

WORLD PHYSIOTHERAPY DAY CELEBRATIONS

Centre for Physiotherapy and Rehabilitation Sciences, JMI

2-8 September 2019

6 September 2019

One day symposium on “Chronic Pain: : Relief and management”.

Chronic pain is recognised worldwide as one of the leading contributor to global health burden. It can be a component of a multitude of condition most prominent ones being Low-back pain, Osteoarthritis, Fibromyalgia, Complex Regional Pain Syndrome etc. Pain persisting for 3 months or longer, is usually considered chronic and, while not necessarily maladaptive, often leads to physical decline, limited functional ability and emotional distress. The defining factor here seems to be only the time duration but there are many other researchers who consider chronic pain to be unexplained, irregular, unique and incredibly dependent upon the individuals personal beliefs and coping strategies and it is this chronic pain which is subject to a large amount of study and psychological management strategies.

The campaign for **World Physical Therapy Day 2019 (8 September)** is focussed around the theme of chronic pain and the role that physical therapy and physical activity has in its management and treatment. The campaign is focussed around the following key messages.

- Exercise as a therapy is included in all guidelines for the treatment of chronic pain.
- The brain plays an important role in chronic pain.
- It’s important to dispel myths associated with chronic pain.
- Exercise is beneficial and physical therapists play an important role in developing patient-centred activity and exercise programmes.
- Physiotherapists helps people with chronic pain develop the skills they need to manage and take control of their condition.

In continuation with this the Centre for Physiotherapy and Rehabilitation sciences, JMI is organising a one day symposium on “**Chronic Pain: : Relief and management**”.

Program Schedule

9.30-9.35am	Tilawate Quran	
9.35-9.40 am	Welcome	Prof Ejaz Hussain, Director, CPRS. JMI, Delhi
9.40-10.10 am	Keynote address	Prof RK Parashar Director/Principal, Amar Jyoti institute of Physiotherapy, Delhi
10.10-10.40 am	Keynote address	Prof K K Deepak Professor and head, Department of Physiology, AIIMS, Delhi
10.40-11.00 am	Inaugural address	Prof (Dr) Sarita Kohli Dean, Faculty of Dentistry Jamia Millia Islamia, Delhi
11.00-11.05 am	Vote of thanks	Dr Zubia Veqar

11.05-11.30 am	Tea	
11.30-12.00pm	Peripheral and central mechanisms underlying chronic pain	Dr Namita Saraswat , Assistant Professor, Department of Anaesthesia and Pain, RML hospital, Delhi
12.00-12.30pm	Psychosocial model of pain and psychological interventions	Dr Rushi Naaz Associate professor & Head, PGIMER RML Hospital, Delhi
12.30-1.00 pm	Manual therapy and exercise as pain manipulation strategies	Dr Saurabh Sharma Assistant professor, CPRS, JMI
1.00-1.05 pm	Vote of thanks	Dr Adila Parveen
1.05-2.30pm	Lunch	
2.30-3.00pm	Fibromyalgia vs myofascial pain syndrome: A Revisit	Prof Dr Akhilesh Gupta Professor, Department of Anaesthesia and Pain, RML hospital, Delhi
3.00-3.30pm	Recent advances in physiotherapeutic management of Fibromyalgia	Dr Kshitija Patki Associate Professor, Amar Jyoti institute of Physiotherapy, Delhi
3.30-4.00pm	Evidence-based Evaluation and Management Of Low Back Pain	Dr Pooja Sethi Senior Physiotherapist, RML hospital, Delhi
4.00-4.30pm	Pain neuroscience education	Dr Rahul Sharma Director of New Age Rehabilitation Centre Pvt Ltd. and Senior Consultant Physiotherapist, Fortis Escorts Heart Institute, Delhi.
4.30-4.40pm	Vote of thanks	Dr Majumi M Noohu
	Tea	

Director

Prof Ejaz Hussain

Organizing secretary

Dr Zubia Veqar