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### **About:**

I am Dr. Vikas Kumar Lamba, an Assistant Professor in the Department of Physiotherapy at the Faculty of Paramedical and Allied Health Sciences. With 5 years of experience in physiotherapy and education, I am passionate about enhancing patient outcomes through evidence-based treatment. I completed my Ph.D. in Physiotherapy from Tania University in 2023, a Master of Physiotherapy from the same institution in 2019, and a Bachelor of Physiotherapy from Deemed University in 2007.

My research work focuses on **the importance of physiotherapy treatment for patients with pathological musculoskeletal conditions of the shoulder**, a crucial area of practice for restoring movement and reducing pain. Over the years, I have published 3 research papers, contributing to the field of musculoskeletal rehabilitation and physiotherapy.

**Experience:** 5

**Qualification:**

- 1.Ph.D in Physiotherapy From Tania University in 2023
- 2.Master Of Physiotherapy From Tania University in 2019
- 3.Bachelor Of Physiotherapy From Deemed University in 2007

**No. of Research Publications:** 03

**Research Work:** Importance of physiotherapy treatment for patients with pathological musculoskeletal conditions of the shoulder

### **Areas of Interests: 1. Pain Reduction**

One of the most immediate benefits of physiotherapy is pain management. Physiotherapists use modalities such as heat, cold, ultrasound, and electrical stimulation to alleviate pain and reduce inflammation. These techniques help in the initial stages of treatment when pain and swelling are prominent.

## **2. Restoration of Mobility**

Physiotherapists guide patients through exercises designed to improve range of motion (ROM) and flexibility in the shoulder joint. For conditions like frozen shoulder or post-surgical rehabilitation, improving joint mobility is a key goal to prevent stiffness and reduce functional limitations.

## **3. Strengthening of Muscles**

In many musculoskeletal shoulder conditions, muscle weakness is a major contributor to dysfunction. Physiotherapists prescribe strengthening exercises that target the rotator cuff muscles and the surrounding shoulder stabilizers. Strengthening these muscles enhances shoulder stability, reduces stress on the joint, and prevents future injuries.

## **4. Posture Correction**

Poor posture is often a contributing factor to shoulder pain, especially in conditions like impingement syndrome or muscle imbalances. Physiotherapists educate patients on proper posture and body mechanics, which can alleviate stress on the shoulder and prevent further strain on the muscles and tendons.