Preface to Latest (NSQF Level-3.5) compliant edition

Directorate General of Training (DGT) under the Ministry of Skill Development & Entrepreneurship, undertakes steps from time to time to improve its various aspects in line with changing market and industry requirements. The curriculum of all CTS trades have been revised and reoriented with appropriate National Skill Qualification Framework (NSQF) level. The curriculum for **Physiotherapy Technician (Sector - Helthcare)** has been fixed at **level - 3.5**.

Like as physical exercise and Yoga have very important role for healthy lifestyle, absolutely same way Physiotherapy plays extremely important role to regain normal healthy lifestyle after illnesses viz. brain-stroke, paralysis ; after recovering from fractures in result of accidents etc. and after major treatments or surgeries. When we talk about use of physiotherapy in the field of medical science, then it is applicable for rehabilitation of brain-stroke, to reduce physiological damage occurred in accidents, for appropriate movement of body after knee and hip replacements, to minimise the effects of illness such as Parkinson, facial paralysis, to correct the changes that occurs in spinal cord (Lordosis, Kyphosis), to correct Gait (defective walk), to treat problem of new-born child that may occur in some delivery process, tennis elbow, heel spur, golfer elbow, wrist drop, foot drop and to minimise damage due to problem in nerve that may occur, physiotherapy is used in one or the other form for such purposes. This is only a model illustration of physiotherapy applications, nevertheless some medical experts prescribe physiotherapy to minimise the effect of deadly diseases such as cancer. Now-a-days, yoga and physical exercises are assumed as a part of physiotherapy. So you can imagine the ever increasing importance of physiotherapy.

Gratitude

We express our gratitude for valuable advise, active and positive cooperation of

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due to which we have become able to present the book in this form.

We trust that this book is complete in all respects for subject of **Physiotherapy Technician** for it's full duration of 1 Year for the **Theory** as well as **Practical** subjects.

This book will be equally useful to other similar degree and diploma courses.

We would welcome suggestions from our esteemed readers for further improvement of this volume.

- Authors

Dr. Dinesh Kumar Yadav

FOREWORD

Physiotherapy has great importance not only for acquiring normal quality life to overcome specific ailments but also to correct certain accidental and casual physiological injuries that could happen to persons of all ages. Giving physiotherapy to patients in most of the conditions has become an integral part of modern medical treatments.

Considering the fact that our country needs a large number of technical manpower in this area, **Ministry of Skill Development and Entrepreneurship, Govt. of India,** under its **Skill India** Program has introduced a course for **"Physiotherapy Technician"**. This course can prove to be a boon for all those who successfully complete their training and get cent percent employability in this field for a bright career. I trust that this book shall prove to be immensely useful to the trainees and trainers alike to understand various aspects of Physiotherapy. Covering the competency based curriculum prescribed by **DGT,** this book presents theoretical and practical subjects in comprehensive manner.

The authors deserve appreciation for the way they have explained the subject matter of this illustrated presentation. I congratulate the authors for their great effort.

Good luck to all readers

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FOREWORD

Physiotherapy has special importance in medical sciences. These days Physiotherapy is provided to help patients to overcome all types of ailments (physiological and mental), and even after major surgeries. Physiotherapy is given to patients to regain quality life.

It is a well-known fact that in medical field, there is a huge scarcity of high-level technical manpower in our country. To overcome this situation, **Govt. of India's Ministry of Skill Development and Entrepreneurship** has introduced a course for **"Physiotherapy Technician"** under **Skill India** program. This course will be very useful to generate qualified technical manpower in the field of Healthcare sector. This course curriculum is comprised of all those aspects by the study of which a person can become world-class physiotherapy technician. This course provides employability to students of this trade and give them opportunity of a bright career.

For study in the medical science field, even today mostly foreign books are available. In such scenario, need for such a book for **"Physiotherapy technician"** which is written in simple language that explains in-depth subject matter has been fulfilled by **Vishnu P. Singh** and **Meenakshi Singh**.

All topics are given with relevant illustrations and images which are so lively and accurate, they provide not only a book of high value but gives a feeling of multimedia presentation before the readers. No doubt that this effort of the authors is praiseworthy.

My best wishes

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FOREWORD

Physiotherapy is used to improve a patient's physical functions through physical examination, diagnosis, prognosis, physical intervention, rehabilitation and patient education to get back normal quality of life. As a professional career, physiotherapy has many specialties including musculoskeletal, orthopedics, cardiopulmonary, neurology, endocrinology, sports medicine, geriatrics, pediatrics, women's health, wound care and electromyography.

There is need for physiotherapists is well-known and this book full-fills the need for a comprehensive training program under the skill development and entrepreneurship ministory of Govt. of India for the course of **Physiotherapy Technician**. This text book covering the competency based curriculum prescribed by **DGT, Ministry of Skill Development and Entrepreneurship, Govt. of India.** This book presents theoretical and practical subjects in comprehensive manner and many good quality illustrations explaining the subject matter.

I congratulate the authors for this wonderful book. It's very informative and nicely compiled. Seems very well written and edited. Authors deserve praise for such comprehensive presentation including assignment test solved on all topics which will help the students.

My best wishes

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