

PHYSIOTHERAPY AWARENESS AND CONSULTATION CAMP

CROWN PLAZA, New Delhi

On 12 February 2016 , a physiotherapy consultation and awareness camp was conducted in the Hotel, Crown plaza, Okhla. The students were accompanied by Dr. Nidhi Kalra and Dr. Daksha Davey Mehta. The camp was conducted in order to make the employees aware of the musculoskeletal problems they can face in their occupation and how to prevent them by simple interventions. The camp focused on simple therapeutic exercises and stretching regimen which the employees can do in their office only. The target population included chefs, front office staff, receptionist and housekeeping staff. Preventive exercises and stretching focusing on back, cervical and wrist joint were demonstrated and taught to the people. Everyone took interest and was curious to understand the root cause of their pains and discomforts which they experience often. The whole program was comprehensible to the people attending it and they gained a lot of knowledge regarding why it is more important to prevent the disease before it starts. In the end individual consultation was also given to the staff.



