

OFFICE: NEOTERIC EDUCATION SOCIETY GWALIOR

PROJECT JUSTIFICATION LETTER

1. Objective:

To provide world class Institute & rehabilitation for Paralysis, Paraplegic & physically ill patient. Currently nearby 200 Km of Gwalior there is no Rehabilitation Centre. Neoteric Education Society wishes to provide Health Treatment including Physiotherapy, Hydro-therapy & Rehabilitation for the physical handicap people.

2. The significance of the project:

Rehabilitation is not merely a health care or alternative solution for the person who has Paralysis but also provides ways to manage the life & take care of physical well-being.

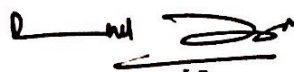
3. Overall Suitability of Site:

The proposed site is a strip of land between Private land & Electricity board Land in a Dongarpur village setting with virtually no developmental activities. Current status of the Land is Open Barren land with limited access from Main Road.

4. Treatment to be offered in Rehabilitation :

- Physiotherapy: Physiotherapy is a health care profession which provides services to individuals to develop maintain and restore maximum movement and functional ability throughout life. Physiotherapy is used to expedite recovery in orthopaedic, cardiopulmonary, neurology, paediatrics, geriatrics and sports-related injuries. The conditions can vary from the sprain, strain, frozen shoulder, post- fracture stiffness, arthritis, low back pain and neck pain to stroke, paralysis, multiple sclerosis, muscular dystrophy etc.
 - I. Treatment focuses on reduction of pain and swelling,
 - II. Improvement in range of motion,
 - III. Healing of soft tissue structures,
 - IV. Soft tissue relaxation,
 - V. Pre and post-operative management,
 - VI. Improvement in gross and fine motor skills, balance and coordination, strength and endurance as well sensory and cognitive integration,
 - VII. With the effective utilization of manual therapy

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- VIII. The electrical modalities specifically ift, tens, laser, wax bath, ultrasonic therapy, short wave diathermy, micro wave diathermy.
- Hydrotherapy: The term Hydrotherapy is coined from the Greek words – “Hydro” meaning “water” and “Therapeia” meaning “Healing”. As it suggests, hydrotherapy is a method of using the physical aspect of water for medical and relaxing treatments. The buoyancy of water effect minimises the efforts of gravity on weight-bearing joints, spinal column and ligaments. The entire therapy improves balance and coordination. The benefits of “water healing” or hydrotherapy have been recognised for thousands of years. It is one of the oldest and safest methods for treating many common ailments.
 - Occupational therapy: Occupational therapy is the treatment which actively involves the patients to improve their physical, mental, psychological and psychosocial status by restoring & enhancing the performance of those skills. Those set of Skill which is essential for a self-supporting lifestyle & minimise the disability, besides occupational therapy, also deals in training the activities of daily living such as writing, eating, grooming, dressing, and wheelchair skills within the limits of disability enabling the patient to lead an independent life. The areas of conditions where this treatment can be applied are orthopaedics – post fracture stiffness, frozen shoulders, rheumatoid arthritis, osteoarthritis, amputation, ankylosing spondylitis & congenital disorders — neurological – spinal ailments, stroke, head injury, Parkinson Disease & pediatric conditions – cerebral palsy, mental retardation, autism and learning disabilities. The therapists also prescribe adapted devices and splints.

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