



Government of West Bengal
Institute of Postgraduate Medical Education & Research
Centre of Excellence in Medical Education & Research

Physical Medicine & Rehabilitation

The department of Physical Medicine & Rehabilitation started its journey in the year of 1958 and completed the Diamond jubilee in 2018. In the year 1979, post-graduation course in PMR (MD) started in Physical medicine & Rehabilitation Department for the first time in India i.e. the then School of Physical Medicine (SPM). This department has the distinction of being the pioneering institute in the country to run this course since that time. The department presently has an intake of 6 post graduate trainees each year and also run BPT course. Postdoctoral certificate course (PDCC) in pain management has also been started in collaboration with Department of Anesthesiology in 2021.

Staff

A) Faculty

Dr. Rajesh Pramanik; MD (Cal), MRCP (UK), FRCP (Glasgow)	Professor & Head
Dr. Firdaus Kamal MD	Professor
Dr. Amalesh Basak MD	Associate Professor
Dr. Vasundhara Ghosal DNB (NBE)	Assistant Professor
Dr. Tanveer Ahmed MD (Cal), DNB (NBE)	Assistant Professor
Dr. Siddhartha Sinha Ray, MD	Assistant Professor
Dr. Tuhin Ray, MD	Assistant Professor
Dr. Pranesh Mondal MD	RMO cum Clinical Tutor
Dr. Jaya Tirkey MBBS	RMO cum Clinical Tutor
Dr. Arka Dey, MD	Senior Resident
Dr. Anindya Basu, MD	Senior Resident
Dr. Ayan Ghosal, MD	Senior Resident
Dr. Panchatapa Bhattacharya, MD	Senior Resident
Dr. Sudipto Haldar, MD	Senior Resident

B) Postgraduate trainees (MD [PMR])

MD PGTs 2019-2022	MD PGTs 2020-2023	PDCC 2020-2021
Dr. Ebenezer C. Kyndiah	Dr. Soumadip Mandal	Dr. Arnab Roy
Dr. Rezwana Parvin	Dr. Shouvik Chaudhuri	Dr. Shreya Mani
Dr. Siddhertha Adhikary	Dr. Risabh Sharma	
Dr. Arijit Mondal	Dr. Sreejita Samaddar	
Dr. Arindam Mitra	Dr. Debarghya Chattopadhyay	

C) Physiotherapy Unit

Mr. Manas Kr Dan (MPT) – Lecturer (Physiotherapy)
Mr. Sankhabrata Bhunia - Clinical In-charge

PHYSIOTHERAPISTS

Mr. Bipul Kumar Saha

Mr. Kaushik Mal

Ms. Farjana Alam

Mr. SoumyaBrata Ghosal
Mr. Saikat Banerjee

Mrs. Anusree Bera Chakraborty
Mrs. Bandana Das

Ms. Monalisa
Mrs. Satabdi Medda

D) Occupational Therapy Unit

Mr. Akash Das. Mrs. Rani Kumari.

E) Prosthetic & Orthotic Unit

Ms. Devsmita Pal Ms. SwornitaBehra

F) Other Staff

Mr. Prem Chand Das (UDC) Mr. Dilip Adhikary(GDA) Mrs. Saraswati Roy (GDA)
Mr. SushilRajbanshi (GDA) Mr. Sundar Lal (GDA)

FACULTY NEWS

Dr. Rajesh Pramanik

- Chairman East Zone Handicapped Board for National Medical Commission
- Leading Faculty of Neuro- Rehabilitation Clinic , PDCC (Pain management)
- Active member of initiation and implementation of Sports Medicine in future
- Expert committee member of multi skilled health worker and developer
- Expert committee member of state level TOT , covid warrior
- Editor: Indian Journal of Physical Medicine & Rehabilitation (IJPMPR) - Indexed Journal
- Chairman academic of IAPMR WB chapter
- Member of State level to assist Disability Commissioner of State
- Faculty at IAPMR Midterm CME, Bengaluru
- Member BOS, WBUHS (PM&R)
- Reviewer of peer review journals
- Examiner of MD PMR & DNB PMR
- Thesis Adjudicator, PhD Guide, Expert for faculty selection

Dr. Firdaus Kamal

- Attended State conference of IAPMR (WB Branch).
- Attended IAPMR Midterm CME, Bengaluru
- Examiner of BPT
- Member of Disability board of IPGME&R

Dr. Amalesh Basak

- Attended State conference of IAPMR (WB Branch)
- Attended IAPMR Midterm CME, Bengaluru

Dr. Vasundhara Ghosal

- Attended IAPMR Mid Term CME, Bengaluru
- Member of Disability Board at IPGMER

Dr. Tuhin Ray

- Attended state conference of IAPMR (WB branch)

Dr. Sidharta Sinha Roy

- Attended IAPMRCON 2021
- Examiners of BPT examinations

Dr. Pranesh Mondal

- Attended State Conference of IAPMR (WB Branch)
- Attended IAPMR Mid Term CME, Bengaluru

Dr. Jaya Tirkey

- Attended state conference of IAPMR (WB branch)

ON GOING PROJECTS

SN	Title of Thesis	PGT and session	Guide	Co Guide
1.	Effectiveness of Yoga intervention in anxiety, depression and comorbid pain syndromes in fibromyalgia	Arindam Mitra 2019-2022	Prof Rajesh Pramanik	Dr. Sujit Sarkhel
2.	Comparative study on the efficacy of transforaminal epidural steroid injection with electrical stimulation versus neurosurgical intervention in lumbosacral radiculopathy	Arijit Mondal 2019-2022	Prof Rajesh Pramanik	Prof. Subhasish Ghosh Dr. Anwar Sadat Halder
3.	Targeted USG guided perineural hydrodissection of the sciatic nerve and corticosteroid injection for the treatment of piriformis syndrome	Ebenezer C. Kyndiah 2019-2022	Dr. Firdaus Kamal	Dr. Vasundhara Ghosal
4.	An observational study on post stroke CRPS in a tertiary care hospital	Rezwana Parvin 2019-2022	Prof Rajesh Pramanik	Prof Biman Kanti Ray
5.	Assessment of radiological improvement after intra articular injection of platelet rich plasma in osteoarthritis knee	Siddhertha Adhikary 2019-2022	Dr. Aniketa Banerjee	Dr. Nihar Ranjan Sarkar Dr. Debayan Ghorai
6.	Effectiveness of autologous platelet rich plasma therapy with total contact casting versus total contact casting alone in treatment of diabetic foot ulcer	Souvik Chaudhury 2020-2023	Dr. Rajesh Pramanik	Dr. Satinath Mukherjee Dr. Vasundhara Ghosal
7.	Comparison of USG guided erector spinae plane block versus USG guided intercostal nerve block for pain management in post operative sternotomy patient	2020-2023 Sreejita Samaddar	Dr. Firdaus Kamal	Dr Tuhin Ray Dr Ansuman Mondal
8.	Competitive study between fluoroscopy guided superior hypogastric plexus block Vs fluoroscopy guided ganglion impar block in pelvic cancer pain	2020-2023 Soumadip Mondal	Dr. Rajesh Pramanik	Dr. Alope Ghoshdostidar Dr. S. Sinha Roy
9.	Outcome of pulmonary rehabilitation in stable COPD patents	2020-2023 Risabh Sharma	Dr Amalesh Basak	Dr. Somnath Kundu
10.	Efficacy of ultrasound guided botulinum toxin injection for cricopharyngeal dysphagia in post stroke patients; A randomized control pilot study.	2020-2023 Debarghya Chattopadhyay	Dr. Rajesh Pramanik	Dr. Debayan Ghorai Dr. Biman Kanti Roy

SERVICE INFORMATION

Comprehensive steps for sub-acute rehabilitation care of neurological disability due to stroke, traumatic brain injury, spinal cord injury, GB syndrome, peripheral neuropathy, myasthenia gravis and musculoskeletal disability due to traumatic and inflammatory disorder, amputation by our rehabilitation team.

Complete management of spinal regional pain including USG and fluoroscopy guided blocks. Daily physiatric assessment, expertise focused therapy, proper orthotic and prosthetic fitting and physiatric intervention including regional block, specific pain intervention, phenol block offered to our differently abled patients. Platelet rich plasma injections for joints and tendinopathy. Botox and baclofen pump for spasticity management are other important features for better patient care. Bed occupancy and turnover rate are also excellent.

Clinical schedule

Days	Forenoon	Afternoon	
Monday	OPD	Procedure	USG guided Intervention
Tuesday	OPD	Case presentation	USG guided Intervention, PRP
Wednesday	OPD, Rare disease OPD	Foot assessment	Journal presentation

Thursday	Neuro-Rehab Clinic , Pain clinic	TCC	Injections, C-arm guided Intervention
Friday	OPD	Muscle testing, NCV	C-arm guided Intervention
Saturday	Seminar / Classes		Intervention

OPD location: Ground floor of Dept of PMR (New Building)
Total attendance in OPD 56987 Maximum attendance / day 697

Indoor patient: Total admitted 320 Referral indoor patient management 523

Procedure / investigation performed

- a) Local infiltration – Thursday & Saturday (avg 45/day)
- b) Muscle nerve testing – every Saturday (avg 8/week)
- c) Total contact casting – (avg 4/week)

d) USG guided procedure – Tuesday and Wednesday

Cervical facet	8	CTS Fenestration	350
Intra Articular Shoulder	200	Suprascapular nerve block	108
Soft tissue intervention	858	Piriformis block	50
Genicular nerve block	240	Post-interosseous nerve block	20
Tarsal tunnel	85	Intra-articular knee	614
Hydrodissection of sciatic nerve in piriformis syndrome -30			

e) Fluoroscopic guided procedures – Friday and Monday

Stellate ganglion block	25	Intercostal nerve block	45
Lumbar sympathetic block	15	Transforaminal epidural Block	375
Selective nerve root block	165	Lumbar medial branch block	109
Caudal Epidural Block	98	Facet joint injection	184
Ganglion Impar Block	65	Sacroiliac joint injection	27
Hip joint injection	85		

f) Spasticity intervention:

- Onabotulinum toxin injection 60
- Chemodeneration 20
- USG guided Obturator nerve block 12
- USG guided onabotulinum toxin injection 14
- USG guided Phenol injection 18
- Radio frequency ablation 02

g) Collaborative work

- Dept. of Urology: Cystoscopy guided Onabotulinum Toxin injection in neurogenic overactive bladder – 8
- Dept of ENT: Endoscopy guided cricopharyngeal intervention – 4

h) Chronic pain management:

- Sphenopalatine ganglion block in management of orofacial pain in head & neck Cancer – 5
- USG guided cranial sutural Onabotulinum toxin A injection in chronic migraine – 8

i) Swallowing disorder management:

- video fluoroscopic swallowing study – 50
- USG guided Cricopharyngeal ONABOTULINUM toxin A injection – 2

J) Platelet Rich Plasma Prolotherapy:

- Partial tear of Rotator cuff – 68
- Partial tear of ACL – 212
- OA knee – 108
- Pressure sore – 10

Special clinic Neuro-Rehabilitation clinic- every Thursday (1pm- 3pm).

Total attendance in last year – 30
Pain clinic
Total attendance-30
Rare disease clinic
Total attendance-08

Physiotherapy:

- Exercise therapy 18890
- Electrotherapy 8090

Occupational therapy: 2058

PO Consultation: 786
