

Physiotherapy Department

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The history of Physiotherapy or Physical therapy can be traced back to ancient India nearly **5000 years ago** in the Ayurvedic classics. Considered one of the oldest methods to cure various physical ailments, physiotherapy has evolved from simple massage to a **complex assortment** of therapies - now, it has multiple and specialized applications.



Physiotherapy is a branch of medicine which deals with the treatment and Prevention of various diseases with physical sources such as heat, light, electricity, sound waves, electromagnetic waves, mechanical forces, soft tissue mobilisation and manipulation techniques such as **Myofacial release**, **Nerve mobilisation**, Manipulation technique, Muscle Energy techniques, therapeutic exercises and massage for treatment and prevention of the ailment.

Physiotherapy can be used either directly or in association with other systems of treatment.

Our Chennai Heritage Hospital has designed a special package, which may be required in order to re-educate an individual to enable them to safely return to their normal life with the help of physiotherapeutic applications, herbal medicines and Ayurvedic and Siddha method of lifestyle. It aims at **maximizing** the **functional potential** of an individual following a **disease/dysfunction** or **injury**.

Our physiotherapy team work in close conjunction with members of the Siddha and Ayurvedic team to **maximize** the **potential** of **patients** suffering from rheumatoid arthritis, osteo-arthritis, frozen shoulder, tennis elbow, cervical spondylitis, **spondylosis** of cervical or lumbar region etc. The therapy usually involves functionally mobilizing the patients, **orthopedic trauma** cases and patients of other conditions causing disability on account of **muscular** and **bony problems**. The therapy is aimed at preventing and minimizing the extent of disability.



Most people at some time or other suffer from back or neck pain, disability on account of **knee pain** or multiple joint pains (**Polyarthralgia**). Many common injuries like bruises, ligament sprains and tears, muscles and tendon strains, joint injuries, overuse injuries during sports and stress fractures

etc are prevented and treated by our **physiotherapy** team. Our team of Physiotherapy aims to not only treat the pain and other symptoms, but also to help identify the causes and provide **self-management strategies**.

If you are suffering from physical pain, sports injuries, or unexplained lethargy, you can benefit from physiotherapy. We are fully equipped with physiotherapy methodologies.