

Physiotherapy - Hope for Parkinson's Patients..!

- Ashwini Virkar

"A healthy mind dwells in a healthy body..!" Today's health conscious people certainly seem to have realized the health mantra "Health is Wealth..!" Because movements are affected in Parkinson's disease physiotherapy is of utmost importance as it helps to improve mobility, strengthen muscles and bring about emotional well-being. When I was diagnosed with parkinson's disease doctors had advised me to make physiotherapy a part of my life. Under the guidance of physiotherapists, I started my routine exercises resolving never to quit but as it is easier said than done, I conveniently forgot the promise I made to myself. It was at this stage that I met Komal Parekh, a physiotherapy student in D. Y. Patil College of physiotherapy. She was doing her research on loss of balance in Parkinson's disease. On insistence of Mrs. Tirthali she came home, observed my movements during on and off periods, studied my problem areas and gave valuable guidance. She taught me various exercises to maintain balance and improve posture while walking. All the patients she treated were very happy with the efforts she took to understand their problems and suggest tailor made exercises for each patient. Mr. Anwalikar says that, "Physiotherapy sessions with Komal were a

pleasure..! All types of exercises were taken by her very efficiently." Mrs. Golpalkrishnan adds, "Physiotherapy sessions boosted my morale, relieved me of pain due to restricted movements and helped to build my stamina."

Mrs. Kulkarni impressed with the help given by Komal to improve her balance. Mr. Sathe is pleased and overwhelmed by her concern towards her patients and dedication towards her work.

She also arranged for a session with the help of her colleagues on 9th December, 2010 during the regular meeting of Parkinson Mitramandal Pune. She said, "If you want to achieve progress in your attempts then continuity is required that is where most of us lack....!"

Just as running water does not freeze; moving muscles do not freeze so it is important for a Parkinson patient to keep as active and as fit as possible by exercises. Of course patience and perseverance is also required to pass this acid test. Life has lot of twists and turns; You don't know how and when your fate returns; God has both good and bad days in store for us; It is his way of testing our patience thus Not everybody can pass this test He who does. proves he's better than the rest!

