



## Embrace wellness

HEAL HOLISTICALLY WITH NEW AGE PHYSIOTHERAPY COMBINED WITH REHAB

BY SMITI JAIN NARAYAN



**Dr Richa Singh**  
Physiotherapist

One of the fallouts of a fast-paced lifestyle is increasingly overuse, even abuse, of the physical body. In our relentless pursuit of our material goals, we neglect the body through which all the lofty ideas and plans of our soaring mind are executed. Hence, today more than ever before physiotherapy can come to our rescue, both as a cure as well as a preventive measure to minimise the ravages of time and the rat race. Defined as a dynamic health care profession, physiotherapy has established theoretical and widespread clinical application in the preservation, development and restoration of optimal physical functions. Physiotherapists are healthcare professionals concerned with the assessment, treatment and prevention of the dysfunction and impairments of movement in people of all ages and within a wide range of contexts. One such driven physiotherapist with a far-reaching vision about the future possibilities of this field is Dr Richa Singh, with over a decade of rich work experience in some of

India's best known hospitals and clinics in Mumbai, Pune and Bangalore. Passionate about physiotherapy and its implications and scope, she opines, "Physiotherapy has come a long way since people thought that it's more or less about massaging extremities. The scope of physiotherapy has grown with widespread acceptance." The new philosophy of physiotherapy includes pain management, minimisation of disability, preservation and rehabilitation. Catching up with this norm, slowly but steadily is India. India is at the threshold of widespread acceptance towards physiotherapy as a profession and its scope as an alternate therapy. Today, we have access to the best practices that are followed throughout the world in terms of manipulation, blocking pain pathways and quick fixes in the terms of myofascial releases, taping and dry needling. All of these methods are used in sports physiotherapy which has grown tremendously as a field. In rehabilitation it is the physiotherapist's aim to help disabled people to maximise their potential capabilities of achieving function and independence for activities of daily living. Physiotherapy can involve a number of different treatment and preventive



approaches, depending on the specific problems you're experiencing. One of the main aspects of physiotherapy involves looking at the body as a whole, rather than focusing on the individual factors of an injury. Dr Richa dreams of building a holistic physiotherapy cum rehab centre at schools, as she strongly feels that it is better to catch the problem when the child is young and nip it in the bud with proper counselling, physio routines and rehabilitation, rather than let it grow and take root in the individual. A socially relevant and path-breaking vision with huge scope to heal and help the adults of tomorrow, today. For only in a healthy body, can a healthy mind reside. More power to Dr Richa Singh, the lady on a mission.



## PHYSIOTHERAPY & REHABILITATION

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