

Contents

PART IV: COMMUNITY PHYSIOTHERAPY (RELATED TO SPECIFIC CONTEXTUAL FACTOR)

15. Health of Abdominal Capsule in Obstetrical and Gynecological	223
<i>Bharati Vijay Bellare</i>	
15.1 Structure and Function of the Female Abdominal Capsule	
• The Dome 224 • Support System 224 • Sling System 226	
• Kinetic Chain of the AC 229 • Mechanism of Evacuation 231	
• Lumbar Stability 233 • Practical 237	
15.2 Cultural Influence in the Obstetrical Context	
• Impact of Pregnancy and Labor on the Abdominal Capsule (AC) 241	
• Cultural Dimensions in Obstetrical Health 244	
15.3 Antenatal Physiotherapy: Indian Perspective	
• Pregnancy Related Alterations in the Soft Tissue Components of AC 251	
• Strategies of Antenatal Physiotherapy Related to Care of AC 253	
• Part I: First Trimester 253 • Part II: The 2nd Trimester up to 28 Weeks of Pregnancy 254 • Part III: After 28 Weeks of Pregnancy till Woman goes into Labor 260	
15.4 Postnatal Physiotherapy: Indian Perspective	
• Obstetrical Impact on Abdominal Capsule 268 • Postpartum Recovery 269	
• Strategies of Postpartum Management 270 • Clinic on Do and Don't 276	
• Postnatal Follow-up 277	
15.5 Management of Pelvic Floor Dysfunction in Women	
• Biomechanical Factors Responsible for Pelvic Floor Dysfunction 285	
• Primary Prevention 286 • Secondary Prevention Strategies in Vulnerable Groups 288 • Strategies of Tertiary Prevention in PFD 291 • Observation and Assessment of Pelvic Floor 292 • Intervention 294 • Coping Strategies in Long-term Management of PFD 297	
16. Developmental Health (Age related)	303
16.1 Preventive Neonatal Health	
<i>Sailaxmi Ganesan</i>	
• Risk Factors for NDD 304 • Physical Therapy in the NICU 305	
• Key Messages 310 • Goals of Developmental Care 310	

16.2 Developmental Neuromusculoskeletal Issues in Children*Amitesh Narayan***17. Geriatric Health (Age related)****330****17.1 Musculoskeletal, Cardiovascular and Respiratory Issues in Elderly***Savita Ravindra, V Sundar Kumar*

- Overview of Aging Related Changes in Various Systems 331
- Alterations in Flexibility with Aging 333 • The Evidence for Effects of Exercise Training on the Musculoskeletal System in Older People 337

17.2 Falls in the Elderly*Raju K Parasher*

- Motor Control and Aging 343 • Fear of Falling 344
- Causes/Risk Factors 344 • Assessment 346 • Interventions 348
- Multidimensional Exercise Program for Fall Prevention and Fear of Falling for Community Dwelling Elderly 351

17.3 Institutionalised Elderly Geriatric Assessment and Management*Anjali Bhise, Yagna Shukla*

- Types of Rehabilitation Services for Elderly 358 • Assessment of Geriatrics 359 • Geriatric Management 362 • Recent Advances 367

**PART V: PHYSIOTHERAPEUTIC PREVENTION PRACTICE IN
SPECIFIC HEALTH CARE OF AN INDIVIDUAL**

18. Patient with Altered Consciousness**371***Jaimala V Shetye*

- Aim and Intended Learning Outcomes 371 • Altered Consciousness 371

19. Tertiary Cancer Prevention: Physiotherapeutic Perspective**386***Paramanandam Vincent Singh, Daptardar Anuradha*

- Tertiary Prevention Concerns 386

**20. Symbiotic Relationship of Interventional Pain Management
with Physiotherapy****399***Lakshmi Vas***21. Prevention and Rehabilitation Strategies in Various Hand Conditions****414***Chhaya Verma*

- Overview of Normal Hand Function and its Injury 414 • Types of Hand Problems/Injuries 415 • Hand Injury Prevention Strategies 418
- Rheumatoid Hand 418 • Burns Hand 424 • Leprosy Hand 427
- Diabetic Hand 431 • Spastic Hand 431 • Hand in Work Related Injuries 434

22. Prevention and Rehabilitation Strategies in Diabetic Foot**445***G Arun Maiya, Shubha G, Prabath, Sampath*

- Assessment and Management of Diabetic Foot 445 • What is Diabetic Foot Complication? 445 • Statistics 445 • Charcot Foot 446 • Assessment of Diabetic Foot 447 • Diabetic Foot Ulcer 448

PART VI: DISASTER MANAGEMENT: PHYSIOTHERAPEUTIC PERSPECTIVE

23. Disaster Management 455
23.1 Early Tertiary Management After Disaster: Role of Physiotherapy

Anu Arora, Sujata Yardi

- Basic Terminology 455 • Goals of Disaster Management 457
- Contemporary Disaster Management: A Four Level Approach 459
- Role of Physiotherapist in Disaster Management: The Road Ahead 461

23.2 Long-term Tertiary Management After Disaster: Role of Physiotherapy

Dhruv Mehta

- Role of Physiotherapist in Disaster Management 463 • Triage 463
- Physiotherapy in Spinal Cord Injury (SCI) Acute/Sub-Acute Stage (Disaster Management) 464 • Physiotherapists Role in Medical Center 465
- DO's and DONT's in Spinal Cord Injuries 466 • Physiotherapy for Persons with Amputations 467

PART VII: COMMUNITY BASED PHYSIOTHERAPY (CBP) FOR AN INDIVIDUAL

24. Community Based Physiotherapy (CBP) 475
24.1 Challenges in Community Based Physiotherapy

PP Mohanti

- Understanding Community Based Rehabilitation 476 • CBR in Developing World 476 • Strategy for CBR 477 • Funding for CBR 478 • Information Dissemination in CBR 478 • Challenges in CBR 478 • Results of Analysis of CBR Program Initiatives 479 • CBR in Indian Context 481
- Service Delivery System for CBR 482 • CBR and Physiotherapists 484

24.2 Cell Phone Technology for Community Based Physiotherapy

Chitra Kataria, Nishu Tyagi, Ruby Aikat

- Overview of Telehealth through Mobile Phones 486 • Ethics (Privacy and Confidentiality) 487 • Experience of Telehealth Unit (E-Seva Center) at Indian Spinal Injuries Center 487