

Exercise and Physical Therapy: Traditional Practices for Health promotion and wellbeing

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Increased benefits of Physical exercise prompt the research scholars for taking the keen interest in this area. To clear out the severe complications of the variety of ailments related to abnormal body posture in an advanced routine culture, physicians also suggests their patients to move towards the various exercises and to take some physical therapy in the chronic stages. Innumerable exercises had been recommended in the last decade for the various repetitive motion (skeleton-muscular) injuries like osteoarthritis, osteoporosis, joint or hip fracture, cardio cerebral vascular system diseases, respiratory disorders (asthma, cystic fibrosis, emphysema), urological diseases and various cancers (Breast, colon, blood and prostate cancer). Numerous exercises are always recommended under the fixed schedule, guidelines, precautions and time limit. In case of neuromuscular diseases (amyotrophic lateral sclerosis (ALS), progressive bulbar palsy (PBP), pseudobulbar palsy, progressive muscular atrophy (PMA), primary lateral sclerosis (PLS), spinal muscular atrophy (SMA) and monomelic amyotrophy (MMA) diseases, disorders of the motor nerve roots or peripheral nerves, neuromuscular transmission disorders) , physical therapy has been strongly recommended for effective and fast recovery. Sports related injuries, post-delivery complications, bowel abnormalities and many other conditions can

be treated with the various physical therapies. So, both physical therapy as well as exercise plays an important role to treat a broad spectrum of mild as well as chronic diseases and global population must be aware and opt these practices.

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Professional Biography

Ms. [Paramjeet Kaur](#) has completed her Master in [Pharmacy](#) at the age of 23 years from I.K.G Punjab Technical University, Kapurthala (Punjab) and now Pursuing Ph.D from Department of Pharmaceutical Sciences, [Chandigarh University](#). She is working as an Associate Professor in School of Pharmacy, Mandi Gobindgarh, Punjab . Her area of interest is [Chromone oriented derivatives](#) reactions and applications. She has even successfully delivered two consultancy projects to the two reputed hospitals and has been serving as an editorial board member of reputed journals. She has written 2 funded Projects from [Non-Govt Agencies](#) too.