

Introduction

The Spastics Society of India was set up 43 years ago in 1972 by Dr Mithu Alur with the main objective *to fill the gap that existed* in understanding the needs of a complicated neurological condition such as cerebral palsy. A new innovative *team approach of care combined with professionalism* was introduced and the *first demonstration model* showing how children with the complex condition of cerebral palsy could be treated in a *holistic integrated manner* under a *special school setting* rather than a *hospital setting* was setup.

The therapy or the treatment department has always been an integral part of the services at ADAPT and it has been ADAPT's constant endeavour to provide the best services to its beneficiaries. The therapy department is further improvising to introduce new services and expand the scope of its existing services to include **adult beneficiaries** by setting up an **Adult Therapy Unit**. We will now be providing pediatric as well as adult therapy services. We will be expanding our services to include an array of new clinical services.

Orthopaedic Rehabilitation

Unlike all the programmes in the city, this new programme has an unique feature of complete evaluation with respect to your home, workplace, pattern of work, leisure activities, weekend sports and age related limitations. We are targeting every age group to have a distinct perspective towards better living.

Ortho Rehab

- TMJ, Spine and Peripheral Joint mobilization
- Cervical and Lumbar PID, spondylosis



- SI joint dysfunctions
- Spinal deformities
- Mechanical Low Backache
- Shoulder Injuries and dysfunctions
- Overuse Syndromes in extremities
- Rheumatoid Arthritis
- Post Surgical Management after traumatic injuries

Neurological Rehabilitation

A neurological disorder can affect not only the patient but also the people related to the patient. It can be in any age of the population i.e., **Pediatric, Adult and Geriatric population**. The management depends on the severity and prognosis of the condition. Various new techniques are been



used in order to maximize the effect of the management. We have a holistic approach where the patient is treated with a difference and the caretakers and the relatives are also educated as they are with the patient for maximum time of the day.

- Stroke Management
- Cerebral Palsy
- Spinal Cord Injuries
- Multiple Sclerosis
- Traumatic Brain Injury
- Peripheral Nerve Injuries
- Parkinson's Disease
- Sensory And Motor Ataxia
- Neuropathies



Geriatric Rehabilitation

Old age comes with a package of various ailments & difficulties which affects the psychosocial part of life. This then affects the morale of the senior citizens.

A new dimension is being added to the therapy services at ADAPT that focuses on Senior Citizens by Dr. Mithu Alur. A state of the art Adult Rehab Unit has been created within the precincts of The Spastics Society of India now known as ADAPT with the vision of Dr Mithu Alur. A holistic approach is being introduced which includes Art, Music & Dance Therapy, Psychological / Counselling Services and other leisure activities which may help in the psychosocial areas.

This approach will hopefully enable senior citizens to enhance their self esteem and confidence.

Our Services include

- Geriatric Fitness Program;
- Management of age related conditions like OA;
- Post surgical Rehabilitation of Joint Arthroplasty;
- Balance & Gait training;
- Home modification consultation and
- Development of psychosocial aspect using Art & Music therapy

Fitness and Sports Rehabilitation

Our body, a God made masterpiece, should be maintained and groomed to keep it going. With a biomechanical approach a complete evaluation is done to have an injury free fitness programme. Weight management and Muscle Strengthening will be the key aspects for fitness.

Fitness and Sports Rehab

- Shoulder, elbow and wrist injuries
- Fitness evaluation and training
- Ligament injuries
- Muscle strains
- Performance oriented training

A sportsperson cannot be injury free all his life until and unless he has proper training according to the need of the sport and what his/her body is capable of. Priority would be to prevent injuries but for an injury occurred the sportsperson is trained and is reset back into the sport.

Speech and Dysphagia management

Children and Adults with various Speech and Language disorders are assessed and individualized treatment programme are planned. Poor speech and language skills cause communication barriers hence a speech therapist helps to acquire speech for adequate communication.

Assessments and follow up sessions are conducted for individuals requiring specific inputs to develop communication skills and dysphagia management. Speech and language training sessions are carried out appropriate to the needs and abilities of the individual. Group therapy sessions are conducted for improving social skills communication and skills devices are developed depending on their physical and mental ability.

The use of surface EMG as biofeedback is relatively new in dysphagia management. This treatment method has been used sporadically since 1990. This treatment method has been introduced at our centre for dysphagia management.



ADAPT - Centre for Special Education

Opp. Afghan Church, Upper Colaba Road,
Colaba, Mumbai - 400 005
Tel.: +91 22 2215 0555 / 2218 6813
Fax: +91 22 2218 5338

ADAPT - National & Asian Resource Centre for Inclusion

K.C. Marg, Bandra Reclamation,
Bandra (W), Mumbai - 400 050
Tel.: +91 22 2644 3666 / 2644 3688
Fax: +91 2643 6848

ADAPT - Skills Development Centre

Near Diamond Garden, Sion-Trombay Road,
Chembur, Mumbai - 400 071
Tel.: +91 22 2520 9413 / 2520 8968
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ADAPT - Rights Group

K.C. Marg, Bandra Reclamation,
Bandra (W), Mumbai - 400 050
Tel.: +91 22 2644 3666 / 2644 3688
Fax: +91 2643 6848

ADAPT - Community Services

Sultan Noorani Memorial Karuna Sadan,
Dharavi 60 Feet Road, Room No. 109-110,
Dharavi, Mumbai - 400 017
Tel.: +91 22 2407 4455

ADAPT - Mithu Alur Foundation

At / Post: Pelhar (Vanganpada)
Opp. Pratapwadi, Taluka: Vasai,
District: Thane - 401 208

Adult and Pediatric Rehab Centre



- Ortho Rehab
- Neuro Rehab
- Geriatric Rehab
- Sports Rehab and
- Fitness

National and Asian Resource Centre for Inclusion:

K.C. Marg, Bandra Reclamation,
Bandra (W), Mumbai - 400 050
Tel.: - 2643 6847 / 2644 3688

Contact Person:

Dr. Ashutosh Sonawane (PT)
Head of Adult Rehab Unit
9860122693

Dr. Shabnam Rangwala
Head of Therapy Services &
Director Community Services

Time : 9.00 a.m. to 6.00 p.m. (Sunday Closed)