



SAMARTH

PREVENTIVE PHYSIOTHERAPY AND FITNESS CENTRE



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Dr. Junneshwar L. Bidve (PT)

- 2012-Completed his Bachelor Degree of Physiotherapy (BPTH) from Seth GSMC and K.E.M. Hospital, Mumbai.
- 2012-13-Worked as Physiotherapist at Madhavbaug Preventive Cardiology, Khopoli.
- 2015-Completed his Master's degree in Cardio-Respiratory Physiotherapy from MGM University, Navi Mumbai.
- 9 yrs of Experience in managing post operative patients.
- Special interest in Preventive Health.

Dr. Ashwin R. Kshirsagar(PT)

- 2012-Completed his Bachelor Degree of Physiotherapy (BPTH) from Seth GSMC and K.E.M. Hospital, Mumbai.
- 2014 – Completed his Master's degree in Sports Physiotherapy from G.N.D.U. Amritsar, Punjab.
- 9 yrs of Experience in managing Sports injuries & Musculoskeletal (Orthopedic) conditions.
- Since 2015 working with Indian National Boxing Team
- 2017-Junior Asian Boxing Championship held at PHILIPPINES
- 2018- Youth Men Asian Boxing Championship held at THAILAND
- 2018- Youth Men World Boxing Championship held at HUNGARY
- 2018-36th Youth Men Golden Gloves Boxing Tournament held at SERBIA
- 2019-Bombay Bullets team Physio in first Indian Boxing League held at New Delhi
- He has extensive experience working with International and National level athletes.
- He has been treating all the musculoskeletal conditions excellently
- He has also developed his special treatment program for sports people rehabilitate them and return to the ground as early as possible.

Dr.Mrunal Kulkarni (PT)

- 2018-Completed her Bachelor's of Physiotherapy from MGM HIS University, Navii Mumbai.
- 2018 - First price in BLS training Camp by Lion's Club.
- 2020 - Completed her Master's of Physiotherapy in Community Based Rehabilitation from DY Patil University, Pune.
- She has special interest Women's Health and Geriatric Health.

At Samarth Preventive Physiotherapy and Fitness Centre we are providing the following Physiotherapy services

- ☞ Sports Rehabilitation.
- ☞ Women's Health
- ☞ Musculoskeletal Rehabilitation.
- ☞ Community Based Rehabilitation.
- ☞ Pediatric Rehabilitation.
- ☞ Pulmonary Rehabilitation.
- ☞ Cardio-Respiratory Physiotherapy.
- ☞ Health and fitness training.
- ☞ Diabetes, BP and obesity management.



☛ Sports Rehabilitation

- ☞ The the goal of the rehabilitation process is to limit the extent of the injury, elinate or reverse the impairment and functional loss, and prevent, correct or eliminate the disability.
- ☞ When an athlete is injured, it does not affect his physical capabilities exclusively, but also contextual aspects. In fact, in given situations, injuries can deprive athletes of their compensation increasing life stress, and manage fear to injury, sensation of loss, negative emotions, and other mood disturbances.
- ☞ All kind of sports injuries are successfully managed with the latest techniques and equipment so as to provide the best results to the athletes.

☛ WOMEN'S HEALTH

- ☞ Woman is centre of everyone's health in the home. She need to have knowledge related to the spectrum of her health issues, not only about her reproductive system but about all aspects of her body.

Following Condition in which physiotherapy is effective

- ❧ PCOD
- ❧ ANC&PNC related Problems (Motherhood and ergonomics)
- ❧ Post menopausal Problems
- ❧ Obesity
- ❧ urinary Incontinence
- ❧ Geriatric Rehabilitation
- ❧ Osteoporosis
- ❧ Rehabilitation following breast surgery

➔ **MUSCULOSKELETAL REHABILITATION**

- ❧ All Musculoskeletal conditions like Degenerative, Traumatic, Overuse injury requires physiotherapy some part of time or it recovered completely with physiotherapy.
- ❧ Goal of physiotherapy is to restore & maximize functions.
- ❧ Make patients functionally independent in day-to-day activity.

Following Condition in which Musculoskeletal rehab is effective

- ❧ Frozen Shoulder
- ❧ Cervical radiculopathy,
- ❧ Sciatica
- ❧ Tennis elbow
- ❧ Ankle sprain
- ❧ Lumbar Canal Stenosis
- ❧ Lumbar radiculopathy
- ❧ Osteoarthritis
- ❧ Rheumatoid Arthritis



← **COMMUNITY BASED REHABILITATION**

☞ Physical therapists are equipped through their education to practice and have important contributions to make in Community.

These include :

- ☞ Providing physical therapy examination/assessment, evaluation diagnosis, prognosis / plan and intervention / treatment for promotion of health, preventing disease and enhancing movement and function.
- ☞ Providing policy advice to governments, non-governmental organizations and Divyanagas.
- ☞ Providing consultation advise, support, and supervision to other health, education and social care/service people
- ☞ Collaborating intra and inter-professionally in the best interest of the patients initiating and managing programs.

← **PEDIATRIC REHABILITATION**

☞ Pediatric physiotherapists help children to meet their ideal physical development. They have specialist knowledge in the movement, development, and conditions that are likely to affect the baby and growing child and treat from 1-day-old babies to adolescents. Treatment may involve soft tissue maneuver, mobilization, stretching, specific therapeutic exercises and posture education. Because Children are not small adults these therapists encourage children to move to the best of their abilities through play and age-appropriate fun and instruction.

← **CARDIAC REHABILITATION**

☞ This program is aim to limit the psychological and physiological stresses of cardio vascular disease (CVD), reduce the risk of mortality secondary to CVD, and improve cardiovascular function to help patients achieve their highest quality of life possible.



Accomplishing these goals is the result of improving overall cardiac function and capacity, halting or reversing the progression of atherosclerotic disease, and increasing the patient's self-confidence through gradual conditioning.

Following Condition in which Cardiac rehab is effective

- ❧ Myocardial Infarction
- ❧ Acute Coronary syndrome
- ❧ Post CABG
- ❧ Post Angioplasty
- ❧ Diabetes
- ❧ Hypertension



← PULMONARY REHABILITATION

"comprehensive intervention based on a the thorough patient assessment followed by patient-tailored therapies that include, but are not limited to, exercise training, education, and behavior change, designed to improve the physical and psychological condition of people with chronic respiratory disease and to promote the long-term adherence to health-enhancing behaviors"

PR is tailor made program to individual who has recently had an exacerbation, with the aim of optimizing their respiratory function and therefore their quality of life (QOL) and participation in their everyday lives.

- ❧ COPD
- ❧ Ashtma
- ❧ Bronchiactasis
- ❧ Occupational lung disease
- ❧ Pulmonary Fibrosis
- ❧ Post Covid Syndrome