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## An internet based study on management of functional disabilities of computer users

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**Introduction:** Internet is one of the fastest growing media for Human Resources and Development (HRD). Computer has become an essential part of our Activities of Daily Livings (ADLs) at one hand and other hand, prolonged computer usage has increases the risk of occupational hazards. Prolonged Static work at computer system is a causative factor for poor postural ergonomic, structural derangements and dysfunction commonly at neck, shoulder and low back structures to develop functional limitation and progressively functional disabilities. The basic health education (HE) by means of ergonomic advises and exercise therapy may have efficacy to promote, prevent and cure for such FDs. However, internet itself can be a mode of HE system to be provided at workplace to cut the time & cost together.

**Purpose of Study:** To find the efficacy of IBM for FDs of the computer users.

**Materials:** Internet supported computer, web-site ([www.ptmovements.com](http://www.ptmovements.com)), web pages, basic health assessment form, Self-Reported FD Questioners, Neck Disability Index (NDI) & Back Pain Functional Scale (BPFS).

**Study Design:** Experimental Clinical Trial

**Methodology:** 1256 computer users (M=867) participated online and assess for inclusive & exclusive criterions. Internet based self-reported FDs questioners used to assess FDs in prior and post to two weeks of tailor made treatment program.

**Data Analysis:** Significance of FDs and impact of IBM on FDs was analyzed with SPSS -17, LOS set at 0.05 or CI 95%.

**Result:** Mild to moderate prevalence of FDs was higher neck & shoulder as compared to low back structures. The IBM has shown efficiency to reduce the level of FDs at NDI, and BPFS.

**Discussion:** The internet based health education (IBHE) is well possible to deliver and to reduce the FDs. The advantage of time & cost effective approach in IBM has facilitated keen interest among computer users.

**Conclusion:** The IBHE is well efficient and prospective to develop scopes of “workplace wellness” to promote, prevents, and cures for occupational diseases & disorders. E-health education has great prospectus in field of modern medicine.

### Biography

Priyanshu V Rathod, PT, PhD, is serving as a Director, School of Physiotherapy (SOPT) and Dean, Faculty of Medicine, RK University, Rajkot. He mainly emphasizes on active learning for students and quality of research in physiotherapy. Besides his administrative responsibilities, he is serving as a Project Guide for Undergraduate students and Guide for Post-graduate and PhD scholars. He is also serving as a Chief Editor for “*Physioforum* – Quarterly Published (ISBN approved) Physiotherapy News Letter” at RK University. He was awarded Master of Physiotherapy (MPT) from Department of Physiotherapy, M S. Ramaiah Medical College and Teaching Institute, affiliated to Rajiv Gandhi University of Health Science, 2004, Bangalore. He was honored PhD in Physiotherapy on “tele-physiotherapy” from Bhavnagar University, Bhavnagar, 2011. He has also completed Diploma in Nutrition and Health Education (DNHE) and Post Graduate Diploma in Patent Practice (PGDPP) from Indira Gandhi National Open University (IGNOU), New Delhi, India, 2002/ 2012. After completion of Post-graduation studies, he has served for more than 15 years of academic / clinical responsibilities starting as a Lecturer at SBB College of Physiotherapy, Sheth V S General Hospital, Ahmadabad, and Assistant Professor at K M Patel Institute of Physiotherapy, Shri Krishna Hospital and Pramukh Swami Medical College, and presently at RK University.

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