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Physical and nutrition therapy in paraplegics: A holistic approach as alternative medicine

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Introduction: A comparative and broad spectrum comparative study of 15 people with spinal cord injury on different levels from different socioeconomic backgrounds with different levels of injuries as L4, L5, S1, and D1, D2 with physical and nutritional therapy was conducted and is a holistic approach as alternative medicine. The common cause of SCI is RTA (Road Traffic Accident) (45%) and fall from Height (FFH) (39.63%) and some of spinal compression on bilateral levels. Study focuses on progress of patients with physical therapy and alternative medicine as nutrition therapy in development, boost up of muscle power, nervous system and prevention of associated problems of SCI patients as skin infections, constipation, malnutrition, bladder and bowel functions, and other associated problems.

Objectives: The primary objective of study is to enhance the quality of physiotherapy treatment with help of alternative medicine and to reach the goal; and also to find the classical role and way of treatment of paraplegia.

Method: This was observational and routine examination comparative study of patients of SCI who received physiotherapy along with Nutrition Therapy and patients who received only physiotherapy treatment. The progress of all patients was continually checked in a period of 15 days on the basis of both type performances actively and passively and their general health status.

Results: Fifteen patients are included and data was collected from their primary and secondary status. We find majority of cases aged about 20 to 30 years. At the time of study, most of individuals had been injured for longer than 6 months. We cross checked each individual during 15 days period, the initial median of both groups physiotherapy along with nutrition therapy and non-nutrition supported group is similar in first assessment of 15 to 30 days as 3-5% only. But we find huge difference in median of both groups after 30 days as 23% variation from nonsupport group in level of activities, performance on daily basis and in periodic comparative assessment on the basis of activities performed by them and some associated problems like bladder and bowel function, skin condition, chest infections and improvement of muscle and nervous system and mood changes of individuals. We find fewer incidences of infections and good quality of muscle power, and people are more confident with less mood swings (less than 32%) when compared to other group which is getting only physiotherapy as treatment.

Conclusion: We find that Nutrition Therapy in paraplegics with Physiotherapy as alternative medicine is very useful and can play a vital role to improve the quality of life by 21% when compared to those who are getting only physiotherapy. Alternative medicine can improve the rehabilitation program with less associated complications in paraplegics, with fewer incidences of pressure sores, chest problems, liver function and brain function by 34%. We find at last it may be best way to treat patients faster.

Biography

Tiwari Ashutosh has completed BPT from Chhatrapati Shahu Ji Maharaj University, Kanpur, India in 2009. He has completed MD in Integrative Medicine from Indian Institute of Alternative Medicine, Kolkata India in 2012. He was trained at F I Hospital Lucknow and Santosh Medical College Ghaziabad. He is a Certified Manual Therapist and Research Fellow in Rural Health in Alternative Medicine. He was a Coauthor of many research papers for international academies. He presented so many research papers in national conferences in India. He is dealing with spine and arthritis patients, and has special interest to treat children with disabilities. He founded Indian United Trust for social welfare activities in 2009. He is a well known person to be engaged in social welfare in the society. He is awarded as youngest best authors for his book, "The Judgement of Nigh" in 2013. He has written another book, "Pain or Pleasure? Love" in 2015.

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