Contents

SECTION 1: EVALUATION STRATEGIES

1. Clinical Decision-making in Physiotherapy 3
Nehal Shah, Megha S Sheth

- Clinical Decision-making/Clinical Reasoning 4
- International Classification of Functioning, Disability and Health 10
- Evidence-based Practice 10
- Assessment 11
- Goals and Management 12
- Documentation 12

2. Ethics in Physiotherapy 14
Megha S Sheth, Neeta J Vyas

- Principles of Ethics 14
- Rules of Ethics 15
- Application of Values in Rehabilitation 15
- Ethical Rules and Guidelines by the Indian Association of Physiotherapists 16
- Rights of Patients 16
- Therapists Rights 16
- Ethics in Research 16

3. Musculoskeletal Assessment 23
Saravanan M

- Subjective Examination 24
- Objective Examination 28
- Brief Note on Differential Diagnosis 41

4. Neurological Assessment 43
Suvarna Ganvir

- Patient History 44
- General Examination 45
- Systems Review 45
- Observation and Palpation 45
- Neurological Examination 45
- Cranial Nerve Examination 50
- Sensory Assessment 53
- Motor Examination 56
- Co-ordination Assessment 61
- Assessment of Balance 62
- Assessment of Gait 66
- Hand Evaluation 67
- Functional Assessment 69

5. Cardiorespiratory Assessment 71
Dipali Rana, Neeta J Vyas

- Problem-oriented Medical Records 71
- Demographic Details 72
- History 72
- Subjective Assessment 73
- Objective Assessment 77
- International Classification of Functioning, Disability and Health Assessment 93

6. Assessment of Gait 95
Saravanan M

- Purpose of Gait Analysis 95
- Gait Mechanics 96
- Gait Assessment/Analysis 105
- Clinical Application of Instrumented Gait Analysis 110

7. Electrodiagnosis 114
Megha S Sheth, Priyasingh Rangey

- Faradic–Galvanic Test/F and G Test/ Faradic and Interrupted Direct Current Test 117
- Reaction of Degeneration Test 117
- Strength–Duration Curve 117
- Galvanic Twitch-Tetanus Ratio 120
- Nerve Conduction Studies 120
- Electromyography 128
- H Reflex 137
- F Wave 138
- Documentation and Reporting 139
- Other Electrodiagnostic Tests 140

8. Assessment of Function 142
Amit V Nagrale

- International Classification of Functioning, Disability and Health 143
- Examination of Function 144
- Measures of Functional Assessment 144
- Functional Instruments 145
- Selected Instruments for Assessing Function 146

9. Assessment of Environment 157
Amit V Nagrale
- Community Design, Physical Activity, and Health: A Conceptual Model 158
- Home Environment 158
- Work Environment 166
- Legislations 171

SECTION 2: INTERVENTION STRATEGIES

10. Pain Assessment and Management 179
Megha S Sheth, Priyasingh Rangey, Srishti S Sharma
- Theories of Pain 180
- What is Pain? 183
- Physiology of Pain 184
- Classification of Pain 189
- Psychosocial Implications of Pain 191
- Pain Assessment 193
- Pain Management 200

11. Mobility Aids and Orthosis 210
Shyam Ganvir
- Mobility Aids 212
- Preparation for Walking/Gait Training 212
- Principles 213
- Types 213
- Mobility/Walking Aids for Individuals with Limb Deficiency 223
- Orthotics in Mobility 226
- Upper Limb Orthoses 226
- Splints 228
- Lower Extremity Orthoses 229
- Trunk Orthoses 237

12. Yoga 243
Megha Jayswal, Megha S Sheth
- Yoga as Traditional Medicine 243
- Reasons Leading to Modification of the Mind 244
- Limbs or Stages of Yoga 245
- Yogasana 246
- Suryanamaskar 247
- Savasana (The Corpse Pose) 250
- Pranayama 251
- Yoga and Physiotherapy 255
- Benefits of Yoga 255

13. Assistive Technology and Environment Modification 262
Anu Arora
- Empowering Abilities Through Assistive Technology 262
- Introduction to Assistive Technology: Definition, Purpose, and Goals 262
- Human Activity Assistive Technology Model 263
- Assistive Technology: Areas of Application 263
- Salient Features and Types of Assistive Technology 264
- Assistive Technology for Management of Neurological Conditions 264
- Assistive Technology Devices for Students with Special Needs 265
- Devices for Daily Life 266
- Assistive Technology for Mobility Impairments 266
- Assistive Technology and International Classification of Functioning, Disability, and Health 268
- Benefits of Assistive Technology 268
- Barriers to Assistive Technology 269
- Assistive Technology: Future Trends and Applications 269
- Environmental Modifications 269
- Assistive Technology: The Path Ahead 272

14. Strategies to Improve Motor Control and Motor Learning 274
Shraddha Diwan
- Prerequisition for Improvement in Motor Function 274
- Motor Control 275
- Motor Learning 275
- Stages of Motor Learning 276
- Constraints on Motor Control and Learning 276
- Interventions to Improve Motor Function and Motor-learning Strategies 277
- Interventions to Improve Motor Control 278
- Interventions to Improve Postural Control and Balance 280
- Interventions to Improve Co-ordination and Agility 283

- Interventions to Improve Gait and Locomotion 283
- Interventions to Induce Relaxation 283
- Neurodevelopmental Treatment 283
- Neuromuscular Facilitation 284
- Sensory Stimulation Techniques 285
- Biofeedback 286
- Neuromuscular Electrical Stimulation 286
- Compensatory Interventions 286

SECTION 3: MANAGEMENT STRATEGIES

15. Ischemic Heart Diseases 291
Neepa H Pandya

- Risk Factors 292
- Pathophysiology 292
- Assessment 293
- Management of Ischemic Heart Disease 294
- Exercise Performance 295
- Cardiac Rehabilitation 297
- Outcomes 302
- Psychosocial Issues in Ischemic Heart Disease 303

16. Chronic Obstructive Pulmonary Disease 305
Neepa H Pandya

- Respiratory Anatomy 305
- Respiratory Physiology 306
- Risk Factors 306
- Classification 307
- Pathophysiology 307
- Diagnosis 308
- Impairments Associated with Chronic Obstructive Pulmonary Disease 309
- Management 310
- Pulmonary Rehabilitation 313
- Psychosocial Issues in Chronic Obstructive Pulmonary Disease 320

17. Peripheral Vascular Diseases 330
Mariya Jiandani

- Anatomy and Physiology of Peripheral Vascular Systems 330
- Diseases of Peripheral Vascular System 332
- Assessment of Peripheral Vascular Disease 338
- Management of Vascular Disorders 344
- Vascular Ulcers and Healing 350
- Electrotherapy in Vascular Disorders 353

18. Spinal Disorders 357
Sheshna Rathod, Dinesh Sorani

- Cervical Spine 358
- Classification Models of Neck Pain 358
- Evaluation 358
- Clinical Presentation 361
- Physiotherapy Management 363
- Lumbar Spine 367
- Classification of Back Pain 367
- Evaluation 367
- Clinical Presentation 371
- Physiotherapy Management 373
- Miscellaneous Conditions 377

19. Shoulder Conditions 389
Deepak B Anap

- Frozen Shoulder 390
- Rotator Cuff Pathology 392
- Shoulder Instability 393
- Supraspinatus Tendinopathy 396
- Subscapular Tendinopathy 397
- Bicipital Tendinopathy 397
- Subacromial Bursitis 398
- Osteoarthritis of the Shoulder Joint 400
- Acromioclavicular and Sternoclavicular Joints 402
- Scapular Dyskinesis 402
- Labral Tear 404
- Thoracic Outlet Syndrome 404
- Shoulder Rehabilitation 406

20. Elbow, Wrist, and Hand Conditions 422
Ajit Dabholkar, Tejashree Dabholkar

- Rehabilitation of Post-traumatic Stiff Elbow 423
- Lateral Elbow Tendinopathy 426
- Golfer's Elbow 427
- Elbow Injury in Throwing Athletes 429
- Complex Regional Pain Syndrome 430
- Crush Injuries of Hand 432
- Rheumatoid Hand 434
- Peripheral Nerve Injuries and Entrapment Neuropathy 438
- Cumulative Trauma Disorders of Hand and Wrist 444
- The Spastic Hand 447
- The Burnt Hand 449
- Sports-related Wrist and Hand Injuries 450
- Wrist Ganglion 452

21. Hip Conditions 457
Surendra Wani
- Evaluation of the Hip Joint 458
- Osteoarthritis 458
- Legg–Calvé–Perthes Disease 462
- Developmental Dysplasia of Hip 464
- Slipped Capital Femoral Epiphysis/Slipped Upper Femoral Epiphysis 465
- Trochanteric Bursitis 467
- Meralgia Paresthetica 469
- Piriformis Syndrome 469

22. Knee Conditions 474
Priyasingh Rangey
- Evaluation of the Knee Joint 474
- Pathologies Related to the Knee 477
- Rheumatoid Arthritis 486
- Osteoarthritis 487
- Bursitis 495
- Anterior Knee Pain Syndrome 496
- Iliotibial Band Syndrome 502
- Operative Procedures of the Knee 503

23. Ankle and Foot Conditions 509
Surendra Wani
- Assessment 510
- Congenital Talipes Equinovarus/Clubfoot 510
- Pes Planus/Flat Foot 513
- Plantar Fasciitis 515
- Metatarsalgia 517
- Ankle Sprain 518
- Chronic Ankle Instability 522
- Achilles Tendinitis 524
- Rheumatoid Arthritis in Ankle Joint 525
- Gouty Arthritis in Ankle Joint 526
- Foot Drop 527
- Tarsal Tunnel Syndrome 528

24. Arthroplasties 532
Nipa Shah
- Hip Arthroplasty 533
- Total Knee Arthroplasty 539
- Shoulder Arthroplasty 545

25. Amputation and Prosthesis 551
Rutvik Purani, Srishti S Sharma
- Levels of Amputation 552
- The Surgery 552
- Healing Process 555
- The Postsurgical Dressings 555
- Physical Therapy Examination and Intervention 556
- Upper Extremity Prostheses 560
- Lower Limb Prostheses 564
- Prosthetic Examination 576
- Determining Prosthetic Potential 581

26. Stroke 585
Prakash V
- Burden of Illness 586
- Risk Factors for Stroke 586
- Types of Stroke 586
- Pathophysiology 588
- Stroke Syndromes 588
- Sequelae of Stroke 590
- Stroke Prevention 590
- Diagnosis of Stroke and Investigations 591
- Management of Stroke 591
- Rehabilitation 593
- Instructions for Patient/Caregiver 609
- Recovery and Outcomes 609

27. Vestibular Rehabilitation 612
Palak Mulji
- Anatomy and Physiology of the Vestibular System 612
- Vestibular System Disorders 616
- Vestibular Hypofunction Assessment 620
- Treatment for Vestibular Hypofunction 622

28. Spinal Cord Injuries 627
Yagna Unmesh Shukla
- Basic Anatomy of Spinal Cord 627
- Causes of Spinal Cord Injury 629
- Mechanism of Injury 629
- Classification of Spinal Cord Injury 629
- Clinical Features of Spinal Cord Injury 629
- Impairments in Spinal Cord Injury 630
- Assessment and Outcome Measures 633
- Prognosis 633
- Rehabilitation of Spinal Cord Injury 634
- Physiotherapy Management 636
- Complications of Spinal Cord Injury 644

29. Parkinson's Disease 647
Sucheeta Golhar, Chetali Paliwal
- Epidemiology 648
- Etiology and Pathophysiology 648
- Clinical Presentation 650
- Medical Diagnosis 652

- Clinical Course 652
- Management 654
- Treatment Strategies 655
- Treatment Considerations 657
- Psychosocial Issues in Parkinson's Disease 660

30. Cerebellar Ataxia 663
Asmita Karajgi

- Anatomy of Cerebellum 663
- Functional Role of Cerebellum 664
- Etiology 665
- Differential Diagnosis 666
- Clinical Presentation 666
- Physiotherapy Assessment 667
- Assessment of Motor Skills 669
- Physiotherapy Management 670
- Psychosocial Burden 673

31. Motor Neuron Disease 678
Shivani Verma, Megha S Sheth

- Amyotrophic Lateral Sclerosis 678
- Spinal Muscular Atrophy 682
- Primary Lateral Sclerosis 682
- Hereditary Spastic Paraplegia 682
- Pseudobulbar Palsy 683
- Progressive Muscular Atrophy 683
- Management 683

32. Myopathies 692
R Harihara Prakash

- Classification and Types of Myopathy 693
- Common Clinical Features of Myopathies 693
- Muscular Dystrophy 695
- Distal Myopathies 698
- Myotonic Muscular Dystrophy 698
- Inflammatory Myopathy 699
- Infectious Myopathies 700
- Myopathy in Endocrine Diseases 700
- Diagnostic Tests 700
- Complications of Myopathy 700
- Medical Management of Myopathy 702
- Physical Therapy Rehabilitation 702
- Physical Therapy Management 705

33. Peripheral Neuropathies 713
Shivani Verma, Megha S Sheth, Srishti S Sharma

- Epidemiology 713
- Classification of Polyneuropathy 714
- Immune-mediated Neuropathies 715
- Chronic Inflammatory Polyradiculoneuropathy 718
- Chemotherapy-induced Neuropathy 720
- Other Toxic Neuropathies 721
- Human Immunodeficiency Virus-related Neuropathy 722
- Psychosocial Aspects of Polyneuropathy 723
- Assessment 723
- Examination 723
- Investigations 724
- Management 724

34. Multiple Sclerosis 730
Zarna Ronak Shah

- Epidemiology 730
- Pathophysiology 731
- Clinical Features 731
- Classification 732
- Investigations 733
- Differential Diagnosis 733
- Medical Management 733
- Physiotherapy Assessment 734
- Fatigue Assessment 734
- Disease-specific Measures 734
- Physiotherapy Management 734
- Psychosocial Issues 737

35. Head Injury 742
Dhara Sharma

- Prevalence and Impact 742
- Classification and Mechanism of Injury 742
- Clinical Presentation 744
- Diagnostic Procedures 745
- Prognosis 746
- Interventions 746
- Rehabilitation 748

36. Post-polio Syndrome 757
Megha S Sheth, Srishti S Sharma

- Acute Poliomyelitis 757
- History of Post-polio Syndrome 758
- Pathophysiology of Post-polio Syndrome 758
- Diagnosing Post-polio Syndrome 759
- Assessment of Post-polio Syndrome 760
- Management of Post-polio Syndrome 761

37. Cancer 768
Jaini Patel, Aashish Contractor

- Epidemiology (Cancer Incidence and Survival) 769
- Risk Factors for Cancer in India 769

- Exercise/Physical Activity and Primary Cancer Prevention 770
- Medical and Clinical Considerations 771
- Common Cancers and their Treatment 771
- Cancer Recurrence Warning Signs 775
- Side Effects of Cancer or Cancer Therapy 775
- Cancer Rehabilitation 778
- Precautions or Contraindications to Exercise for Patients with Cancer 782
- Program Implementation 783

38. Burns 796
Harita Pultsya Vyas

- Epidemiology 797
- Risk Factors 797
- Skin Anatomy 797
- Etiology 799
- Classification 799
- Pathological Changes 802
- Clinical Features 803
- Complications 803
- Burn Wound Healing 804
- Management of Burns 804
- Follow-up Care 810

39. Organ Transplant 814
Jaini Patel, Bijal Dodia, Aashish Contractor

- Indications 815
- Contraindications 815
- Eligibility and Candidacy 816
- Pretransplant Period 816
- Transplant Surgery Types 816
- Transplant Surgery 817
- Transplant Surgery Outcomes 818
- Immunosuppressive Agents 818
- Rehabilitation 818

40. Diabetes Mellitus 835
Dhruv Dave

- Etiology of Diabetes Mellitus 835
- Pathophysiology of Diabetes Mellitus 836
- Risk Factors for Development of Diabetes Mellitus 837
- Clinical Classification of Diabetes Mellitus 837
- Signs and Symptoms of Diabetes Mellitus 837
- Diagnosis of Diabetes Mellitus 838
- Treatment Modality in Type 2 Diabetes Mellitus 838
- Management of Type 2 Diabetes Mellitus 838
- Complications of Diabetes Mellitus 839
- Glycemic Control in Diabetes 840
- Physiotherapy Evaluation 841
- Role of Exercises in Diabetes Mellitus 842
- Management of Diabetic Foot 845
- Management of Diabetic Neuropathy 846
- Management of Musculoskeletal Complications 846
- Prevention Guidelines 846
- Psychosocial Burden of Diabetes Mellitus 847

41. Obesity 850
Anjali Bhise

- Classification 851
- Prevalence 851
- Causes 852
- Physiological Changes 852
- Complications 854
- Measurement 854
- Management 859

42. Pregnancy 867
Payal Gahlot

- Trimesters 868
- Complications of Pregnancy 869
- Postural Changes Associated with Pregnancy 869
- Benefits of Exercising During Pregnancy 870
- Assessment 872
- Exercises During Pregnancy 872
- Labor 881
- Postnatal Period 885
- Cesarean Section 890

43. Psychosocial Issues in Rehabilitation 894
Srishti S Sharma, Priyasingh Rangey, Neeta J Vyas, Megha S Sheth

- Epidemiology 894
- Psychosocial Adaptation 895
- Personality and Coping Styles 895
- Depression and Anxiety 897
- Anxiety 898
- Acute Stress Disorder and Post-traumatic Stress Disorder 899
- Psychosocial Wellness 900
- Substance Abuse, Agitation and Violence, and Hypersexuality 900

44. Disorders of Speech 903
Srishti S Sharma, Neeta J Vyas, Megha S Sheth, Priyasingh Rangey

- Production of Speech 903
- Epidemiology 904

- Classification of Speech Disorders 904
- Aphasia 905
- Dysarthria 907
- Apraxia of Speech 908
- Swallowing Impairment 908
- Cognitive Communication Disorders 908
- Psychosocial Aspects of Communication Disorders 908
- Implications of Speech Disorder on Physiotherapy 909

45. Health and Wellness 911

Neeta J Vyas, Srishti S Sharma

- Importance of Health Promotion and Wellness 911
- Communicable and Noncommunicable Diseases 911
- Factors Affecting Health and Wellness 912
- Health Promotion and Health Education 912
- International Classification of Functioning, Disability and Health, and Health Promotion 913
- Role of Physiotherapist in Health Promotion 913
- Terms Used in Health Promotion 913
- Theories of Behavior Change 914
- Physical Activity Model for People with a Disability 915
- Community Models 915
- Health Promotion Models 915
- Motivational Interviewing 916
- Measures of Health, Wellness, Quality of Life, and Health Behaviors 916
- Role of Physiotherapist in Health and Wellness Among People with Disability and Wellness 917

Index 919