

# Exercise Therapy

**Workbook** for Physiotherapy Students

There are many workbooks for different subjects like anatomy, physiology, etc. but practical workbooks are not available for exercise therapy, which is the core subject of Bachelor in Physiotherapy course. This is the first workbook dedicated to BPT students.

The *Workbook* for exercise therapy is designed to help and improve the knowledge and practical skills of students of physiotherapy. The book emphasizes more on basic concepts of the use of different therapeutic techniques and instruments in assessment as well as management. It is designed in a way that students will have to practice writing to document practical records. Documentation is an essential part of physiotherapy practice which has been taken very liberally till now. Providing this type of book will surely make into the practice of documenting records of the patients' conditions from the very initial stage. It provides a wide base for the faculty to cover all the aspects of the topics.

At present students do have to refer to so many books to prepare for the different topics covered in the practical examination. The authors are confident that if the students maintain the record of their practicals in this *Workbook* properly, it would become their best 'guide' in their practical examinations.

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He has interest in innovation and entrepreneurship and is coordinating the SSIP Centre of PP Savani University. He has attended many workshops and completed courses related to start-ups and innovation. He was awarded first runner up in the "Innovation Exhibits" competition held in a conference organized at AIIMS, New Delhi. Recently he has filed one patent on posture assessment devices. He is a member of the Gujarat State Council of Physiotherapy.

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Patel | Patel



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**Workbook** for Physiotherapy Students



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Workbook for Physiotherapy Students





# Exercise Therapy



Workbook for Physiotherapy Students

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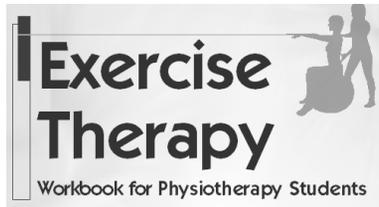


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## Preface

Physiotherapy is a constantly developing profession. Each and every day, new and evidence-based protocols are evolving across the world. Depth of curriculum is increasing day by day because of continuous new interventional protocols. In our eight years of academic experience, we have found students experiencing difficulties in remembering all basic assessment techniques within a short period of time, i.e. first two years of college. Till now, there is no availability of such book that provides direct insight into practical assessment and most importantly documentation.

There are many workbooks for different subjects like anatomy, physiology, etc. but practical workbook is not available for exercise therapy subject which is the core subject of the physiotherapy. Therefore, we decided to provide students a workbook for exercise therapy subject. Even faculties can use it as a reference to cover topics step by step.

The *Exercise Therapy Workbook for Physiotherapy Students* is designed to help and improvise the knowledge and practical skills of students of physiotherapy. The book emphasizes more on basic concepts of use of different therapeutic techniques and instruments in assessment as well as management. It is designed in a way that students will have to practice writing to document practical records. Documentation is very essential part of physiotherapy practice which has been taken very liberally till now. Providing this type of book will surely make habits of documenting records of patient's conditions from very initial stage. We have provided the base for the faculties to cover all the aspects of the topics. At present, students do have to refer so many books for different topics during practical exam time. We are very sure that if students maintain the record of their practicals in this book properly, then this book can become his/her best guide during their practical examination.

**Bindesh D Patel**  
**Hetashri B Patel**





## Acknowledgments

The preparation of this book could not have been possible without the participation and assistance of so many people whose names may not be enumerated. Their contributions are sincerely appreciated and gratefully acknowledged.

We express deep and sincere gratitude to Dr Parag Sanghani, Provost of PP Savani University, for his constant encouragement and guidance. We would also like to thank all our colleagues for their support.

We extend our gratitude to all our teachers for making us capable of writing this book. We would also like to thank our students who have inspired us for the same.

Words can be understating to express support of our mother Mrs Ramilaben. Our little daughter has compromised our time and allowed us to work with her graceful smile. We are heartily obliged and indebted to the ladies club at our home.

**Bindesh D Patel**

**Hetashri B Patel**





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## How to Use this Book?

Practice makes a man perfect, we truly believe that this sentence is incomplete. We believe “A perfect practice makes a man perfect”. If you want to be perfect, you will have to practice perfectly. As student and as professor, we have experienced and observed that many students are facing difficulties in their practical examinations because of lack of documentation practice during practical lectures. Recording results of assessment is the key factor we believe.

Through this book we would like to insist students to practice practicals and start documenting from the first lecture itself. We are sure enough that if students will document and practice as per this book, they will definitely improve their performances in practical examinations.

We request all students not to copy paste from other sources as it will not serve the purpose of this book.

We also request faculty members to make sure that students do documentation on regular basis instead of copy pasting at the end just before examinations.

In this book, we have tried to provide exercises which will improve rational thinking of students and practical applications of theoretical principles.

If students find any difficulty, then they can contact us on [drbindeshpatel@gmail.com](mailto:drbindeshpatel@gmail.com). We have formed videos (search Dr Bindesh Patel on YouTube) of a few topics mentioned in this chapter. Students can learn those topics through online videos also.

**Bindesh D Patel**  
**Hetashri B Patel**

# *Certificate*

*This is to certify that Mr/Ms \_\_\_\_\_ having enrolment number /  
roll number \_\_\_\_\_ is studying in \_\_\_\_\_ year /semester in Bachelor of Physiotherapy has  
completed the Exercise Therapy workbook satisfactorily.*

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*Class Coordinator*

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*Principal*

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*External Examiner*

*Institute seal*