudayalaya Institute of Medical Science (dept of Cardiac rehabilitation) Bangalore.

Vinayaka Mission Hitech Hospital Salem T.N.

I Did my Research on-

“A Comparative study on effectiveness of icing & Magnesium Iontophoresis in reducing spasticity & improving gait velocity in post stroke subjects”.

**I Attained various CME / WORKSHOP on -**

Rehabilitation medicine.

PNF & its clinical applications.

Obesity- A global issue.

International conference in Gastro Enterology & liver workshop.

Physiotherapy practice & sports medicine.

Recent trends in rehabilitation.

South India physiotherapy conference.

Muscle energy technique for spinal dysfunction.

National level CPE programme on physical therapy in Women health.

National level continuing physiotherapy education program during nandha’s physiogala2006.

Continuing medical education programme on rehabilitation medicine.

Falls screening & evidence based management.

Holistic Healing.

**KONG POSH PHYSIOTHERAPY SPORTS INJURY AND REHABILITATION CLINIC (KPPSIARC)** provides a complete care from pain to paralysis .we provide services to maintain and restore maximum movement and functional ability throughout the lifespan. this includes providing services in circumstances where movement and function are threatened by ageing, injury, diseases, disorders, conditions or environmental factors. functional movement is central to what it means to be healthy.

physiotherapy is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, habilitation and rehabilitation. this encompasses physical, psychological, emotional and social wellbeing. physical therapy involves the interaction between the physical therapist, patients/clients, other health professionals, families, care givers and communities in a process where movement potential is assessed and goals are agreed upon, using knowledge and skills unique to physical therapists.

KPPSIARC **physiotherapists can help patient in following process**

• Undertake a comprehensive examination/assessment of the patient/client or needs of a client group

• Evaluate the findings from the examination/assessment to make clinical judgments regarding patients/clients

• Formulate a diagnosis, prognosis and plan

• Provide consultation within their expertise and determine when patients/clients need to be referred to another healthcare professional

• Iimplement a physical therapist intervention/treatment programme

• Determine the outcomes of any interventions/treatments

• Make recommendations for self-management

**WE TREAT ALL THE CONDITIONS LIKE** :-

**Joint Pain -** Arthritis, bursitis, lupus, degenerative joints, poorly aligned joints, joint instability

**Muscle Pain** - Torn muscles, pulled/strained muscles, tight muscles, fibromyalgia, muscle spasms, muscle cramps, calf strain, pulled hamstring, groin strain, strained gluteals, abdominal strain

**Soft Tissue Injuries -** Tendinitis, tennis elbow (lateral epicondylitis), golfers elbow (medial epicondylitis), patellar tendinitis, achilles tendinitis, whiplash, back strain, neck strain, rotator cuff injuries, iliotibial band syndrome (ITB).

**Joint Injuries -** Joint sprains, dislocated joints, sprained ankle, sprained knee, sprained wrist, sprained elbow, degenerated meniscus, torn cartilage, unstable joints, joint hypermobility

**Overuse Injuries -** Carpal tunnel, repetitive stress syndrome, shin splints, iliotibial band syndrome, tension headaches

**Swelling and Edema -** Lymphedema, swollen joints, edema, lymphatic congestion, chronic joint or muscle inflammation

**Postural Problems -** Poor posture, round shoulders, scapular instability, muscle weakness, muscle imbalance, poor muscle tone, hypotonia

**Recovery from Surgery -**  Orthopaedic surgery-Athletic injury surgery, Reconstructive surgery, Joint replacement surgery, Meniscus repair, Ligament surgery, Tendon surgery, Lymph node removal

Neuro surgery-All kind of post-operative rehabilitation

Cardiac surgery- All kind of post operative cardic rehabilitation.

**Bruising -** bruising following injuries or surgery, contusions

**Foot Pain -** Plantar fasciitis, fallen arches

**NOTE:-** **Neurological and orthopaedic rehabilitation IN-**

Paediatric Conditions like:- Cerebral Palasy, Spastic Syndrome, Delayed Mileston , Spina Bifida.

Adult Conditions like:- Stroke ( Cva), Facial Palasy, Bells Palasy, Alzimer, Epilepsy , Parkinsonism ,Poliomylitis

**Geriatric rehabilitation**

**Physiotherapy treatment for spinal conditions like:-**

Cervical Pain, Thoracic And Lumbosacral Problems