



RK College of Physiotherapy,  
Bhavnagar Highway, Kasturbadham  
Phone : 9909952030, [www.rkcollege.ac.in](http://www.rkcollege.ac.in),

# physioforum

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## Editorial Board

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**Mr. Denish Patel,**  
Trustee,  
R K Group of Colleges

### Project Supervision

**Dr. Priyanshu Rathod,**  
Principal,  
R K College of Physiotherapy

### Conceptualization

**Mr. Ananya Mehta,**  
Head—PR & Events,  
R K Group of Colleges

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Asst. Prof.,  
R K College of Physiotherapy

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## RK College of Physiotherapy

The College is a not-for-profit organization dedicated to regulating and continually improving the practice of physiotherapists in the public interest.

This means that the College protects patients' rights to safe, competent and ethical health care by supporting physiotherapists to maintain the standards of professional practice. The School of Physiotherapy is affiliated to Saurashtra University, Rajkot and recognized by The Indian

Association of Physiotherapists (IAP) opened its doors to the first batch in the year 2005-06, with an aim to serve in best of Health Education and training of Physiotherapy

Practice, Clinical Reasoning and Hands-on-Skill to their patients and community at large. Effective communicators who will share pertinent information with the patients and other health care providers.

Strong representatives of their profession will ascribe to the ethos

and professional standards of the physiotherapists. Able to adapt and implement future changes and professional trends in Physiotherapy Research and Practice.



practitioners.

The Mission of the institute is to train competent and confident physiotherapists to provide Evidence Based

## Mentor's Message



It is the matter of great pleasure to introduce you the first ever e-newsletter "Physioforum" by RK

School of Physiotherapy.

This quarterly published newsletter is one of the sincere effort towards contribution to the field of Physiotherapy as well as to provide students and staff a platform to hone their skills.

This newsletter will have variety of information from the field of physiotherapy and extracurricular activities of the institute. I, congratulate the entire editorial team for their efforts in bringing out this newsletter.

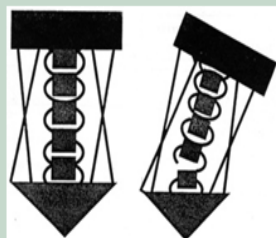
**Mr. Denish Patel**



## Physio World - "Core Stability"

Structural Stability is an essential component

of overall Functional Mobility. The principle to gain optimal functional mobility is the foremost aim of the therapeutic management. The most of soft tissue injuries and structural derangements are secondary to weak core structural stability during static



and dynamic activities.

Structural instability compromises functional mobility

(static and dynamic). Core stability plays vital role in overall physical performance. Structural stability consists of structural arrangement at artherokinematics and osteokinematics with kinetic control of inner and



out core muscles. The kinetic control further divides the core stability muscles into local (the inner core) and global (the outer core). **The inner**

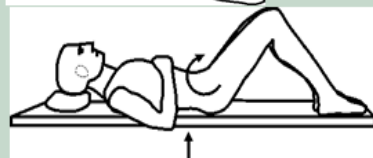
**core** muscles are mostly single-joint, shorter muscles. They are designed

to control translation and the small glides that joints make. For the trunk and low back, these would include the transverse abdominals, deep multi-



**"No functional Mobility without Structural Stability"**

fidi, pelvic floor and posterior fibers of the psoas. Moving outward from the inner core, we find the



**outer core** – the global stabilizer muscles. For the trunk and low back, these include the abdominal obliques, anterior psoas, gluteal muscles, quad-

ratus lumborum and the superficial multifidi. These are still tonic, one-joint muscles. These are considerably stronger than the inner core and work in

tandem with it. They control specific directions of movement such as flexion, extension and rotation. Every joint complex has its own kinetic control system which plays vital role in overall structural arrangement and physical performance.

### References :

- Akuthota, V., A. Ferreiro et al., Core stability exercise principles. Curr. Sports Med. Rep., Vol. 7, No. 1, pp. 39Y44, 2008.
- Comerford MJ. "Core Stability Training for Peak Performance - Return to Work and Return to Sport." Boston, July 25-26, 2008. [www.kineticcontrol.com](http://www.kineticcontrol.com)

**Dr.Priyanshu Rathod**

## Forthcoming—Events & Activities

### World Leprosy Day



Continues Medical Education (CME) On 30<sup>th</sup> January, 11 on

16th International WCPT Congress  
20-23 June 2011  
Amsterdam, Holland



[www.wcpt.org/congress](http://www.wcpt.org/congress)

World Health Day

7 April 2011



World Health Organization



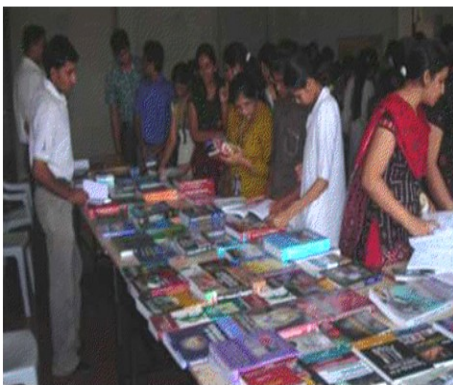
## Memorable Moments at RK College of Physiotherapy



3rd GUJSTATE Physiotherapy Students Conference'09 organized at Hemu Gadhavi Auditorium, Rajkot



Dr. Alan Foster, UK, addressed Students & Faculty Members and discussed about Intra-operative Electrophysiological Monitoring System



Dept. of Library organizes Book-Exhibition every year for Students and Faculty Members



Students and Faculty Members organizes several Public Health Awareness programs, plays to facilitate Community Based Rehabilitation (CBR)



Computing in Data Mining & Analysis Hands on National workshop to enhance R & D



Students and faculty serves for more than 12000 patients per year. Several Physiotherapy & Rehabilitation camps and health awareness program are routinely been organized at Rural and Urban Physiotherapy centers.



Galore is an annual Sports & Cultural festival at RK Campus.

**PRINCIPAL'S MESSAGE: -**

It gives me immense pleasure to welcome you on the first issue of quarterly published e-News-Letter so called “**Physioforum**”. This news-letter will reflect the institute which believes in professional excellence in Hands on Skills, Evidence Based Practice, and Clinical Reasoning in field of Physiotherapy & Rehabilitation Sciences. The faculty and students are organizing several conference, seminars, workshops, health programs around the year to optimize the their prosperity in their interaction, imagination and vision. This news-letter will enhance the prospects of students & faculty to express their creative views and shares innovative ideas in the noble way.

**Dr. Priyanshu Rathod**

## Arts & Skill Section

### \* MY LIBRARY \* -

It's only a room with shelves & books  
but it's far more magical than its'  
books

Its a jet on which I soar

To lands that exists no more

Or a key with which I find

Answers to questions crowding my  
mind

Building my habit of learning &  
growing

Asking & researching till I reach  
knowing

Here I've been a mermaid & an off,

I've even leaned to be more myself

I think that I shall never see,

A place that's been more useful to me

With encouraging friends within it,

Who tell me to dream big & never  
quit?

It's only a room with shelves &  
books,

But it's far more magical than it  
looks

**Priyanka Agarwal,**

Final Year Student



**Handwork by:-**

**Miss. Choudhari Parul (3<sup>rd</sup> yr)**

### **Gujarat's Journey** An overview of the Past Decade

**2000:** 13 July Heavy rains 21 inches  
in 1 day in A' bad.

Madhupur Madhavpura Mercantile  
co operative bank unearthed working  
Rs. 18000 Core.

**2001:** Earthquake 7.9 at 8:46 am on  
51<sup>st</sup> republic day hits Bhuj, Gujarat.

**2002:** On Feb. 27 S-6 coach of Sabar-  
mati Express burnt near Godhra  
Railway Station.

**2003:** 26<sup>th</sup> March BJP leader Mr.  
Haren pandya assassinated.

A' bad Vadodara Expressway Inaugu-  
rated

Launching of Sabarmati River front  
Project in April

**2004:** Gujcet (Entrance exam for  
engineering & medical admissions)  
introduced for class XII students

**2005:** Union finance minister p  
Chidambaram declares A' bad as  
“MEGA CITY”

Compulsory “HELMET RULE”

**2006:** Bird flu hits Gujarat 25<sup>th</sup> Feb  
1<sup>st</sup> case registered in Uccal in  
south Surat

**2007:** “Octroi” is ABOLISHED

**2008:** Serial bomb blasts in A' bad  
at public places.

TATA “NANO” gets new home in  
Sanand.

**2009:** BRTS route began.

**Chokshi Khushali**

Final Year

**Your Suggestions and  
feedback are welcome**

**on**

**rkphysioforum@gmail.co  
m and Log on  
www.rkcollege.ac.in  
for e-News Letter**