



# MATOSHRI GERIATRIC HOME

## ABOUT

Matoshree Vruddhashram is governed by Pratibha Navkar Jain Pratishthan Trust which accommodate 100 entrants from maharashtra state. Ashram is managed exclusively from own resources and few offers from citizens and visitors at times.

## ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Comprehensive geriatric assessment & diagnosis
- ❖ Physical therapy interventions including Range-of-motion exercises, stretching exercise, Mobilization exercise, strengthening exercise, aerobic exercises, Gait training (held every Friday per month)
- ❖ Referral to other healthcare professionals if necessary
- ❖ Exercises in the form of recreational activities.
- ❖ Days observed: International day for older persons
- ❖ Personal/psychological counselling once in month by experts





## AASHADEEP KENDRA, RAHURI

### ABOUT

This center was developed with an aim to restore health, independence, and functionality of individuals affected with neurological conditions including stroke, bell's palsy along with other conditions like arthritis. This center provides Acupuncture & Panchkarma for Arthritis, Paralysis, all joint pain.

### ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Geriatric Assessment
- ❖ Early identification and management of stroke
- ❖ Quality of life assessment Environmental assessment, accessibility and modifications
- ❖ Hand rehabilitation to improve ADLs
- ❖ Gait training program





## SAIUDYOG INDUSTRY, MIDC

### ABOUT

Sainath industry is very old proprietorship firm established in 1983 for manufacturing machinery and equipment's, spare parts. Its expertise in precision press components and switch gear assembly.

### ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Physical fitness assessment of employees
- ❖ Workstation evaluation using RULA and REBA scale
- ❖ Prevention in the form of Workplace Ergonomics
- ❖ Physiotherapy management of work-related musculoskeletal disorders such as neck pain and back pain





## PHC CENTER, DEHARE

### ABOUT

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Elements of primary healthcare includes; treatment of common illness and injuries, immunization, maternal-child health including family planning, prevention and control of locally endemic diseases

### ROLE OF COMMUNITY PHYSIOTHERAPISTS

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- ❖ Assessment, diagnosis and management of urinary incontinence by screening through QUID questionnaire.
- ❖ Screening for developmental disorders through 'pragati pustika'
- ❖ Awareness and education on antenatal and post-natal care





# ANAM PREM

## ABOUT

Since 2005, Anam Prem has been working through various projects to rehabilitate the lives of persons with various disability. One of the projects under this is spinal cord injury rehabilitation center which aims to provide rehabilitation of spine injury patients with 6 months of training through guidance.

## ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Exercise therapy; strengthening, stretching, joint mobility
- ❖ Assessing impairments, activity limitations and participation restrictions
- ❖ Improve an individual's independence through Wheelchair skill training and Vocational training
- ❖ To achieve and maintain successful reintegration into the community.



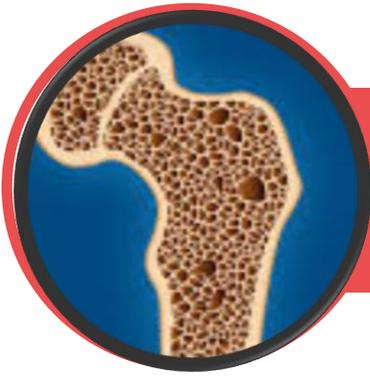


## SHINGVI NAIK CAMP

### ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Geriatric assessment, functional diagnosis, symptomatic management and home exercise program
- ❖ Referral to other healthcare professional as necessary
- ❖ Education and awareness on antenatal care
- ❖ Education and awareness on postnatal care
- ❖ Early detection, prevention and rehabilitation of persons with various types of disability.





## OSTEOPOROSIS CAMP

### ABOUT

Every year on the occasion of osteoporosis day, a campaign is conducted on 20<sup>th</sup> october which is dedicated to raising awareness of osteoporosis, prevention, diagnosis and early intervention.

### ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Screening of osteoporosis through qualitative calcaneal ultrasound
- ❖ Diet education through experts
- ❖ Falls prevention strategies
- ❖ Awareness on fracture prevention





## WHEELCHAIR SKILL TRAINING CAMP

### ROLE OF COMMUNITY PHYSIOTHERAPISTS

- ❖ Wheelchair skill training program for wheelchair bounded community dwelling individuals by trained/certified trainer
- ❖ Awareness on wheelchair training through 'Wheelchair Prashikshan Pustika'





## SPECIALITY CLINICS CONDUCTED IN OUR INSTITUTION



Falls clinic  
[monthly, every tuesday]



Ergonomic clinic  
[monthly, every wednesday]



ANC clinic  
[monthly, every thursday]



PNC Clinic  
[monthly, every friday]