



## *Research at Muscle n Mind (MnM)*

MnM's mission is to give people the power to think and explore the work they do. Physios use research work to update themselves, and to find out what's going on in the world, and share the work they do with the world.

Giving physios the power to think and explore requires constant innovation & thinking. At MnM, we believe in the most interesting research questions which are derived from real world problems. Working on cutting edge research with a practical focus. We are also publishing papers, giving talks, attending and hosting CME's, and collaborating with the world leader for excellence in treatment.

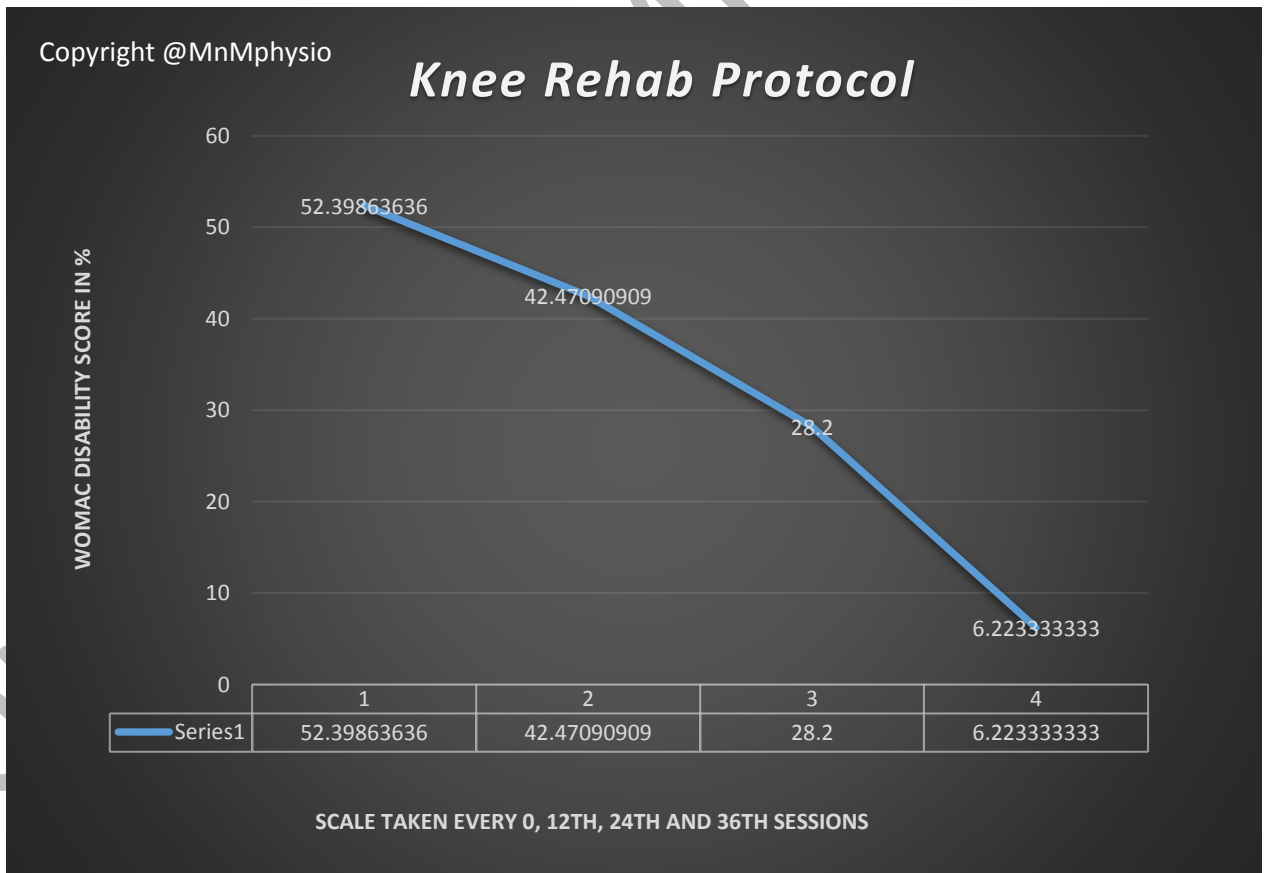
It's just one year since MnM Physiotherapy centre's inception, we have some fantastic results with our patients, we always believe in evidence based practice, therefore we always have clinical reasoning behind everything we do.

We are always committed to excellence in our treatment protocol. This page describes our many research activities that we are undertaking at MnM.

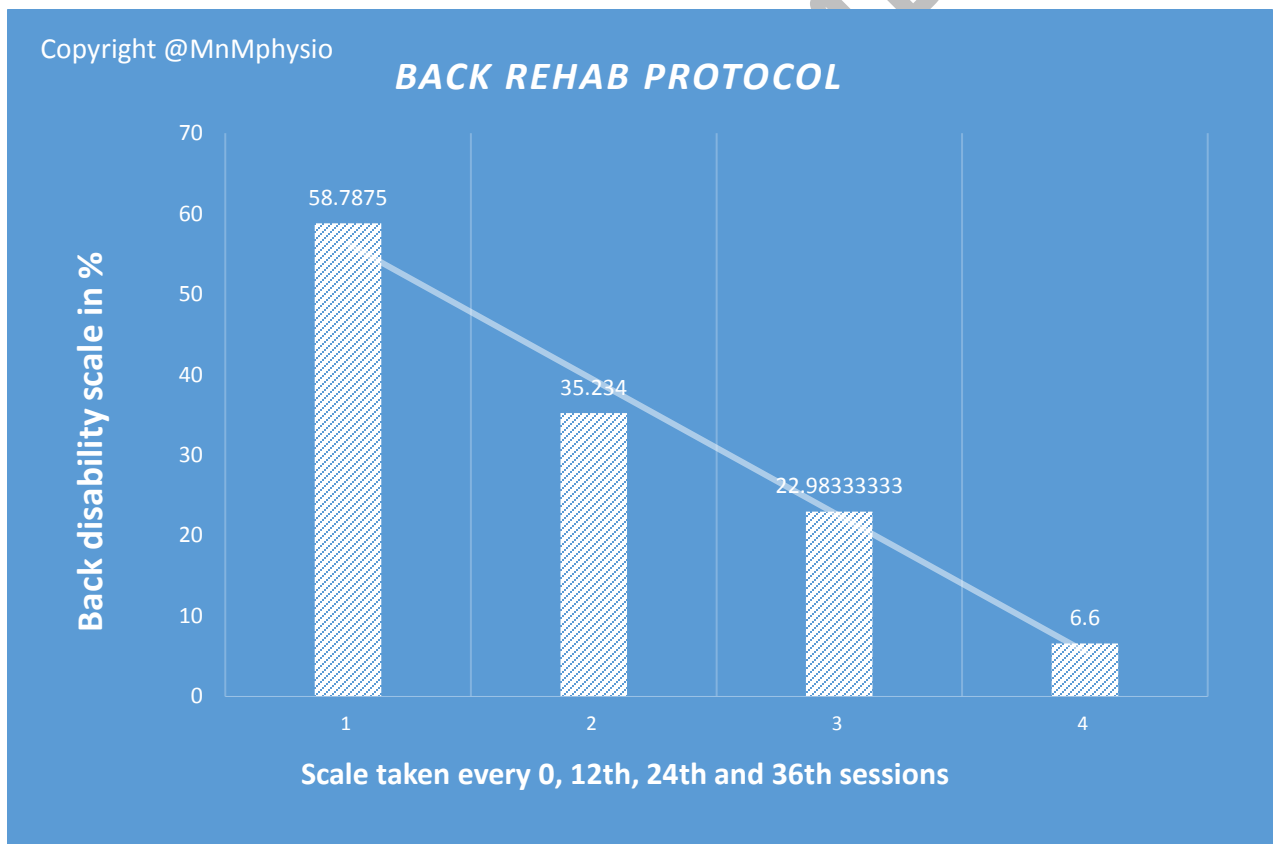
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\*This work is for the year Dec 2015- Nov 2016

- 1) Knee Rehab Protocol: - This program is exclusive MnM program, which we have developed after conducting many literature surveys. This program is for 2 months which is multidimensional. There are variety of cases;
  - a. Chronic Osteoarthritis
  - b. Bilateral Knee Replacement (TKR)
  - c. ACL rupture (without surgery)
  - d. ACL reconstruction
  - e. Failed TKR
  - f. Soft tissue injury post fall in TKR
  - g. Knee arthritis with multiple ligament injuries

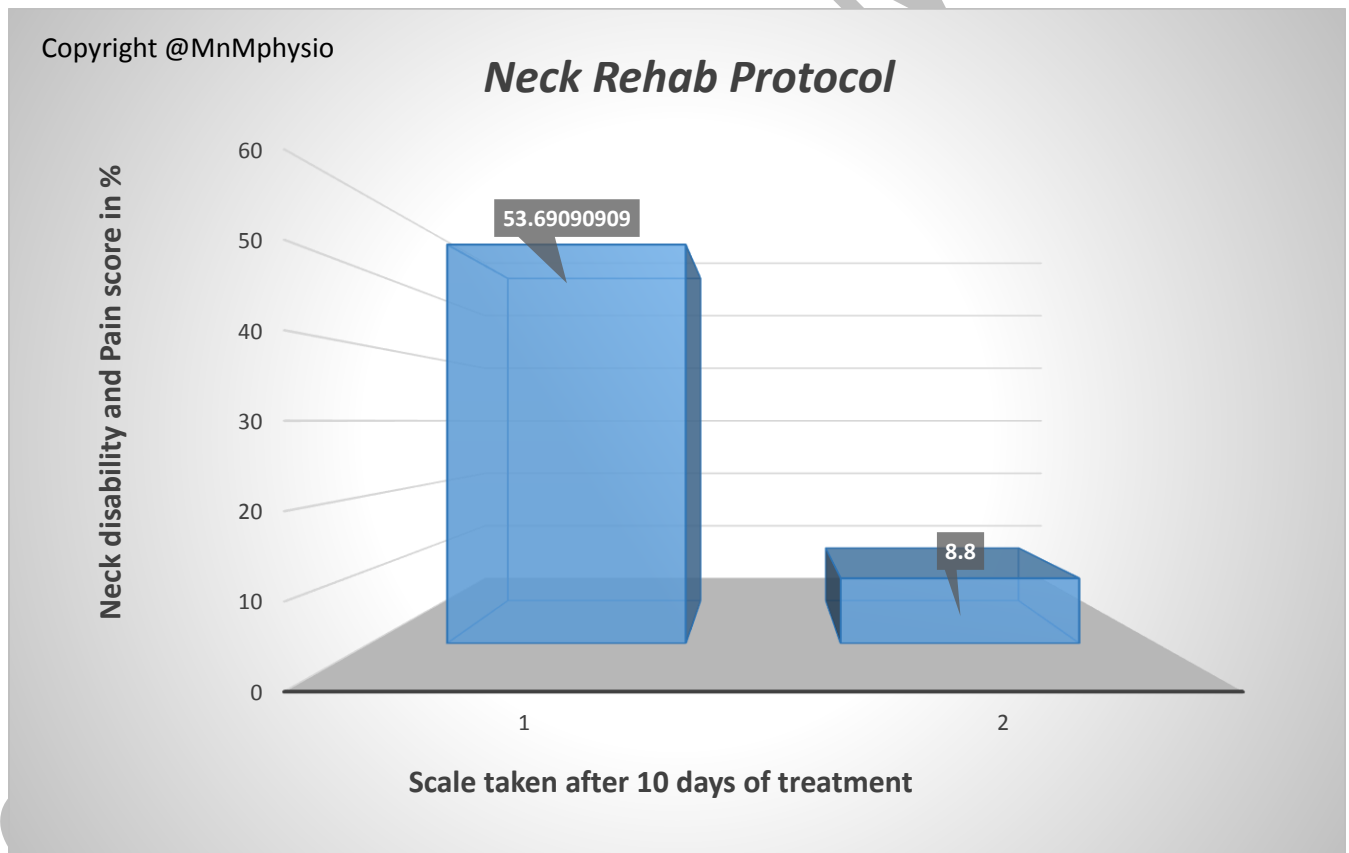


- 2) Back Rehab Protocol:-This program has distinct feature, which mainly involves exercises. There is holistic approach for this program. This inclusion of this program are;
- Chronic low back pain
  - Mechanical back pain
  - Post surgery (Discectomy/ laminectomy)
  - Disc prolapse
  - Facet joint arthropathy
  - Degenerative disc diseases



3) Neck Rehab Protocol: - This program involves many techniques including manual therapy. There is many approaches that are involved for neck rehab. The cases were;

- a. Cervical Spondylitis
- b. Cervico-genic headaches
- c. Post trauma stiffness
- d. Upper trapezitis
- e. Mobile neck syndrome
- f. Scalene muscle tightness
- g. Postural issues



- 4) Shoulder Rehab program: - This is exclusive program in our centre, this is focused on graded loading on muscles for optimum outcome and better function. The cases included were;
- Frozen shoulder
  - Supraspinatus Tendinitis
  - Supraspinatus Tear
  - Calcific tendinitis
  - Acromioclavicular (AC) joint pain
  - Bicipital Tendinitis
  - Scapular dyskinesia
  - Post-accident scaring of tissues

