

ISSN P - 0973-5666

ISSN E - 0973-5674

Volume 14

Number 2

April-June 2020

# Indian Journal of Physiotherapy and Occupational Therapy

An International Journal



website: [www.ijpot.com](http://www.ijpot.com)



# Indian Journal of Physiotherapy and Occupational Therapy

[www.ijpot.com](http://www.ijpot.com)

## CONTENTS

Volume 14, Number 2

April-June 2020

1.	Effect of Home Exercise Protocol on Exercise Tolerance and Quality of Life in Post CABG Subjects .....	1
	<i>Ankita Mahipati Patil, Poovishnu Devi Thangavelu</i>	
2.	Physical Activity Promotion in the Physical Therapy Setting: Perspectives from Practitioners and Students in Maharashtra .....	8
	<i>Atiya A Shaikh, Akshaya Gad</i>	
3.	Assessment of Risk of Fall in Depressed Elderly Individuals.....	15
	<i>Ayushi Shah, Priyanka Honkalas</i>	
4.	Effect of Fireworks Pollution on Human Health During Diwali Festival: A Study of Ahmedabad, India .....	19
	<i>Bharat Dangi, Anjali Bhise</i>	
5.	ACL Injury Prediction in Footballers Using Landing Error Scoring System (LESS) .....	24
	<i>Bindya Sharma, Hiral Thakkar</i>	
6.	Comparative Study between Efficacy of Circuit Training and Interval Training in Improving Exercise Capacity among Chronic Kidney Disease Patients .....	29
	<i>Dhaneesh Damodaran, Nigat Fathima P.A., Santhosh Pai, Afshan Shaik</i>	
7.	Need for Cross-Cultural Adaptation of Self-Reported Health Measures: Review Study .....	34
	<i>Disha A. Rupareliya, Yagna U. Shukla</i>	
8.	Effect of Graded Spinal Exercises in Postnatal Women.....	38
	<i>Elizabeth. Shende, Pragati. Salunkhe</i>	
9.	Effect of Muscle Energy Technique on Strength and Range of Motion in Young Swimmers with Sick Scapula Syndrome: A Pre-Post Clinical Trial .....	45
	<i>Ganesh B.R., Pratiksha Patil, Anjela Rodrigues</i>	
10.	Prevalence of Ankle Sprain in Paediatric Football Players .....	50
	<i>Gayatri R. Patane, Namrata A. Kadam</i>	
11.	Efficacy of Pivotal Response Training in Management of Visual Conceptual Deficits in Adult Autistic Population .....	55
	<i>Gunjan Kumar, Darshpreet Kaur, Nidhi Billiore, Ramesh K. Jeyaraman</i>	
12.	Play India Youth Games (Khelo India): Scheme for Promotion of Sports in India.....	61
	<i>Gurpreet Singh, Ashwani Bali</i>	

<b>II</b>		
13.	Analysis of Psychometric Properties of Gujarati and Hindi Version of International Physical Activity Questionnaire- Long form in Indian Kidney Transplant Recipients .....	67
	<i>Harda Shah, Nehal Shah, Pankaj Shah, Himanshu Patel</i>	
14.	Effect of 4 Weeks Balance Training Program in Healthy Young Adults: A Randomized Clinical Trial Study .....	74
	<i>Jagruti K. Patel, Vandana G. Patel, Neha R. Desai, Neha R. Patel, Mohammed S. Mukkhi, Palak K. Ribadiya</i>	
15.	Effect of Aerobic Exercise Training on Energy Expenditure by Physiological Cost Index in Obese Individuals .....	80
	<i>Julie S. Pawar, Suraj Shukla, Hiral Jain, Ajay Kumar</i>	
16.	Prevalence of Obesity in Women with Polycystic Ovarian Syndrome: A Retrospective Report .....	84
	<i>Jyoti S. Jeevannavar, Sangeeta Appannavar, Spoorthi S. Mendigeri</i>	
17.	Disability and its Relationship with Caregiver Burden among Stroke Survivors: A Cross-Sectional Study ..	87
	<i>Kheyali N. Joshi, Asahel Jasper John, Ramprabhu Ramamurthy, Namankumar S. Mehta</i>	
18.	Effects of Anterior Versus Posterior End Range Mobilizations on Shoulder Rotations Range of Motion in Adhesive Capsulitis Stage II .....	91
	<i>Mahantesh Biradi, Rajeev Kumar Lal, Parmar Sanjay, Zubair Ahmed</i>	
19.	Intra Rater and Inter Rater Reliability of Hand Dynamometer and Pinch Gauge in Children with Spastic Cerebral Palsy .....	97
	<i>Nikita Mandanka, Shraddha Diwan</i>	
20.	A Correlational Study to Analyse Burnout in Working Women and its Impact on Well Being.....	100
	<i>Farzana Nashu, Shubha Arora</i>	
21.	Prevalence of Breathing Disorders and Effect of Lying Positions on Heart Rate and Blood Pressure among Pregnant Women .....	107
	<i>Neethu Noushad, Muhammed Ashiq, Shaikh Afsar Banu, Muhammed Arshad, Nigat Fathima P.A.</i>	
22.	Immediate Effect of Mobilization vs Myofascial Release on Pain and Range of Motion in Patients with Shoulder Impingement Syndrome: A Pilot Randomized Trial .....	112
	<i>Nigam Prasad Dash, Deepak Kumar Pradhan, Anisha</i>	
23.	Treatment of Plantar Fasciitis: A Review .....	118
	<i>Omeshree Nagrare</i>	
24.	A Comparative Survey to find out Which Domain is Affected the Most in Health Related Quality of Life in Parents with Cerebral Palsy .....	122
	<i>Owaise Ahmed Bhat, Shubha Arora</i>	
25.	Effectiveness of Countermovement Jump and Drop Jump on Leg Muscle Power in Young College Athletes: A Comparative Study .....	126
	<i>Pavana, Rupesh Prajapati</i>	

26.	Effect of Neuromuscular Electrical Stimulation Verses Electrical Stimulation On Gait Parameters in Subjects Having Plantar Fascitis <i>Prajakta Pawar, Sayali Gijare</i>	131
27.	Prevalence of Musculoskeletal Disorders in Small Scale Food Industry in Karad <i>Praneeta G. Pawar, S. Anandh</i>	137
28.	Effectiveness of Home-based Physiotherapy on Functional Outcome among Stroke Participants in India .. <i>Prativa Talukdar, Gagan Kapoor, Gaurav Thukral, Gaurav Shori</i>	142
29.	The Effect of Visual Feedback Assisted Bicycle Ergometry in Improving Functional Activities of Lower Extremity among Post Stroke Patients-Quasi Experimental Study <i>R. Karthiga</i>	148
30.	Immediate Effect of Dynamic Cupping on Pain in Teachers with Mechanical Neck Pain: An Experimental Study <i>Rachana Jani, Krupa Tank</i>	154
31.	Correlation between Body Mass Index and Postural Changes in Postmenopausal Women <i>Riddhi Hemant Shetye, Sandeep Babasaheb Shinde</i>	160
32.	Evaluation Of Functional Capacity in Asymptomatic School Teacher Using 6 Minute Walk Test <i>Rochelle Sequeira, Anagha Palkar</i>	167
33.	Physical Activity in Diabetic Elderly .. <i>Samuel S.E., Maben E.V.S., Athira Reghunathan</i>	172
34.	To Compare the Prevalence of Plantar Fasciitis among Females Wearing Flat Foot Wear and Heels in Young Adults .. <i>Sharma Pallavi, Sharma Yamini, Yadav Megha, Sharma Jyoti, Kumari Mangalam, Arora Sakshi</i>	177
35.	Correlation of Cognitive Impairment with Activities of Daily Living in Elderly Individuals <i>Siddhi L. Bhuran, Priyanka Honkalas</i>	181
36.	Effectiveness of Tele Rehabilitation on Manual Dexterity and its Impact on Quality of Life in Patients with Parkinson's Disease: A Pilot Study <i>Silpa Immanuel Voola, Hema S.</i>	188
37.	Comparison of Efficacy of Static Stretching and Sports Massage on the Removal Rate of Blood Lactate Level after Static Cycling in Female Individuals .. <i>Singh Sutantr, Kaushal Kavita, Kaur Veerpal</i>	194
38.	Efficacy of Supine, Sitting and Standing Hamstring Stretch Positions on Flexibility in College Students: A Randomised Experimental Study <i>Smruti Swagatika Dash</i>	197
39.	Effect of Maitland Technique (Posterior Glide) with Muscle Energy Technique for Subscapularis Muscle on Adhesive Capsulitis .. <i>Swaraj S. Shetty, Ruchita R. Shah</i>	203

**IV**

40. Effectiveness of Ground Walking Versus Stair Climbing on Exercise Capacity in Subjects with Moderate Chronic Obstructive Pulmonary Disease ..... 269  
*T. Sunil Kumar, Kusuma Kilani, G. Swathi*
41. Effectiveness of Proprioceptive Neuromuscular Facilitation as an Adjunct to Conventional Therapy in Conservatively Managed Distal Radius Fractures: A Randomized Controlled Trial ..... 275  
*T. Keerthi, Praveen Dowle, Lalith Mohan*
42. Effects of Diaphragmatic Training on Posture and Stability in Asymptomatic Subjects: A Randomized Clinical Trial ..... 271  
*Vivek Vijayan Menon, Mudasir Rashid Baba, Pavankumar, Sneha Suresh*
43. Mental Health in Physiotherapy Students During Internal Examination ..... 276  
*Y. Praveen Kumar, Leena Jaiswal, Y. Pallavi Praveen*
44. Correlation of Obesity and Peak Expiratory Flow Rate in Young Adult Females ..... 271  
*Pavana, Bhavya Shree P.*
45. Correlation between Socioeconomic Status and Quality of Life in Cerebral Palsy Children between 4 to 12 Years of Age ..... 277  
*Shivani Singh, Shubha Arora*
46. Is There a Relationship between Proprioception and Vibration Sense on the Shoulder? ..... 243  
*Ozde Depreli, Ender Angin, Zafer Erden*
47. An Infant's Recovery from Bacterial Meningitis: Navigating Care Internationally ..... 249  
*Christina E. Odeh*
48. Working Posture and Musculoskeletal Pain among Restaurant Chef ..... 254  
*Dominic Tan, Thirumalaya Balaraman*
49. Effects and Benefits of Physical Therapy in the Mood, Quality of Life and Cognition Psychological and Cognitive Effects of Physical Therapy ..... 260  
*Guillermo Cano Escalera, Naiara Ozamiz, Sonia Ruiz de Azua García*
50. Increased Upper and Lower Trapezius Muscle Activities During Rest in Side-Lying Position in Young Adults with Forward Head Posture ..... 266  
*Sirirat Kiatkulamusorn, Nongnuch Luangpon, Kukiat Tudpor*
51. The Effect of Kinesio Taping on Gait Parameters in Osteoarthritic Knee Patients: Randomized Controlled Trial ..... 271  
*Sutida Sakunkaruna, Yosawin Sakunkaruna, Prasert Sakulsriprasert, Attaporn Mongkonpattarasuk, Siriwan Yotsungneon, James J. Laskin*
52. Prevalence of Musculoskeletal Disorder among Postmenopausal Women: A Cross Sectional Study ..... 278  
*Shweta Kulkarni, Shashank Adhikari, Sunil Kumar K. S., Prashant Mukkannavar*