

Department of Physiotherapy

Name of HOD - Dr. Sumit Asthana



Degree - Master in Physiotherapy (Neurology)
Experience - 13 Years of Academics
Mail ID - sumitasthana@erauniversity.in

Faculty (Numbers only in different categories eg: Prof., Assoc. and Asst. Prof.)

S.No.	Name of Faculty	Designation
1	Dr. Sumit Asthana	Associate Professor
2	Dr. Shallabh Kumar Singh	Assistant Professor
3	Dr. Anupama Dhuria	Assistant Professor
4	Dr. Arif Rizvi	Assistant Professor
5	Dr. Tahzeeb Fatima	Assistant Professor
6	Dr. Poonam Pachauria	Assistant Professor
7	Dr. Shazia Fatima	Assistant Professor
8	Dr. Shabih Naqvi	Assistant Professor
9	Dr. Badri Vishal	Assistant Professor

Research Publications

Dr. Sumit Asthana

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1	Physiotherapy	Dr. Sumit Asthana	Awareness & knowledge about Covid – 19 among Indian population	IJMER	International
2			Development and Evaluation of an Interprofessional collaborative practice module for the Tracheostomy procedure	IJOO	
3			“Correlation between trunk impairment scale and history of fall in stroke patients: A Retrospective study”	SRJI	
4			Effect of PNF dynamic slow reversal Technique versus Treadmill training in patients with multiple sclerosis	IJMBS	
5			Comparison of dynamic push-up training and plyometric push-up training on the performance of Body	JBPR	
6			Effect of fatigue on balance and dual task performance in elderly	IJPBA	
7			Effect of MET Versus ultrasound therapy in TMJD patients	JDDT	
8			BETTER TRAINING METHOD AMONGST TWO IN REDUCING RISK OF SLIP RELATED FALLS IN ELDERLY	JBPR	

9			Effect of conventional exercise program versus core stabilization in patients with chronic mechanical low back pain	IJPBA	
10			Effectiveness of concentric Versus eccentric exercises on patients with Jumper's Knee.	JDDT	
11			EFFECT OF FASCIAL MANIPULATION WITH CONSERVATIVE MANAGEMENT OF PATELLAR TENDINOPATHY	IJMBS	
12			Comparison between Weight Bearing Strengthening Training and Non-Weight Bearing Strengthening Training on Patients with Knee Osteoarthritis.	IJMBS	
13			Effectiveness of Russian Electrical Stimulation and Strengthening Exercises in Patellofemoral Pain Syndrome	JBPR	
14			An Immediate effects of HVLA thrust of thoracic spine on chest expansion and lung function in healthy subjects- experimental design	IJPBA	
15			comparison between muscle energy technique and PNF stretching with conventional physiotherapy on hamstring flexibility in chronic nonspecific low back pain	JDDT	

Dr. Shallabh Kumar Singh

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1.	Physiotherapy	Dr. Shallabh Kumar Singh	Comparison of radial shockwave and ultrasound therapy in lateral epicondylitis	Ecronicon – EC oethopaedic	International
2.			A study to assess the quality of life of patients with nonspecific low back pain	International journal of multidisciplinary educational research	International
3.			Prevalence of incidental findings in lumber spine MRI in patients with low back pain- A cross sectional study	International journal of multidisciplinary educational research	International
4.			Loss of lumbar lordosis causing disability in young adults with low back pain-A comparative study	International journal of scientific research	International
5.			Role of biomechanical factors in the development and progression of degenerative low back pain: A systematic review	International journal of research and analytical reviews	International
6.			Unilateral bertolotti syndrome: A case report of symptomatic lumbar translation vertebrae and conservative treatment strategies	Journal of emerging technologies and innovative research	International
7.			Effect of lumbar stenosis on physical function and quality of life in patients with low back pain: A cross sectional study	International journal of research and analytical reviews	International

8.			Exploring the relationship between smoking and chronic low back pain: An observational study	International journal of scientific research	International
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Dr. Anupama Dhuria

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1.	Physiotherapy	Dr. Anupama Dhuria	An uncommon cause of hip pain:case study on a diagnostic perspective	Journal of orthopaedic and sports physical therapy (JOSPT)	International
2.			Effect of combined neural mobilization and intermittent traction in patients with cervical radiculopathy	journal of physical medicine rehabilitation studies and report	International
3.			Comparison of radial shockwave and ultrasound therapy in lateral epicondylitis	Ecronicon – EC oethopaedic	International
4.			A study to assess the quality of life of patients with nonspecific low back pain	International journal of multidisciplinary educational research	International
5.			Loss of lumbar lordosis causing disability in young adults with low back pain-A comparative study	International journal of scientific research	International
6.			Role of biomechanical factors in the development and progression of degenerative low back pain: A systematic review	International journal of research and analytical reviews	International

7.			Unilateral bertolotti syndrome: A case report of symptomatic lumbar translation vertebrae and conservative treatment strategies	Journal of emerging technologies and innovative research	International
8.			Effect of lumbar stenosis on physical function and quality of life in patients with low back pain: A cross sectional study	International journal of research and analytical reviews	International
9.			Exploring the relationship between smoking and chronic low back pain: An observational study	International journal of scientific research	International

Dr. Poonam Pachauria

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1	Physiotherapy	Dr. Poonam Pachauria	Recent physiotherapy advancement & future orientation in respiratory care.	IJSR	International

Dr. Arif Rizvi

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1	Physiotherapy	Dr. Arif Rizvi	Comparison between Weight Bearing Strengthening Training and Non-Weight Bearing Strengthening Training on Patients with Knee Osteoarthritis.	IJMBS	International
2			comparison between muscle energy technique and PNF stretching with conventional physiotherapy on hamstring flexibility in chronic nonspecific low back pain	JDDT	
3			Effect of MET Versus ultrasound therapy in TMJD patients	JDDT	
4			Effectiveness of concentric Versus eccentric exercises on patients with Jumper's Knee.	JDDT	
5			Effect of PNF dynamic slow reversal Technique versus Treadmill training in patients with multiple sclerosis	IJMBS	
6			Effect of fatigue on balance and dual task performance in elderly	IJPBA	
7			Effect of conventional exercise program versus core stabilization in patients with chronic mechanical low back pain	IJPBA	
8			Comparison of dynamic push-up training and plyometric push-up training on the performance of Body	JBPR	
9			Effect Of Fascial Manipulation With Conservative Management Of Patellar Tendinopathy	IJMBS	
10			An Immediate effects of HVLA thrust of thoracic spine on chest expansion and lung function in healthy subjects- experimental design	IJPBA	
11			Effectiveness of Russian Electrical Stimulation and Strengthening Exercises in Patellofemoral Pain Syndrome	IJPR	
12			Better Training Method Amongst Two In Reducing Risk Of Slip Related Falls In Elderly	JBPR	

Dr. Tahzeeb Fatima

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1	Physiotherapy	Dr. Tahzeeb Fatima	Kitchen Platforms cause the spinal pain in females	International Journal for Science & advance research in technology	International
2			Reliability of the universal goniometer for assessing active cervical range of motion in asymptomatic healthy persons in Indian population	International Journal of Research and analytical Reviews	
3			Effectiveness of constraint induced movement versus motor retraining to improve motor function of hemiplegic upper limb after stroke: A comparative study	International Journal of Engineering & Science Invention,	
4			An observational study of OPD management versus home management in low back ache patients	International Journal of Advanced Research	International
5			A case-study of non-specific right shoulder pain with the effect of liver mobility and motility	Shodhsamhita.	National
6			Visceral manipulation effects on liver enzymes with CP patients	International Journal of Advanced Research	International
7			A Cross - Sectional Study of Upper Cross Syndrome in Different Occupations	International Journal of Science and Research	International

8			A case report on physiotherapy treatment of frozen shoulder associated with diabetes mellitus	International Journal of Research & Analytical Reviews	International
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Dr. Badri Vishal

S. No.	Department	Authors Name	Title of Paper	Journal Name	National / International
1	Physiotherapy	Dr. Badri Vishal	Comparison of cross lunge & standard lunge to improve gluteus Maximus strength & foot pain: A RCT	IJRSFP	International
2			A Study to compare the effect of water walking performed at different water depths on walking capacity & balance in spastic diplegic cerebral palsy: Comparative study	JSIP	National

Conference / Workshop / Lecture organized.

Events Name	Date
Workshop on Physiotherapy Approaches in Gynecology & Obstetric Condition	05 th May 2018
Evidence Based Critical Care Management & Pulmonary Rehabilitation Workshop	13 th October 2018
Cultural Events in Collaboration with MARS for Special Childs	08 th March 2019
Workshop on “Palliative Care & Oral Morphine”	02 to 04 th July 2019
Workshop on “Spinal Manipulation”	19 th & 20 th July 2019
Awareness Walkathon on World Physiotherapy Day	07 th September 2019
Evidence based Practice & Clinical Research with Advance techniques IASTM & taping Workshop	19 th & 20 th February 2020
Online Guest Lectures on World Physiotherapy Day	08 th September 2020
International Yoga Day	21 st June 2021
World Physiotherapy Day Celebration	08 th September 2021
Guest Lectures on World Physiotherapy Day	09 September 2021
Outreach Camps in World Physiotherapy Week	10 th , 11 th & 13 th September 2021
Poster Making Competition on Theme - Yoga & Wellness	28 th April 2022
Workshop on “Advance manual approaches in Neuro Rehabilitation”	22 nd May 2022
Guest Lecture with panel discussion on “World Physiotherapy Day”	08 th September 2022
Hands on Workshop on Pulmonary Rehabilitation & ICU Respiratory care	04 th November 2022
CME on Pelvic floor Physiotherapy	04 th November 2022
Fitness Assessment Camp for students and faculties and Yoga Workshop to improve fitness level on occasion of International Yoga Day	15 th & 16 th of June 2023
Two days Hands on Advance Skill Workshop on M.E.T., M.F.R. and Therapeutic Taping	1 st and 2 nd of August 2023

Specialized Clinics –

1. Neuro Physiotherapy OPD
2. Neuro Physiotherapy & Rehabilitation OPD
3. Musculoskeletal Physiotherapy OPD
4. Wellness center for Pediatric (Mainly C.P.), Parkinson, Alzheimer like geriatric Neurological patient
5. Regular OPD services
6. Regular IPD services (All wards)
7. Regular services in critical areas – (ICU, CC, GEN. ICU, CCU, CTVS, SICU, PICU)

Treatment facilities / Investigations / Test details

1. Treatment of all musculoskeletal conditions
2. Treatment of all neurological conditions
3. Treatment of all pediatric conditions
4. Cardiopulmonary rehabilitation
5. Treatment of all post – operative cases

Academic Activities –

1. Guest Lectures
2. Free Physiotherapy Camp
3. Integrated Lectures
4. Soft Skill Lectures & Programs
5. Conducting of Seminar, CME, Conference & Workshop for Skill Enhancement
6. Assignments & Projects
7. Dissertation
8. Case Presentation & Discussion
9. Assessment Camp
10. Panel Discussion group

Workshops Images



REHABILITATION SOCIETY OF PHYSICAL THERAPIST-INDIA & ERA UNIVERSITY LUCKNOW
Organising
One Day Hands On Workshop
Evidence Based Critical Care Management & Pulmonary Rehabilitation
ON 13th OCTOBER 2018
Venue : Mini Auditorium, University Building, Era University, Sarfarazganj Hardoi Road, Lucknow.

ABOUT US
Rept India is Working with Many National And International Organizations Our Motive is To Create More Awareness About Physiotherapy Between The General Works And Educate The Physiotherapy Students And Professional To Enhance Their Skills. Era Medical University is Highly Advance In Medical Education & Well Equipped In Hospital/Center Always Ready To Update Entire Institute & Hospital With World Class Facility.

PATRON
Prof. Dr. Akhshai Malik
Head, Physiotherapy Dept.
(Era University, Lucknow)

Dr. Abhishek Sharma
M.D., Physiotherapy
F.A.S.P.T. (India)

Dr. Anil Bhatnagar
M.D., Physiotherapy
F.A.S.P.T. (India)

Dr. Sunil Asthana
M.D., Physiotherapy
F.A.S.P.T. (India)

Dr. Rajan Harsh
M.D., Physiotherapy
F.A.S.P.T. (India)

TOPICS TO BE COVERED
• Brief Introduction of Anatomy and Physiology of Lung
• Effects of Positioning
• Chest X-ray
• Mechanical Ventilation And Importance of Physiotherapy in Weaning off The Ventilator
• Various Lung Infections And Complications In Physiotherapy Treated Approach
• Oxygen And Chest Physiotherapy
• ICU Rehabilitation
• Advanced Breathing Techniques and Equipment
• Pulmonary Rehabilitation
• How To Educate Patients In Various Fields As A Chest Physiotherapy
• Case Discussions

REGISTRATION FEE 700/- INR
INCLUDING STUDY MATERIAL
NATIONAL LEVELS
REGISTERED DELEGATE
LUNCH & HIGH TEA

RESOURCE PERSON
Dr. Samana Sayed
M.D., Physiotherapy, F.A.S.P.T. (India)
Senior Physiotherapist

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7607010456

ORGANIZING COMMITTEE
Dr. Anshu Singh
Dr. Anshu Singh
Dr. Anshu Singh
Dr. Anshu Singh
Dr. Anshu Singh

WORKSHOP CO-ORDINATORS
Dr. Ghazala Zaidi
Dr. Akhshai Malik
Dr. Hema Singh
Dr. Anika
Mr. Kamran Rashid

Visit on : www.erauniversity.in | www.rsiptin.in







ERA UNIVERSITY LUCKNOW
DEPARTMENT OF PHYSIOTHERAPY
ORGANISES 2 DAYS HANDS-ON WORKSHOP
ON
19th-20th JULY 2019
SPINAL MANIPULATION TECHNIQUES

 CHIEF GUEST Prof. Ashish Ali Mahant Head, Dept. of Physiotherapy, ERA UNIVERSITY	 PATRON Prof. Anshu Sharma Dean of Education, ERAU & R, ERA UNIVERSITY	 ORGANISING COMMITTEE HEAD Dr. Suresh Anshu Head Dept. of Physiotherapy, ERA UNIVERSITY
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YOU WILL GET

- 2 DAYS FULL HANDS ON PURE MANIPULATIVE TECHNIQUES OF SPINE.
- CHIROPRACTIC MANIPULATIONS, OSTEOPATHY TECHNIQUES, HVLA, THERAPY, ADJUSTOR TECHNIQUES
- DETAILED ANATOMY AND BIO MECHANICS OF SPINE.
- PALPATION OF FULL SPINE.
- TREATING THE COMMON CONDITIONS OF SPINE.
- MANIPULATIVE TECHNIQUES FOR CERVICAL, THORACIC/LUMBAR SPINE & PELVIS.

ORGANISING COMMITTEE

You get
The best and finest manipulation techniques of spine to learn Certificate, Study Material, Breakfast, Lunch & Tea for 2 days





EU ERA
UNIVERSITY
FACULTY ALLIED HEALTH SCIENCES & RESEARCH
DEPARTMENT OF PHYSIOTHERAPY
ANNOUNCES
2 DAYS HANDS ON
ADVANCE SKILL WORKSHOP
ON M.E.T, M.F.R. & THERAPEUTIC TAPING
1ST & 2ND AUG 2023

 Dr. (Prof.) Abbas Ali Shamsi <small>PhD, MPT, CPSP, Dip. Ed.</small> <small>Associate Professor, Physiotherapy</small>	 Dr. (Prof.) Farzana Masood <small>PhD, MPT, CPSP, Dip. Ed.</small> <small>Associate Professor, Physiotherapy</small>
 Dr. (Prof.) Farzana Masood <small>PhD, MPT, CPSP, Dip. Ed.</small> <small>Associate Professor, Physiotherapy</small>	 Dr. (Prof.) Farzana Masood <small>PhD, MPT, CPSP, Dip. Ed.</small> <small>Associate Professor, Physiotherapy</small>

In the content:

- Maximum 25 techniques of MFR.
- Anatomy of Soft tissues including Muscles, Ligament & Joints of Body.
- Different Medical conditions related to soft tissues and soft issues & correction through MFR.
- MFR applications in different part of body with Techniques.
- Indications for MFR and its contraindications.
- Contraindications for both approaches.
- Therapeutic Taping techniques and applications in various conditions.

How will:
2 days Hands on advance skills Learning with practical & clinical exposure including certificates, study Material, refreshments etc.

For any Query & Registration Contact ☎ 8126090486 📧 eu@erauniversity.edu.in



Bachelor in Physiotherapy

➤ Course overview

Physiotherapy is the science that deals with the Assessment, diagnosis treatment, rehabilitation and prevention of patients who are physically challenged or disabled or need post traumatic or post-operative rehabilitation. Those interested in studying this field of medicine can start with the Bachelor of Physiotherapy (BPT) program. BPT is a professional training program that teaches about physical activity and how to channelize it in order to prevent movement disorders and ailments. It is a health-care profession that helps people sustain, improve, or reclaim their physical strength, work, and mobility. This field of medical science employs evidence based kinesiology, electrotherapy, shockwave mobility, and exercise medication in order to treat chronic soft tissue and bone disorders.

The curriculum taught at **Era University, Lucknow** aims at assisting students in developing self-confidence so that they can function in a demanding community as consultants, experts, managers, or as educators in variety of professional settings.

➤ Learning Objectives:

Upon completion of the course, the student should be able to:

1. Examine, evaluate, diagnose, plan, execute and document physiotherapy treatment independently or along with the multidisciplinary team.
2. To plan & decide Physiotherapy treatment & procedures (both electrotherapy and exercise therapy) independently.
3. Assess impairments and functional limitations in the patients and able to execute physiotherapeutic procedures as per the evaluation.
4. To operate and maintain physiotherapy equipment used in the treatment.
5. To provide education about various physiotherapeutic interventions to the patient and care givers.

➤ DURATION OF THE COURSE:

4^{1/2} years (8 semesters + 6 months internship)

INTERNSHIP:

There shall be a compulsory (06) six months (24 weeks) of rotatory internship after the successful completion of final semester examination in all the subjects. Internship has to be done in E.L.M.C.H or any hospital recognized by the university having all the required specialty & super specialty departments.

ELIGIBILITY FOR ADMISSION:

1. He/she must have passed the 12th recognized by central/state examination board with 50% pass marks with physics, chemistry and biology as main subjects.
2. He/she has to furnish at the time of submission of application form, a certificate of physical fitness from a registered medical practitioner and two references from persons other than relatives testifying to satisfactory general character.
3. Admission to Bachelor of physiotherapy course shall be made on the basis of entrance exam including written test and interview conducted for the purpose. No candidate will be admitted on any ground unless he/she has appeared in the entrance exam.

➤ SYLLABUS OVERVIEW: A Brief Glimpse

1st Year

(1st & 2nd Semester)

HUMAN ANATOMY: Fundamental anatomy, histology, and embryology, Upper Extremity- all joints of upper limb, Introduction to Osteology and anatomy of Trunk & Pelvis, Anatomy of Thorax and abdomen areas, Cardio – Vascular System, Respiratory system.

HUMAN PHYSIOLOGY: General Physiology, Nerve Muscle Physiology, Properties of skeletal muscles, Physiology of Digestive System and Renal System, Renal System, Mechanism of Urine formation, Physiology of Endocrine System and reproductive system, Physiology of Nervous System. Blood components, cardiovascular system, Physiology of Respiratory System.

BIOCHEMISTRY: Introduction to Nutrition and Carbohydrate Chemistry, Lipid and Amino-acid, Enzymes Chemistry, Introduction to the absorption, Carbohydrate Metabolism, Digestion and Absorption, Amino acid and Protein Metabolism and Lipid Metabolism, Vitamins, Mineral Metabolism.

BIO PHYSICS & PHYSIOTHERAPY INTRODUCTION: Basics of Electrotherapy, Introduction of Physiotherapy Profession, its History, branches, specialities and about the disease can be treated by Physiotherapy.

HEALTH PSYCHOLOGY: Introduction to Psychology, Learning and motivation, Memory, Thinking, Motivation, Theories of emotions and personality, Conflict and frustration

Emotions - Attitudes -Intelligence - Personality, Conflict and frustration, Aims and principles of Counselling. Psychotherapy, Attention and Perception, Counselling, Mental deficiency.

SOCIOLOGY: Introduction, Social Factors in Health and disease situations, Socialization, Social Groups, Family, Community, Culture and Health, Social Change, Social Problems of disabled, Social Security, Social worker.

ENGLISH COMMUNICATION: To help students communicate properly in English. The course emphasises on Grammar, writing & speaking in English and making patient data.

BASICS OF EXERCISE THERAPY & YOGA: Definitions of muscles, movements, joints, axis & planes. Basic of Yoga: theory & application techniques.

BASICS OF BIOMECHANICS: Definition of mechanics and Biomechanics, Motion, force, Friction, gravity, Levers and equilibrium, Pulleys and Elasticity, springs.

FIRST AID & BASIC NURSING: Definition, aims & principles, Introduction to Nursing and Bed side Management.

BASIC COMPUTERS AND INFORMATION SCIENCE: To help students to understand the role of computer technology. The course has focus on computer operating system and software, and MS windows, Word processing, Excel data worksheet and PowerPoint presentation.

2nd Year

(3rd & 4th Semester)

PATHOLOGY: Introduction to Pathology and Immunopathology, Cell injuries: Reversible cell injury, Irreversible cell injury, Dystrophic and Metastatic, Inflammation and Repair, Acute inflammation, Immuno- pathology, Haematology and Nutritional Disorders. Pathological condition in Respiratory System and Alimentary tract, Hepato-biliary pathology and pathological condition in Musculoskeletal System, Endocrine pathology and Neuropathology.

MICROBIOLOGY: Introduction & History of Microbiology, General Microbiology, 2. Normal flora of the human body, Antimicrobials: Immunology and Bacteriology, General Virology and Mycology theory. Bacterial diseases, Mycobacterial diseases, viral diseases (in brief), Fungal diseases and opportunistic infections, Food sanitation, Zoonotic diseases, Diseases of the Immunity.

PHARMACOLOGY: Covers introduction to Pharmacology, Distribution of drugs, Action of Drugs on Nervous System and Cardiovascular, Drugs Used in the Treatment of Vascular Disease and Tissue Ischemia, Neuro-pharmacology and Anti-psychotic drugs, Antiepileptic Drugs. Non-narcotic Analgesics and Glucocorticoids, Drugs Used in Treatment of Arthritic Diseases and Respiratory Pharmacology, Gastrointestinal Pharmacology, Geriatrics.

ELECTROTHERAPY: Types of Current used in Therapeutics, Types of Electrical Stimulators used in therapeutics, Electro-diagnosis and Medium Frequency, High Frequency Currents.

EXERCISE THERAPY: Introduction to Exercise Therapy, Manual Muscle Testing, Measurement of Limb Length and types of movements, Relaxation, Movements, Techniques of free exercises and Specific exercise regimens, Types of resisted exercises, Specific exercise regimens.

BIOMECHANICS & KINESIOLOGY: Joint structures and functions, Structure and functions of lower extremity joints. Introduction to Posture & Ergonomics, Posture, Analysis of Posture, Ergonomics of teacher and students in calls room during study, Practical based on correction of posture for teachers, computer operators, Role of ergonomics in leisure activities.

3rd Year

(5th & 6th Semester)

MEDICINE: Spread of infection and Nutritional & Metabolic Diseases, Infections, Poisoning, Food and Nutrition, Nutritional & Metabolic Diseases. Diseases of the blood Diseases of the digestive system, Diseases of the Skin and Psychiatric Disorders, Geriatrics, Diseases of the Skin, Endocrine diseases.

SURGERY: Fluid, Electrolyte and Acid-Base disturbances, Reasons for Surgery, Causes, Clinical Presentation, Diagnosis and treatment of the following Thoracic Trauma situations, surgical procedures, Cholecystectomy etc.

NEUROLOGY & NEUROSURGERY: Introduction to neurological Investigations, Neuro-ophthalmology and Assessments and of Head injury and Cerebro-vascular diseases, higher cortical, Movement disorders, Cerebellar and coordination disorders, Infections and Brain tumours and spinal tumours, Motor neuron diseases and Polyneuropathy, Multiple sclerosis, Disorders of neuromuscular junction, Neuro surgeries, Focal peripheral neuropathy, Toxic, metabolic and environmental disorders.

ORTHOPEDICS: Introduction to Orthopaedics and Fractures of the Upper Limb, Dislocations of Upper Limb and Fracture of Spine, Fractures and Dislocations of Lower Limb and amputations, Traumatic Spinal Cord Injuries, Disease of Bones and Joints, Inflammatory and Degenerative Conditions, Neuromuscular Disorders, Orthopaedic Surgeries.

CARDIOTHORACIC CONDITIONS AND SURGERY: Examination of the Cardiovascular System, Examination of the Respiratory System, Thoracic surgeries.

COMMUNITY MEDICINE: Epidemiology, definition and scope, Public health administration, Epidemiology of communicable disease, Public health administration, Health programs in India, Demography and Family Planning. Preventive Medicine in Obstetrics, Pediatrics and Geriatrics, Nutrition and Health, Hospital waste management and Occupational Health, Occupational Health, Mental Health and health education, Mental Health, Health Education.

RESEARCH METHODOLOGY AND BIOSTATISTICS: Introduction to Research methodology, Research problem, Research design, Measurement & scaling techniques, Methods of data collection and Measures of Central Tendency. Tabulation of Data: Measures of Central Tendency: Probability and Standard Distributions and Analysis of variance & covariance, Measures of Dispersion.

COMPUTER TECHNOLOGY: Introduction to Computers, Computer Application in Research Computers & Researcher.

SPORTS: Treatment guidelines for soft tissue injuries, Sports injuries, Spine, Mechanism soft injuries of the Head & face and upper limb, Shoulder, wrist & hand, Mechanism soft injuries of Pelvis and lower limb, Patellar Tendinitis.

4th Year

(7th & 8th Semester)

PHYSIOTHERAPY & ETHICS: Rules of professional conduct, Ethics, History of physiotherapy, Confidentiality and Responsibility and IAP Rules and Regulations, Hospital administration and Personnel management, Personnel management.

PT IN PEDIATRIC CONDITIONS: Acute CNS infections, Physiotherapy in Paediatric conditions, PT management in brain damage and developmental disorders, Minimum brain damage, Developmental disorders, URI, Rheumatic heart disease, Detection of abnormalities in Neurodevelopment, PT management muscular dystrophies, Muscular dystrophies.

PT IN GENERAL MEDICAL & SURGICAL CONDITIONS: PT management in liver diseases and Cardio-vascular System, PT management in Nutritional & Metabolic Diseases, PT management in Alimentary tract, PT management in liver diseases, PT management in SLE, polymyositis, PT management in Diseases of skin, PT management in Cardio-vascular System.

PHYSIOTHERAPY IN SPORTS: Pre-exercise evaluation, Physiological effects of exercise on body systems, Diet and nutrition, Measurement of fitness components and sports skills, Physiological effects of exercise on body systems.

COMMUNITY BASED REHABILITATION: Rehabilitation: Definition, Types, Principles of Community based Rehabilitation, Planning and management of CBR Programmes, Role of government in CBR Programmes, Role of Social work in CBR, Role of voluntary Organizations in CBR.

PT IN CARDIOTHORACIC CONDITIONS: Investigations and tests for cardiac diseases, Physiotherapy techniques to increase lung volume, Physiotherapy techniques to clear secretions and Lung conditions, Drug therapy, Physiotherapy in the ICU, Respiratory failure, Cardiac surgeries.

PHYSIOTHERAPY IN ORTHOPEDICS CONDITIONS: PT in Specific fractures and dislocations, PT assessment for orthopedic conditions, Specific fractures and dislocations, Principles of various schools of thought in manual therapy, Degenerative and inflammatory conditions.

PT IN OBSTETRICS & GYNAECOLOGY: Exercises and pregnancy, Physiotherapy in the childbearing year, PT management in Labor, Practical: PT in Uro-genital dysfunction and gynecological surgery, PT in management in anorectal dysfunctions, and PT management in Pelvic Inflammatory Diseases.

PHYSIOTHERAPY IN NEUROLOGY AND NEUROSURGERY: Physiotherapy evaluation of a neurological patient, Review of basic Neuro, Physiotherapy evaluation of a neurological patient, Principles of physiotherapy programs, PT management for stroke MND and CP.

WHY ERA UNIVERSITY..?

Studying Physiotherapy at ERA UNIVERSITY will fully equip you for this vital career that helps get people moving. At ERA UNIVERSITY, you'll learn from world-class researchers and practitioners to receive an internationally recognised qualification. You'll have the advantage of

state-of the-art equipment and the latest knowledge. You'll gain clinical experience, working with patients as a key part of your studies, ensuring you are confident and job-ready. Apart from the medical training part it is the teaching methodology and the self-development program comprising of soft skills to make our students job ready professionals that has earned **Era University** of being **among the top most colleges for bachelor of physiotherapy training program** in **Lucknow** and entire **Uttar Pradesh**.

CAREER PATHWAYS: Graduates of Physiotherapy program can easily find employment opportunities in hospitals/nursing homes/sports teams/fitness centers/Community Rehabilitation /Health planning boards/health promotions services in both private and public sectors as well as in independent physiotherapy clinics. Graduates and post-graduates of physiotherapy get employed in top hospitals and health centres with competitive pay packages. Some of India's best fitness centres also attract the best talent in the industry to better train their clients.

List of Equipment's –



Extra Corporeal Shockwave Therapy Paraffin Wax Bath Suspension Therapy Unit Chiropractic Bed



**Medicine Ball,
Weight Cuff & Peg Board**

Longwave Therapy Machine

Laser Therapy Machine



Gym Ball

Quadriceps Chair

Shoulder Wheel

Balance Standing Frame

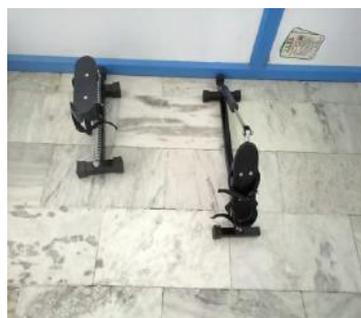


**Ultrasonic Machine
(1 MHz & 3 MHz)**

IFT Machine

Muscle Stimulator

Shortwave Therapy



**TENS Machine
(4 Channel)**

Ankle Exerciser

CP Child sitting chair

Balance Board



IRR & UVR Lamp



Rowing Machine



Hydro collator



Knee CPM Machine



UVR Lamp



Shock Wave Therapy



**Treadmill with
Suspension Trainer**



Static Cycle Ergometer



Wrist Pronator & Supinator



Standing Frame



Wedge & Bolster



Tilt Table



**Traction Machine
(Cervical & Lumbar)**



Vacuum Comb. Unit



Vacuum Cupping Set



**Lower Limb Pneumatic
Compression Unit**



**Therapeutic Massage
Gun**



**Matrix Rhythm
Therapy Unit**



**Upper Limb Pneumatic
Compression Unit**



**IASTM Kit
(Instrument Assisted Soft Tissue
Mobilization)**

Placement Details of Students

S.No.	Student Name	Year of Passing	Area of Work	Designation
1	Gulsita Fatima Warsi	BPT 2021	ELMC&H	Physiotherapist
2	Ashish Kumar Gautam	BPT 2021	Awadh Hospital, Lucknow	Physiotherapist
3	Shivani	BPT 2021	Sunshine Physiotherapy Clinic, Noida	Physiotherapist
4	Azra Rizvi	BPT 2022	ELMC&H	Physiotherapist
5	Arooj Zehra	BPT 2022	Elite Physiotherapy & Sports Injury Centre Pvt., Delhi	Consultant Physiotherapist
6	Akhtar Hussain	BPT 2022	First step child development & Neuro Rehab Centre, Faridabad	Physiotherapist
7	Muzaffar Hussain	BPT 2022	First step child development & Neuro Rehab Centre, Faridabad	Physiotherapist
8	Shrafat Ali Malik	BPT 2022	ELMC&H	Physiotherapist
9	Shweta Kumari	BPT 2022	Max Hospital, Noida	Physiotherapist
10	Efham Ullah Khan	BPT 2022	Accord Hospital	Physiotherapist
11	Arief Hussain Malla	BPT 2022	Arni University, Jammu	Asst. Professor
12	Ruchi Verma	BPT 2022	Raj Bhawan, Lucknow	Physiotherapist
13	Pooja Ashok Dubey	BPT 2022	Mahajan Hospital, Mumbai	Physiotherapist
14	Dolly Verma	BPT 2022	ELMC&H	Physiotherapist

15	Akansha Rawat	BPT 2022	Swarn Jayanti Samudaik Hospital	Consultant Physiotherapist
16	Rupal	BPT 2022	National Institute of Public Corporation & Child Development, Lucknow & Shalby Orthopedics Hospital, Lucknow	Physiotherapist
17	Shivani Singh	DPT 2020	ELMC&H	Wellness Therapist
18	Mohd. Laik	DPT 2020	ELMC&H	Wellness Therapist
19	Sarah Firdaus	DPT 2019	ELMC&H	Wellness Therapist
20	Nida Fatima	DPT 2018	ELMC&H	Wellness Incharge
21	S. Wahid Hussain	DPT 2019	ELMC&H	Clinical Physio Therapist
22.	Sharadveer	DPT 2019	Tendor palm hospital,lko	Physiotherapist
23.	Farha Khan	DPT 2018	Kite Intervention Pvt. Ltd. Child Rehab., Gurugram	Physiotherapist
24.	Amroz Zafar	DPT 2018	Pediatric Therapy Centre, Gurugram	Physiotherapist
25.	Pankaj Kumar	DPT 2018	Physiotherapy Centre, Lucknow	Physiotherapist
26.	Dheeraj Kumar	DPT 2018	Physiotherapy Centre, Lucknow	Physiotherapist