

Nature Cure & Yoga, Aarogyam, Hospital, Nagpura, Durg (CG)

Website: www.aarogyamnagpura.com

PHYSIOTHERAPY DEPARTMENT

LOCATION: - In front of Aarogyam Naturopathy & Yogic Sciences Hospital and Punchkarma Butting, Beside the Shri Urvasaggharam Pasharv Tirth Mandir (Mandir Compound), Nagpura.

For Appointment :- Aarogyam Office No. : +91-0788-2621209, 2621204, 8103197101

DEPT. TIMING: -

For IPD :- 11 am to 2 pm & 4 pm to 5 pm

For OPD :- 10:30 to 11:00 am & 2:30 pm to 4 pm

DOCTOR: - Dr. Harendra Shahi (PI) B.P.I., DNHE

- ⇒ The Physiotherapy department looks after almost all the patient coming to Aarogyam Hospital.
- ⇒ The Physiotherapy is a valuable adjunct to the medical management of Orthopadics, Nevrology and chest patients.
- ⇒ The Physiotherapy offers supporting treatment to critically ill patient, it is essential for rehabilitation once the patient is stable.

Techniques and Methods:-

(a) Manual Therapy / EXERCISE THERAPY

(b) Mechanical Therapy / ELECTRO THERAPY

S.no.	Exercise Therapy	Electro Therapy
1	Spring & Ball Exerciser	SWD.(Short Wave Dia-Therapy)
2	PNF Techniques (Propiocephive Neuromuscular Facilitation)	IFT (Interferential Therapy)
3	MFR (Myofascial Release Technique)	US (Ultra-Sound Therapy)
4	Manual Mobilization Techniques	TENS (Transcutaneous Electrical Nerve Stimulation)
5	PRE (Progressive Resistant Exercises)	Traction Bed
6	DRY Needling Techniques	Hydro Culator (For Motseheat)
7	Tharaband Techniques	CPM (Continuous Passive Moving)

SERVICES :- (Condition Where Physiotherapy Work)

1. Orthopedics
2. Neurology
3. Chest Physiotherapy

S.no.	Orthopedic Cases	Neurological Cases	Cardio respiratory
1.	FRA CTURE (#) Stiffness	Cerebral palsy (C.P.)	CPR (Cardiopulmonary Resuscitation)
2.	DEFORMITIES – 1- Genu Varum 2- Genu Valgum 3- Coxa Vera 4- Coxa Varum 5- CTEV	Myopathy	Chest Physio
3.	Spasm	Muscular Dystrophy	Breaghting Exercise
4.	Muscular Sprain	Spomdilo Lithe sis/Lumber or Slipped Disc	Postural Correction
5.	Shain	Parkinsonism Disease	Paralysis
6.	Spondylitis (Curial/Lumber)	RTA or Head Injury	
7.		Cerebella Problem	