

Bangladesh Krira Shikkha Protishtan (BKSP)

Branch of Sports Science

Department of Physiotherapy

Physiotherapy

Physiotherapy Treatments

We offer a variety of physiotherapy services and can work with you to customize a plan specific to your needs.

Physiotherapy treatments can help an injury **recover sooner** than on its own with less down time from activity level, and the tissues are usually stronger than if left to heal on their own.

Physiotherapy Services Offered:

- **Education** to understand the what, where, why and how of your problems. We would discuss your expectations for recovery, what you are able to do activity wise, and if there is anything you should not be doing. It is also important to understand correct posture and body mechanics to do housework and work tasks or ergonomics surrounding use of computers, tablets, and phone.
- **Exercise Prescription.** Exercises can increase your range of movement, flexibility, strength and physical conditioning as well as to decrease pain. In our gym there are weights, elliptical trainer, treadmill, bike and multi-gym. Also included is a wobble board and balance cushions.
- **Manual therapy** is techniques that involve hands on treatment. This includes techniques such as mobilization, manipulation, muscle energy techniques, pressure stretches, or deep tendon friction all designed to increase movement of restricted soft tissues, and /or to decrease irritation on a surrounding soft tissues.
- **Modalities.** Electrical equipment such as ultrasound, TENS, electrical muscle stimulation or interferential current(IFC) may be used to help resolve swelling, decrease muscle tone, reeducate the muscles how to contract, increase the soft tissue mobility, increase blood flow to the soft tissues and decrease pain.
- **Taping** may be used to decrease the stress of injured soft tissues, or to provide enhanced proprioception for joints.
- **Functional Capacity Assessments** to objectively determine what a person is able to do safely at work. This can involve a mini scan to look at lifting, carrying, pushing, pulling or other work tasks, or a more involved 4 hour testing procedure, using the ErgoScience Physical Work Performance Assessment.
- **Case management services** to work with other health team members, employer, or insurance personnel to facilitate a timely recovery to previous function.
- **Work Conditioning Programs** are designed to be 2 hours or longer to help people return to their pre-injury job. This involves strengthening, stretching, cardio activities, lifting, carrying, pushing

and pulling and work simulation tasks.. This is usually for people who have been off work due to a motor vehicle injury.

Some injuries heal on their own as simple sprains to joints and ligaments plus strains to muscles. They should recover within 4-6 weeks, so if at 2-3 weeks post injury if recovery has not started on its own, then it would be beneficial to see a physiotherapist.

If you would like to book an appointment with our Physiotherapist, Jo-Ann, please click the button below to book it online.

Book your appointment online:

Functions in the Sports Physiotherapist

The basic function of Physiotherapist in Sport is the application of treatment by physical means: electrical, thermal, mechanical, hydraulic, and manual therapeutic exercises with special techniques.

The Physiotherapist in Sport focuses its objectives in the field of sport and physical activity.

Based on the definition of the **WCPT** * on Physiotherapy in Sport, this is the set of methods, techniques and performances, which through the use and application of physical agents prevent, recover and readjust to persons with locomotor, produced by sport or exercise at different levels.

These levels are none other than the basic sports, sports fan and sports elite both leisure and competition.

The Physiotherapist in Sport has the following specific functions:

- **OUTREACH IN SPORT** Physiotherapist will advise the sports people and professionals linked to it and perform any actions that help improve the conditions of avoidance of injury to the athlete.
- **PREVENTION** The Physiotherapist in Sport should be alert to avoid as far as possible all those factors that might bring up injuries by sports in general and of each particular

sport, associated injuries and / or consequences of injury primary, and its possible recurrence.

- **RECOVERY** The Physiotherapist in Sport should regain the functionality of the athlete as quickly as possible, accelerating the biological processes of recovery from injury, limiting his training as little as possible and ensure that they are reinstated with the greatest prospects for success.
- **REHABILITATION** The Physiotherapist in Sport, after recovering from injury, put all his knowledge on making the athlete begins his sport in the physical conditions more appropriate, and as similar as possible to those presented before the injury.

The Physiotherapist in Sport should regain the functionality of the athlete as quickly as possible, accelerating the biological processes of recovery from injury, limiting his training as little as possible and ensure that they are reinstated with the greatest prospects for success

- **TEACHING** The Physiotherapist in Sport should aim to improve all these facets of knowledge that contribute to the training of top professionals in this field, both as a Graduate Degree.
- **RESEARCH** Physiotherapist in Sport conducted all studies contributing to expand and develop expertise in Sport Physiotherapy.

List of the Equipment

S.NO	Name of Equipments	Number	
1	Shoulder Wheel	02	
2	Supinator Pronator Exerciser	02	
3	Finger Exerciser	01 set	
4	Quadriceps Table	02	
5	Ankle Exerciser	1 set	
6	Rowing Apparatus	02	
7	Medicine Ball	05	
8	Contrast Bath	01	
9	Whirl Pool Bath	01	
10	Galvanic Faradic	02	
11	Combined Lumbar & Cervical Traction	06	
13	Ultra Sound Therapy(UST)	02	
15	Short Wave Diathermy (SWD)	04	
16	Paraffin Wax Bath	02	

17	Transcutenious Electric Nerve Stimulator	02	
18	Interferential Current Therapy (IFT)	03	
19	Infrared (IRR)	03	
20	Cellulite heat Therapy	01	
21	Whole Body Massager	01	
22	Microwave Diathermy	01	
23	Manual Tread mill	01	
24	Electrical Treadmill	01	
25	Hip Knee & Ankle Rotator	01	
26	Massage Vibrator	01	
27	Continuous Passive Motion (CPM)	01	
28	Massage Chair	03	
29	Dumbbells	4 set	
30	Massage Table	01	
31	T-Tank with jet massager	01	