

Manav Rachna International Institute of Research and Studies

Expert Talk on Physiotherapy Perspective on Gynecological Conditions

The Department of Physiotherapy conducted an Expert Talk on Physiotherapy perspective on Gynaecological conditions for the BPT-7th semester and 2nd Year MPT students on 25th August 2023. Dr. Prerna Mohan Saxena started a session with interesting activity of word puzzle to find the gynaecological conditions. She focused on the physiotherapy perspective for gynaecological conditions namely pelvic floor Rehabilitation, Post operative Rehabilitation, Pain Management, Prevention and Education, Quality of Life Improvement, Pregnancy and Post partum Support. She discussed Assessment & evaluation strategy, treatment approaches focusing on pelvic floor strengthening, relaxation, Breathing control etc. She discussed the link between hyperactive pelvic floor and low back pain and how do we need to add gynaecological assessment in the low back pain female patients.

