

PHYSIOTHERAPY - A HELPING HAND

THE LONGEST JOURNEY, STARTS WITH A SINGLE STEP

Time and Again, Parkinson disease patients have been told by various health professionals that exercise is the most important therapeutic aspect. In fact, when the three commandments of survival for human beings include breathing, eating and sleeping, for a Parkinson disease patient fourth one gets automatically introduced : 'EXERCISE'.

Medications have and will always be the first line of treatment for parkinson disease: Physiotherapy has created a niche for itself as a leading health care system that helps in restoring normal body function and preventing disability arising from disease trauma or injury.

When sharing about my experience, I Dr. Komal Parikh, student of Master of Physiotherapy (Neurosciences) would say that I enjoyed my role as a Physiotherapist and as a friend. Considering Physiotherapy approach, the program aimed at improving patient's balance, preventing and managing falls. Thereby improving their Quality of Life. allowing them greater avenues for participation in everyday activities and maintaining as much as independence as possible. The balance training programme was executed in month of September which comprised of 12 sessions, thrice a week for 4weeks. Each session focussed on relaxation exercises, breathing exercises and balance exercises. After 4 weeks, I was happy to hear a positive feedback from them that the programme

helped to improve their balance and overcome their depression and lack of self confidence that had threatened to isolate them from social society. I couldn't have asked for more!!

This journey helped me to grow as a physiotherapist and a better human being. The process of working with the Parkinson disease patients was exciting for all the learning it allowed me. As I weaved myself a place in the family on Parkinson, I was able to gain a position of accessibility and reassurance, a "position" that I quiet cherish.

I am thankful to the society members for believing in me and giving me an opportunity to work with such responsive and co-operative patients. Lastly I am grateful to my college PADMASHREE DR. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY. PIMPRI, PUNE. Principal Dr. Tushar Palekar and my guides Dr.K Senthil and Dr. Albin Jerome for their continuous encouragement and support throughout my journey.

So I hope that you dear patients embrace exercises and strategies not as a burden forced upon you but as a means of healthier, happier and fulfilling way of life for "WHERE THERE'S WILL THERE'S A WAY."

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