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The role of physiotherapy in women health

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Abstract

Women live longer than men but consistently report rural health status and Health related quality of life. Women today simultaneously occupied demanding work and family rose. The article Address the topic of women health and tells Health Issue and effecting factors about health. Women have unique health issues. Unique Health issues include pregnancy, menopause and condition of female organs.

- Women are more likely to show sign of depression and anxiety then men.
- Effect of Sexually Transmitted Disease can be more serious in women.
- Osteoarthritis effect more women than men.

Keywords: Menopause, osteoarthritis, STD, Health

Introduction

Women health refers to the health of women, which differ from that of men in many ways. Women health is population health. Where, health is defined as by WHO, "A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity."

Gender remains an important social determinants of health women health is influence not just by there biology, but also by conditions such as poverty, employment and family responsibilities. In developing countries, greater adverse impact on health. Women's reproductive and sexual health has a distinct difference compared to Men's Health. Even in developed countries pregnancy and child birth are associated with substantial risk to women with maternal mortality noted quarter of million death per year. Some reproductive diseases such as cardiovascular disease contribute to both mortality and morbidity of pregnancy. Sexually transmitted disease have serious consequences for women and infants. With mother-child transmission reading to stillbirth and Neonatal death. Pelvic inflammatory disease leading to infertility.

Infertility from any cause: Unwanted pregnancy birth control and continuous abortion create burden on women. Other causes of death cancer, heart disease, pulmonary disease. All type of cancer is the leading cause cancer death in women ovarian, uterine and cervical cancer.

Smoking is major cause of lung cancer. Cervical cancer remains one of the most commonest cancer in developing countries without awareness and health problems. Women are also more likely to deal with health related stressors then man. A number of Health and Medical Research in the United States. Women also need Health Care more and access the Healthcare system more than do men. Women are also more likely to deal with health- related stresses then men.

Women and men differ in their chromosomal makeup, protein, gene expression and hormonal environment. Women are likely to avoid important steps to self-care as physical examination, screening and preventing testing, women living below the poverty line are at greater risk of unplanned pregnancy, unplanned delivery and abortion. Inflexible work schedules and difficulty obtaining child care. All of which function to create barriers to accessing Health Care. These problem are much worse in developing countries. A lack of Healthcare providers, facilities and resources all contribute to high level of morbidity amongst women from avoidable conditions.

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Factors affecting women health

- Major life transition such as pregnancy, mother food and Menopause can create physical and emotional stress for women.
- Negative life experience infertility and parental loss, poverty, discrimination, unemployment and isolation.
- These factors impact on women mental health and well-being.

Determinants of health

In Australia’s health (2008) Australian Institute of Health and welfare (AIHW) describes determinants of individual and population health has borrowed features of society, health behaviours and biomedical factors, which interacts with each other and with individuals’ physical and physiological makeup.

Broad feature of society	Socio-economic characteristic	Health behaviour
<ul style="list-style-type: none"> • culture • resource • resources • policies • effluence is • social concession • media • environmental factors • natural • built 	<ul style="list-style-type: none"> • education • employment • income and wealth • family • housing • Knowledge, Attitudes 	<ul style="list-style-type: none"> • tobacco use • physical activity • alcohol consumption • use of drugs • dirty behaviour • sexual behaviour • psychological factor
Biomedical factors <ul style="list-style-type: none"> • Blood pressure • Blood cholesterol • Bodyweight • Impaired glucose regulation • Immune status 		
Individual and population health and functioning		
Individual physical and psychological makeup (genetic, aging, life course)		

So this means that it is important to develop indices of social support and social cohesion as well as to monitor key issue such as

- Unemployment
- Poverty
- Benefit levels
- Housing conditions
- Food security
- Working conditions

Women health Physiotherapy is the therapeutic treatment of all this order affecting pelvis, pelvic floor. Here some condition which more common in women, in which Physiotherapy play important role.

- Osteoarthritis, breast cancer, osteoporosis.
- Lymphedema, postmenopausal heart disease.
- Patellofemoral pain syndrome
- Multiple Sclerosis, obesity.

Exercises and techniques to treat issue specific to women include

• **Muscle Retraining**

This creates body awareness (now you get in and out of your car, running position, pick-up things, posture etc.) improve moments veterans. Kegel exercises to strengthen pelvic floor muscle.

• **Exercise therapy**

It helps to improve mobility, strength and endurance. Also strength bones and joints.

• **Modalities**

Application of heat/ice, electrical stimulation therapy and massage therapy to reduce pain, stiffness and swelling.

• **Manual therapy**

It helps to improve joint and soft tissue flexibility and mobility by using repetitive movements.

Role of Physiotherapy in obesity

Physiotherapist have a role to play in the prevention and management of obesity. Obesity leads to Restriction in movement, affecting engagement in physical activity. These helps to long term weight loss. Importance of being physically active is well recognised. Patients experience difficulties in doing so. It is important to facilitate patients to increase physical activity at right level, which can be achieved by physiotherapist. Assessment and treatment plan from physiotherapist will help overcome the barrier to exercise.

- Provision of personalized life style advice, prescription, supervision and Progression of appropriate physical activity to increase muscle strength, flexibility and endurance and maintain weight loss under safe and controlled conditions.
- Management of associated conditions such as arthritis, basic pain, osteoporosis, after delivery problem, etc.
 1. Assessment of individual medical history
 2. Evaluation of current physical activity level.
 3. Provision of an individualized physical activity program.
 4. Prescription of cardiovascular training program.
 5. Prescription of resistance exercise.

Benefits of physiotherapy for some the top health issues: Premenstrual syndrome

A physiotherapist assesses the physical effect PMS has on your body as well as the risk factors that can influence and worsen them, before offering a range of management options and advice. Treatment may include manual therapy to relieve tension as well as related discomfort stimulation point, electrotherapy. Teach relaxation techniques and advice self-management and self-care.

Endometriosis

Physiotherapy modalities may prove to be fundamental treatments option for the patients with endometriosis, pre and post laparoscopic surgery effective physical therapy treatments option include myofascial manual therapy, pelvic floor muscles strengthening and flexibility exercise, spinal mobilizations, relaxation exercise.

Ovary cyst

Physiotherapist can provide exercise program which help in losing weight gained due to storage of estrogen lower insulin levels.

Heart disease

Physical therapy help to prevent heart attack, bone cardiac rehabilitation programs for patients.

Role of physiotherapy in pre natal women

The physical changes to women's body as related to pregnancy. More different types of changes occurs during pregnancy. Increased weight, mass changes. In fact over 2/3 of pregnant women experience back pain 1/5th experience urinary incontinence. Groups training programs designed to relieve pelvic back pain and relieve incontinence of urine.

A randomized controlled trail by Marked *et al.* 289 pregnant women showed that 12 weeks of specially designed group training by physiotherapist was effective in preventing lumbopelvic pain at 36 weeks of pregnancy. The trial group participated in physiotherapist lead exercise 60 minutes a week from the 20th 36 week of pregnancy. There are fewer women in training group that reported lumbopelvic pain during pregnancy and after delivery gives advice on smoking correction, exercise program for weight management

Depression

Exercise has been known to benefits patients with mild to moderate mood disorders. Especially anxiety and depression. When performing aerobic exercise your body release endorphin S which are responsible for relieving pain and improving mood.

Urinary incontinence

It refers to as overactive bladder, inability to control the flow of urine, urine leaked due to weakness of pelvic floor muscles.

Pregnancy related condition

Pain in lower back, ribs and thoracic reason, headache, neck and stiffness, muscle weakness of pelvic floor, leg cramps weakened abdominal muscles, pain numbness in the wrist and hand.

Harvey's 2003 study of pregnant women showed that post partum pelvic floor muscle training appeared to be effective in decreasing post partum urinary incontinence.

1. Physiotherapist directed pelvic floor muscle training to prevent urinary incontinence after delivery.
 2. Physiotherapist helps to improve core stability training to prevent and treat back and pelvic pain. good physiotherapist delivered program for pregnant women.
- Assesses patient for posture, strength, flexibility balance as well as any musculoskeletal issues.
 - Instruct patients on how to perform exercise safety and effectively.

Conclusion

Medical intervention is often less effective than has been thought in no way diminishes the clinical function women are more likely to report health problem general measures of mental areas physical Health Problems used in the NPHS indicate different patterns. Yet women are more likely to report short-term disability, distress, depression, migraine, pain arthritis and Rheumatisms.

Changes in job security, family structure, income levels, dependence on benefits and availability of public serious are all key aspect of gender relation. It is important that we place a primary focus on addressing the social and economic source of ill health at National and Community levels as these will prevent more death and chronic illness than any health care interventions.

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