

Department of Physical Medicine & Rehabilitation – Adding Life to Years

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| HoD: | Dr Virinder Singh Gogia , Professor Jr Grade (Additional Professor) |
| Faculty: | <ol style="list-style-type: none"> 1. Dr Virinder Singh Gogia, MBBS, DOrth, DNB (PMR), Professor Jr Grade (Additional Professor) 2. Dr Javed Ahmad (Assistant Professor) |
| Start Date of the department: | Department created: March 2014 OPD Started: August 2014 Indoor Services: October 2014 |
| About the department: please write about the department in about 200-300 words: | <p>Physical Medicine and Rehabilitation (aka physiatry [pronounced as <i>fī 'zai.ətri</i>] or Rehabilitation Medicine or Physical & Rehabilitation Medicine) is a branch of modern (allopathic) system of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. That's, a medical specialty that emphasizes prevention, diagnosis and treatment of patients who experience limitations in function resulting from any disease process, injury or symptom. A physician having completed specialized training in this field is referred to as a physiatrist (pronounced as <i>fiss ee at'rist</i>) or rehabilitation medicine specialist.</p> <p>Physical Medicine – Word “physical” in Physical Medicine encompasses all three expressions that are pertaining to our physical-ness (body), physical agents (heat, light, sound, cold, etc.) and physical activities/exercises. Hence, Physical Medicine may be described as diagnosis and treatment of neuro-musculoskeletal disorders with the use of medications, modalities, intervention procedures (including surgical procedures) and exercises. Physiatrists use medications, injections, physical modalities, exercises and education, individualized to the patient's needs. That is why; it is often called “cementing force” between different specialties of modern medicine, having access to all the available modes of treatment.</p> <p>Rehabilitation - Rehabilitate in Latin (<i>habilitas</i>) means to make able. Rehabilitation is the process of transforming a person with functional limitation to a person with maximal ability through the application of medical treatment, physical modalities, exercises and adaptive devices. Rehabilitation does not reverse or undo the damage caused by disease or trauma, but rather helps restore the individual to optimal health, functioning and wellbeing.</p> <p>Medical Conditions treated by Physiatrist: Physiatrists specialize in restoring optimal function to people with injuries to the muscles, bones, tissues and nervous system. In short, “<i>Persons affected by disease conditions or injuries that result in or leave the victim with Pain, Paralysis, and/or Deformity can be benefited through physiatric intervention</i>”. Common conditions treated by physiatrists include (but not limited to) amputation, arthritis, brain injuries, burns, cancer, cardiac disorders, fibromyalgia, industrial injuries, multiple</p> |

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| | <p>sclerosis, neuromuscular diseases, neuropathies, pain disorders, paediatric disorders, pulmonary disorders, spinal cord injuries, stroke, post traumatic and musculoskeletal post-surgical conditions, podiatric affections, various aches and pains, post-polio paralysis and deformities, cerebral palsy, etc.</p> <p><i>The goal is to restore optimal function in all spheres of life including the medical (including physical, mental, psychological domains), social, emotional and vocational dimensions. The Goal or Mission statement may be described in acronym –</i></p> <p>MAD: Maximizing Abilities in-spite of Disabilities!</p> <p>Physical Medicine and Rehabilitation improves the quality of life of the patient through a dynamic team oriented approach. The Physiatrists play a leadership role in the process, providing advisory, supervisory and administrative guidance to the team members. The team members include physical therapist, occupational therapist, speech therapist, respiratory therapist, nursing staff, orthotist, prosthetist and others. The traditional medical approach aims “adding years to life” and the Physiatry with the functional model accomplishes “<i>adding life to years</i>”.</p> |
| Location (Ward with Ext. No.): | <ol style="list-style-type: none"> 1. PMR OPD: OPD-2, Room No. 46 (Mon/Tue/Thu/Fridays); Extn: 2022 2. PMR Ward: 5 bedded Ward at 5th Floor, OPD Building; Extn: 3026 3. PMR Gym: 302, Oncology Bhawan; Extn, 3246 4. Orthotic/Prosthetic Lab: 303, Oncology Bhawan; Extn, 3245 5. Audiology & Speech Therapy: 304, Oncology Bhawan; Extn, 3251 6. Occupational Therapy: 312, Oncology Bhawan; Extn, 3251 7. Rehabilitation Psychology: 307, Oncology Bhawan; Extn, 3239 8. Physical Therapy: 308, Oncology Bhawan; Extn, 3240 |
| Senior Residents: | Dr. Chandan Sharma |
| Junior Residents: | Dr. Vishal Saxena |
| Facilities: | <ol style="list-style-type: none"> 1. Medical Rehabilitation (Diagnosis, Treatment) 2. Surgical Rehabilitation Prescription 3. Interventional Physiatry 4. Age, Sports, Occupation related Joint, Spine and Neuro-Muscular problems 5. Holistic/Comprehensive Rehabilitation, involving functional, occupational, mental, psychological, social and vocational aspects of long term disabling conditions. 6. Obesity & Lifestyle Rehabilitation |
| Courses Offered: | None. |

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| Activities: | <ol style="list-style-type: none"> 1. Going About Research workshop (September 2016) 2. Public Awareness campaign on Osteoporosis and Bone Health (October 2016) 3. Rehabilitation Awareness campaign on Electronic Media by Medical and Paramedical staff of the Department from time-to-time. |
| Areas of expertise: | <ol style="list-style-type: none"> 1. Neuro Rehabilitation [Stroke (Brain Attack), Parkinson's disease, Nerve Injuries (Foot Drop, Wrist Drop, Bell's Palsy, etc.) Myopathies] 2. Spinal Cord Injury 3. Cerebral Palsy (Spastic Children) 4. Arthritis (Rheumatoid, Osteoarthritis, Gout, etc.) 5. Neck, Back, Joint Pains 6. Osteoporosis 7. Sports and Occupational injuries 8. Repeated Stress Injuries 9. Obesity and Lifestyle Diseases |
| Research Staff: | None |
| Technical Staff: | <ol style="list-style-type: none"> 1. Ms Sudhi Kulshreshtha, Clinical (Rehabilitation) Psychologist 2. Mr Mayank Awasthi, Speech Therapist 3. Mr Dharambir Kumar, Prosthetist 4. Mr Anant Kumar, Occupational Therapist |