

PHYSIOTHERAPY AWARENESS AND CONSULTATION CAMP

LIC office, Nehru place

On 13th Feb 2016, a Physiotherapy camp was conducted in LIC office, Nehru place. Dr.Nidhi Kalra and Dr.Daksha Davey Mehta along with 4 BPT IV yr students organized the camp. The camp was conducted in order to make the employees aware of the musculoskeletal problems they face in their occupation and how to prevent them by simple exercises. The camp focused on simple therapeutic exercises and stretching regimen which the employees can do in their daily routine. The target population included was policy makers, office staff, and receptionist. Preventive ex's and stretching focussing on cervical ,back ,wrist and knee joints were demonstrated and taught to the people. Every one took interest and was curious to understand the root cause of their pains and discomfort which they experience often. In the end individual consultation was also given to the staff.

