

Medi Quest BRS Hospital

A monthly News letter from BRS Hospital

PHYSIOTHERAPEUTIC APPROACH TO SCOLIOSIS

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Physiotherapist- BRS Hospital

Price Rs. 5/- Only

February - 2011

Medi - 13

Quest - 1

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Rs 50/- only

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In Continuation of Jan. issue

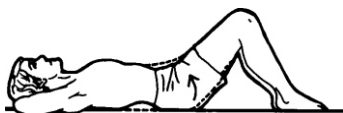
Physiotherapeutic Approach to Scoliosis

Part - II

In previous issue, the scoliosis signs and symptoms, examination and measurement of scoliosis were discussed. In continuation of the physical treatment, the following physiotherapy exercise are recommended.

1. Pelvic tilt back lying with the knees bent.

- A. Keep the shoulders flat on the floor and breathe regularly.
- B. Tighten the buttocks.
- C. Force the lumbar spine towards the bars by tightening and pushing backward with the abdominal muscles.

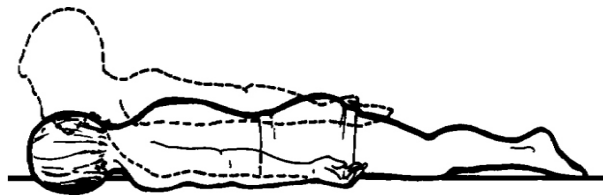


2. Pelvic tilt supine with the knees straight.
Repeat 1A, B, and C.

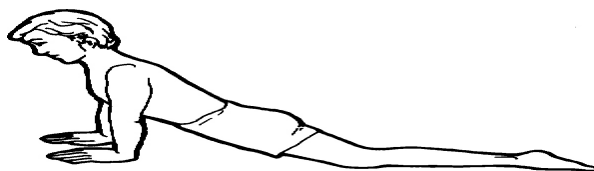


3. Spine extension in the facelying position.

- A. Tilt the pelvis, pull away from the front of the girdle.
- B. Raise the head, arms and shoulders about 6 inches against resistance between the shoulder blades.

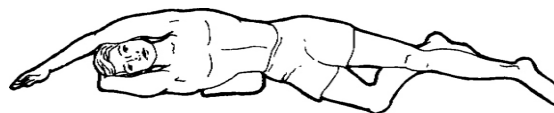


4. Pushup with the pelvis tilted.



5. Filling out the "Thoracic Valley."

- A. Lie on your side with a small pillow under the thoracic pad.
- B. The top arm and leg should be straight, lower arm and leg bent.
- C. Tilt the pelvis.
- D. Breathe in while pushing chest back toward the posterior uprights.



6. Pelvic tilt standing.
 - A. Relax the knees, tilt the pelvis by pulling in the abdomen and tucking the hips under.
 - B. Walk, holding the tilt. Make this posture a habit.
7. Active correction of the Thoracic Lordosis and Rib Hump.
 - A. Tilt the pelvis in the standing position.
 - B. Inhale deeply, spread the ribs and press the chest wall backward toward the posterior uprights
8. Active correction of the curves.
 - A. Tilt the pelvis.
 - B. Keep the pelvis tilted and shift away from the Thoracic Pad.
 - C. Same with the Lumbar Pad.
 - D. Now, tilt pelvis shift away from both pads and stretch up tall out of the brace.

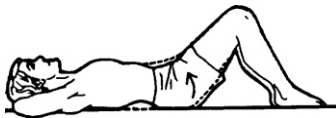
POSTURAL EXERCISES

EXERCISES TO BE DONE OUT OF THE MILWAUKEE BRACE

Exercises are to be held for the count of 5 and done 10 times once or twice daily. Do only those exercises checked for you.

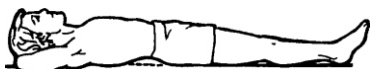
1. Pelvic tilt backlying with the knees bent.

- A. Keep the shoulders flat on floor, but breathe regularly.
- B. Tighten the buttocks. C. Force the small of the back into the floor by tightening



and pushing backward the abdominal muscles. Try to "Crush" the Therapist's hand under the back.

2. Pelvic tilt with the knees Straight. Repeat 1 a, b, and



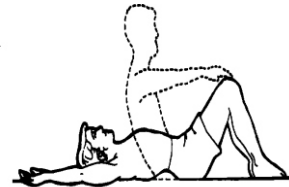
3. Sit up with pelvic tilt.

- A. With the knees bent, tilt the pelvis and hold the tilt.
- B. With the elbows straight, roll up to touch the knees with fingers.

- C. Roll back down slowly, and then release the tilt.

4. Deep breathing exercises.

- A. Divide the chest into three parts; abdomen, lower ribcage and upper ribcage.
- B. Inhale deeply and then exhale completely in each part.
- C. Later, when you can do this well, combine all three into one deep breath.



5. Hamstring stretch.

- A. Sitting with legs out in front of you, touch your toes.
- B. As you progress, try to touch your head to your knees.



6. Back stretch.

- A. Sitting Indian style, touch head to floor in front of you.

7. Rotational stretch.

- A. With hands behind head, rotate as far as possible from side to side trying to touch your elbow to the opposite knee (sitting Indian style).

8. Back strengthening.

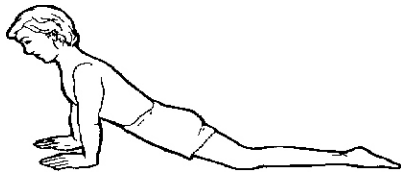
- A. Sit Indian style with back as flat as possible to the wall.
- B. Hold a ball overhead and raise straight up.
- C. Be sure to keep your elbows to the wall.



9. Spine extension in the prone (facelying) position.
 - A. Tilt the pelvis, make a "Tunnel" under your abdomen.
 - B. Arms at your sides, palm down.
 - C. Pinch shoulder blades together and raise head and shoulders and arms about 6 inches from the floor against resistance

10. Pushup with pelvis tilted.

- A. Be sure you are a straight line from knees to shoulders



11. Pelvic tilt in the standing position.

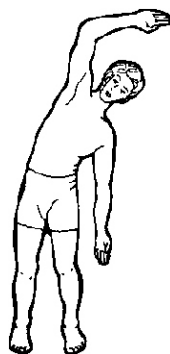
- A. With the head, shoulders and back against the wall and the heels 3 inches from the wall, stand tall.
- B. Relax the knees, tilt the pelvis.



- C. Walk away holding the tilt. Make this posture a habit.
- D. Learn to do this correction without the wall; pull in tummy and tuck hips.

12. Side stretch.

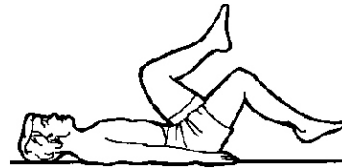
- A. Standing with one arm overhead and one arm at side, bend to the side opposite the raised arm.



12. Side stretch.

- B. Sit on heels, forehead near floor, arms outstretched. Stretch out your arms and slowly bend your trunk to one side. Repeat to other side.

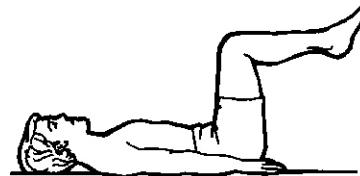
ADDITIONAL TRUNK STRENGTHENING EXERCISES



1. Bicycle.

2. Abdominal strengthening.

- A With knees bent, back flat to table, rotate knees side to side.



3. Back strengthening.

- A. Sitting on your heels, hands behind your back, keep tummy on your thighs.
- B. Lift head and shoulders.



4. Back strengthening.

- A. Sitting in a chair, lean for-ward with tummy on your knees, hands behind your head.
- B. Raise head and shoulders only.

CONCLUSION:

Poor posture and stress can lead to muscle and joint pain due to the strain placed on certain areas of the body and this is treatable by physiotherapy. Often over time muscle dysfunction can occur, where some muscles have shortened and become overactive, while others may have lengthened and weakened. Specific exercises to strengthen the weak muscles, stretch the tight muscles and improve the stability of the affected area can correct this situation and prevent worsening of a problem.



BRS Hospital Offers an Attractive Package of Well Women's Check - up

B.R.S HOSPITAL- Physiotherapy Department

With a holistic approach and more than ten years' experience, our Physiotherapy rehabilitation unit to identify the source of individual's symptoms and return them to full health and pain-free function, PEOPLE-PERSON whether in everyday life or on a competitive sporting level. Offering thorough assessments and a hands-on approach, we treats all general physiotherapy conditions involving muscle, joint and neural problems, ranging from back and neck pain to post-operative orthopedic conditions. Our special interest in Total exercise protocol for all the joints of the body

For anyone interested in joining WELLNESS PROGRAM CLASSES to rehabilitate and strengthen their spines, more information on the benefits of classes, as well as cost and time table can be found on B.R.S Hospital reception and Department of Physiotherapy unit. Timings: 9:30am-12noon & 4:00pm to 8:00pm

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- Rhinoplasty
- Hair Transplant

MultiSpeciality Hospital

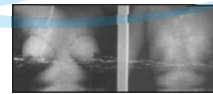
- Intensive care unit (Pediatric & Adult)
- Paediatrics & Neonatology
- general surgery & key hole surgery
- arthroscopic surgery - sports injuries
- laparoscopic surgery

Liposuction



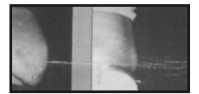
Pre OP Post OP

Male Breast Reduction Gynaecomastia



Pre OP Post OP

Abdominoplasty



Pre OP Post OP

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Owned and Published by Dr. Madhusudhan 28, Cathedral Garden Road, Chennai - 34.
Printed by Sl. Bakthaan at Dhevi Suganth Printers 52 Jani Batcha Lane, Royapettah Chennai - 14.

Postal Registration No. TN-CH(C)-59-08-11
Registered News Paper Posted at Egmore R.M.S. Patirika Chennel.

RDISNo. 6342/98
Posted on 1.03.2011