COMMUNITY HEALTH PHYSIOTHERAPY SERVICES

Community Physiotherapy refers to the provision of Physiotherapy services within the community setting, outside of traditional healthcare facilities. It involves delivering care to individuals in Community centers, Geriatric homes, Schools, Offices, and other community-based settings. Community Physiotherapist plays a crucial role in promoting independence, improving quality of life and in preventing complications due to barriers in accessing traditional clinic-based physiotherapy services.

Services Offered

Geriatric Rehabilitation

Ergonomics

Chronic disability

Pain and Palliative

Women's Health (Community)

Prevention of lifestyle disorder (Schools)

Architectural barrier assessment and Modification

Depending on the severity of impairment and level of disability, the following treatment is offered, and each intervention planned is tailored to specific needs of patient.

Strength training based on RM testing, SAID and Overload principles.

Endurance training based on systemic involvement

Assistive Technology-prescription and modification

Fitness evaluation – Geriatric and Pediatric Population

Caregiver education and training for long term disability management

Ergonomic advice for prevention of work-related musculoskeletal disorders.

Functional capacity evaluation, Work hardening and Work conditioning program.

Incontinence Assessment and Management

Physiotherapy Assessment and management of pelvic pain

Environment modification to improve activities of daily living.

Extension Services Offered

Geriatric health care services at Augustine Nivas, Bengaluru, Karnataka

Rehabilitation of Children with Special needs, an initiative by Government of India under Sarva Shiksha Abhiyan, Anekal Taluk, Bengaluru, Karnataka

Rehabilitation of Children with Special needs, an initiative by Government of India under Sarva Shiksha Abhiyan, Nelamangala Taluk, Bengaluru South, Karnataka

Geriatric health services, Seil Blue, Bengaluru

Geriatric health services, Vayah Vikas

Rehabilitation services - OPD and Home care, St. Johns Community Health Training Centre, Mugalur, Bengaluru