

Dry Needling

On World Physiotherapy Day

PHYSIOTHERAPY EXPERT DR RICHA SINGH HIGHLIGHTS THE POWER OF THIS TREATMENT GENRE

BY SMITI JAIN NARAYAN

On the occasion of World Physiotherapy Day on September 8, Dr Richa Singh, a



Dr Richa Singh

distinguished physiotherapy exponent, underscores the role that physiotherapy can play in treating musculo-skeletal problems as the first line of treatment, and laments the fact that in India currently, physiotherapy is still seen only as a supplementary, second line of treatment after a conventional medical doctor's referral.

Dr Richa Singh has made it her life's mission to bring about a transformation in this mindset of the general public about physiotherapy. "Because," as she explains "many such ailments can be fully and holistically cured by a competent physiotherapist, without having to resort to strong medicines and even surgery. With proper and sustained physiotherapy and a maintenance regimen, you can become, and stay, healthy over time."

Dr Richa explains further that "our body is a one-time asset given to us which we must protect and take the greatest care of. Anything your mind desires or wants to achieve, all the greatest ideas, are only



dependent on the health of the physical body to bring it to fruition. For bodily health, early prevention is key. Once a problem becomes chronic, it takes longer to heal." Globally, the significance of physiotherapy is widely recognised and acknowledged, while in India it is still in its nascent stages. Many people in our country are still ignorant about the various aspects that physiotherapy involves. It's a highly developed and precise process today, customised to each individual's precise needs. As evident, the future belongs to physiotherapy for many common and all-pervasive musculoskeletal problems, and as long as practitioners like Dr Richa are there to popularise its many benefits, more and more people will be drawn into its fold to lead healthier lives. More power to the lady on this noble mission.

The various effective physiotherapy techniques expounded by Dr Richa include:

Dry Needling

An intervention therapy to treat musculoskeletal pain that affects muscles and joints. The process involves insertion of small, monofilament needles directly into the tissue.

Sports Taping

Dynamic tapes that work neurophysiologically, interface with the skin to alter pain perception, address lymphatic drainage, and normalise neuromuscular function.

Myofascial Release

A highly effective, hands-on technique involving gentle sustained pressure applied to the myofascial connective tissue restrictions to eliminate pain and restore movement.

Cupping Therapy

A therapeutic treatment using glass cups to create a vacuum on the skin, which increases blood flow, loosens connective tissue and stimulates healing.

IASTM – Instrument Assisted Soft Tissue Mobilisation

The popular treatment form IASTM uses specially designed instruments to provide a mobilising effect to scar tissue and myofascial adhesions.



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