

**“EFFECTS OF RESISTANCE AND AGILITY TRAINING ON FALL  
RISK IN PATIENTS WITH OSTEOPOROSIS – A COMPARATIVE  
STUDY”**

**A THESIS**

**Submitted for the award of**

**MASTER OF PHYSIOTHERAPY**

**FACULTY OF PHYSIOTHERAPY**

**to the**

**SWARNIM STARTUP & INNOVATION UNIVERSITY**



**SWARNIM**  
STARTUP & INNOVATION  
**UNIVERSITY**  
WHERE IDEAS COME ALIVE.

**2022**

**By**

**SAVALIYA BANSIBEN VRAJLAL**

**Under the Supervision of  
Dr. ARVIND KUMAR CHAUHAN  
Principal and Professor  
PhD in Physiotherapy**

**VENUS INSTITUTE OF PHYSIOTHERAPY  
GANDHINAGAR - 382420**

## *Certificate by the Principal*

This is to certify that the dissertation entitled “**EFFECTS OF RESISTANCE AND AGILITY TRAINING ON FALL RISK IN PATIENTS WITH OSTEOPOROSIS – A COMPARATIVE STUDY**” is a bonafide and genuine research work submitted for the **Degree of Master of Physiotherapy** by “**SAVALIYA BANSIBEN VRAJLAL**” is the record of research work carried out by her under the guidance and supervision of “**Dr ARVIND KUMAR CHAUHAN**” and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE: 28/11/2022

PLACE: Gandhinagar

*Arvind*

**Dr. ARVIND KUMAR CHAUHAN**

(PhD IN PHYSIOTHERAPY)

**Principal**

**VENUS INSTITUTE OF PHYSIOTHERAPY  
GANDHINAGAR**



**“COMPARISON OF MYOFACIAL RELEASE TECHNIQUE  
AND MANUAL DIAPHRAGMATIC  
THERAPY ON PAIN , NECK RANGE OF MOTION IN  
CHRONIC NECK PAIN PATIENTS.”**

**A THESIS**

Submitted for the award of

**MASTER OF PHYSIOTHERAPY**

**FACULTY OF PHYSIOTHERAPY**

to the

**SWARNIM STARTUP & INNOVATION UNIVERSITY**



**SWARNIM**  
STARTUP & INNOVATION  
**UNIVERSITY**  
WHERE IDEAS COME ALIVE.

**2022**

By

**RAJGOR HEENA RAJENDRAPRASAD**

Under the Supervision of

**Dr. ARVIND KUMAR CHAUHAN**

**Principal and Professor**

**PhD in Physiotherapy**

Under Co-guidance of

**Dr. KOSHA GOR**

**ASSISTANT PROFESSOR**

**MPT CARDIO PULMONARY DISORDER**

**VENUS INSTITUTE OF PHYSIOTHERAPY**

**GANDHINAGAR - 382420**



## *Certificate by the Principal*

This is to certify that the dissertation entitled "COMPARISON OF MYOFACIAL RELEASE TECHNIQUE AND MANUAL DIGHPRAGHMATIC THERAPY ON PAIN, NECK RANGE OF MOTION IN CHRONIC NECK PAIN PATIENTS." is a bonafide and genuine research work submitted for the **Master of Physiotherapy** by **Rajgor Heena Rajendraprasad** is the record of research work carried out by him / her under the guidance and supervision of "**Dr. Arvind Kumar Chauhan**" and this research work has not formed the basis for the award of any degree, diploma, associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE:

28/11/22

PLACE:

Gandhinagar

**Dr. ARVIND KUMAR CHAUHAN**

(PhD IN PHYSIOTHERAPY)

*Principal & Professor*

**VENUS INSTITUTE OF PHYSIOTHERAPY.**

**GANDHINAGAR**



**“A COMPARATIVE STUDY ON THE EFFICACY OF CRYO MASSAGE AND  
KNEADING ON PARA SPINAL MUSLCE SPASM”**

**A THESIS**  
**Submitted for the award of**

**Master of Physiotherapy**

**FACULTY OF PHYSIOTHERAPY**

**to the**

**SWARRNIM STARTUP & INNOVATION UNIVERSITY**



**SWARNIM**  
**STARTUP & INNOVATION**  
**UNIVERSITY**  
**WHERE IDEAS COME ALIVE.**

**2022**

**By**  
**JENI BAKULBHAI PATEL**

**Under the Supervision of**  
**DR ARVIND KUMAR CHAUHAN**  
**Principal and Professor**  
**Ph.D. in Physiotherapy**

**Co-Guide by:**  
**DR. RIMA PANDYA**  
**Assistant Professor**  
**MPT (Orthopaedic)**

**VENUS INSTITUTE OF PHYSIOTHERAPY**  
**GANDHINAGAR - 382420**

## *Certificate by the Principal*

This is to certify that the dissertation entitled “**A COMPARATIVE STUDY ON THE EFFICACY OF CRYO MASSAGE AND KNEADING ON PARA SPINAL MUSCLE SPASM**” is a bonafide and genuine research work submitted for the **Master of Physiotherapy** by “**JENI PATEL**” is the record of research work carried out by her under the guidance and supervision of “**Dr ARVIND KUMAR CHAUHAN**” and this research work has not formed the basis for the award of any degree, diploma associate ship, fellowship or other similar titles in this University or Any other university or Institution.

DATE: 28/11/2022

PLACE: Gandhinagar

  
Dr. ARVIND KUMAR CHAUHAN

(PhD IN PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY.

GANDHINAGAR



**“EFFECT OF KINESIO TAPING OVER THE CONVENTIONAL PHYSIOTHERAPY  
EXERCISE ON PAIN, HAMSTRING TIGHTNESS AND FUNCTIONAL DISABILITY IN  
KNEE OSTEOARTHRITIS PARTICIPANTS-A RANDOMISED CONTROLLED TRAIL”**

A thesis

Submitted for the award of

**Master of Physiotherapy**

**FACULTY OF PHYSIOTHERAPY**

To the

**SWARRNIM STARTUP AND INNOVATION UNIVERSITY**



**2022**

By:

**NIKITA R. RATHOD**

Under the supervision of

**DR. ARVIND KUMAR CHAUHAN**

**Ph.D. in Physiotherapy**

**Principal & Professor**

Co-Guide:

**DR. JAYNESH VANDRA**

**Assistant Professor**

**MPT (Ortho & Sports), PhD. Scholar**

**VENUS INSTITUTE OF PHYSIOTHERAPY**

**GANDHINAGAR-382420**

## *Certificate by the Principal*

This is to certify that the dissertation entitled "EFFECT OF KINESIO TAPING OVER THE CONVENTIONAL PHYSIOTHERAPY EXERCISE ON PAIN, HAMSTRING TIGHTNESS AND FUNCTIONAL DISABILITY IN KNEE OSTEOARTHRITIS PARTICIPANTS-A RANDOMISED CONTROLLED TRAIL" is a bonafide and genuine research work submitted for the **Degree of Master of Physiotherapy** by "**Nikita R. Rathod**" is the record of research work carried out by him / her under the guidance and supervision of "**Dr. Arvind Kumar Chauhan**" and this research work has not formed the basis for the award of any degree, diploma associateship, fellowship or other similar titles in this University or Any other university or Institution.

DATE: 06/12/2022

PLACE: GANDHINAGAR

*Arvind*

DR. ARVIND KUMAR CHAUHAN

(Ph.D. in PHYSIOTHERAPY)

Principal

VENUS INSTITUTE OF PHYSIOTHERAPY

GANDHINAGAR

