

## **Free Physiotherapy Consultation Camp to Old Age Home**

**Name of event** - Free Physiotherapy Consultation

**Date** – 12<sup>th</sup> Dec 2024

**Resource Person / Guests** – NA

**Participants**- BPT II, III & IV Year Students

**Location of event** – Panchvati Old Age Home, Delhi

**Objective** –

- To assess the physical health and mobility of the residents.
- To provide individual consultations and advice on managing chronic pain and other physical ailments.
- To educate the elderly on exercises and lifestyle changes to improve mobility and reduce discomfort.

**Content** –

A free physiotherapy consultation camp was organized at Panchvati Old Age Home on 12th December 2024, aiming to provide senior citizens with expert physiotherapy services and raise awareness about maintaining physical health in old age. This initiative was part of our ongoing commitment to enhancing the quality of life for the elderly. Following are the details:

- **Initial Assessments:**

Each participant underwent a preliminary health check, including BP Measurement, posture analysis of joint mobility tests.

- **Individual Consultations:**

One-on-one consultation was conducted to understand specific issues such as arthritis, joint pain, back pain, disease and muscle stiffness. Personalized advice and Exercises plan were prescribed.

- **Demonstration of Exercises:**

Simple, age-appropriate exercises were demonstrated to help the elderly maintain flexibility, strength, and balance.

- **Motivated them for incorporating Exercises in their daily life**

Residents expressed gratitude for the initiative, stating that the camp helped them understand their physical health in a better manner and provided Exercise solutions to manage their pain and discomfort.



Dr. Avi Choudhary  
Event Coordinator

Dr. C S Ram  
Director, BCIP