



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. In the year 1979, post-graduation course in PMR (MD) started in Physical medicine & Rehabilitation Department for the first time in India i.e., then School of Physical Medicine (SPM). Since then, the department has marveled many firsts. This department has the distinction of being the pioneering institute in the country to run this course since that time. Apart from MD PMR, this department is the pioneering Institute among state run medical colleges for BPT course and MPT Neuro-Rehab course. Postdoctoral certificate course (PDCC) in pain management has also been started in collaboration with Department of Anesthesiology in 2021. Along with OPD and IPD facilities, currently all types of procedures related to Interventional Physiatry are done in this department. There also has been expansion with Neuro-rehabilitation and Pediatric rehabilitation at Sambhunath Pandit Hospital, IPGMER-Annex 2.

Faculty Name	Designation
Prof. (Dr.) Rajesh Pramanik	Professor & Head
Dr. Firdaus kamal	Professor
Dr. Amalesh Basak	Associate Professor
Dr. Vasundhara Ghosal	Associate Professor
Dr. Tanvir Ahmed	Assistant Professor
Dr. Tuhin Ray	Assistant Professor
Dr. Swarnali Mandal	Assistant Professor
Dr. Siddhartha Singha Ray	Assistant Professor
Dr. Ushnish Mukherjee	RMO cum Clinical Tutor
Dr. Jaya Tirkey	RMO
Dr. Pranesh Mondal	Tutor

Post Graduate Trainees (MD PM&R)

MD PGT (2020-2023)	MD PGT (2021-2024)	MD PGT (2022-2025)	PDCC (2022-2023)
Dr. Soumadip Mandal Dr. Shouvik Chaudhuri Dr. Rishabh Sharma Dr. Sreejita Samaddar Dr. Debarghya Chattopadhyay	Dr. Arindam Bala Dr. Subhojyoti Ghosh Dr. Rhitushree Biswas Dr. Indrajit De Dr. Krishnendu Dey Dr. Arkadeb Saha	Dr. Abhirup Sen Dr. L Ishwarlal Singh Dr. R. Harivignesh R Dr. Sheezan Perwez	Labani Biswas Arindam Ghosh

Physiotherapy Unit

Mr. Manas Kr. Dan (MPT) Assistant Professor (Physiotherapy)
 Mr. Sankhabrata Bhunia, (BPT) Clinical In charge

Physiotherapists

Mr. Bipul Kr. Saha, BPT Mr. Saikat Banerjee, BPT Mr. Kaushik Mal, BPT Mrs. Anusri Bera, MPT (Neuro) Mrs. Bandana Das, MPT (Musculosk) Ms. Monalisa, MPT (Neuro)	Mrs. Satabdi Medda, BPT Mr. Samar Bahadur Yadav, BPT Ms. Angira Basu, BPT Ms. Deepa Sarkar, BPT Mr. Anindya Chattopadhyay, BPT Ms. Susmita Das, DPT
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Occupational Therapy Unit

Mr. Akash Das

Mrs. Rani Kumari

Prosthetic and Orthotic Unit

Ms. Devsmita Pal

Ms. Swarnita Behera

Other Staff

Mr. Prem Chand Das (UDC)

Mr. Dilip Adhikari (GDA)

Mr. Sushil Rajbanshi (GDA)

Mr. Sundar Lal (GDA)

FACULTY NEWS**Dr Rajesh Pramanik**

- Chairman East Zone Disability board for National Medical Commission
- Member of State level to assist Disability Commissioner of State
- Secretary BOS, WBUHS MD (PM&R), PDCC Pain Management.
- Member Board of Studies, West Bengal State Medical Faculty
- Faculty of Neuro- Rehabilitation and PDCC Pain Management
- Active member of initiation and Implementation of Sports Medicine
- Expert committee member of multi skilled health worker and developer
- Expert committee member of state level TOT, COVID warrior
- Reviewer of peer review journals
- Examiner of MD PMR & DNB PMR
- Chairman academic Committee of IAPMR WB chapter
- Thesis Adjudicator, PhD Guide, Expert for faculty selection
- Faculty at National & State Conference of IAPMR

Dr Firdaus Kamal

- Attended State conference of IAPMR (WB Branch)
- Member of COVID-19 Expert Committee.
- Examiner of B P T
- Member of Disability board of IPGME&R

Dr Amalesh Basak

- Attended State conference of IAPMR (WB Branch)
- Faculty in PDCC Pain Management

Dr Vasundhara Ghosal

- Member of Disability Board at IPGME&R
- Attended state conference of IAPMR (WB Branch)

Dr Tanvir Ahmed

- Attended GERICON 2022

DrTuhin Ray

- Attended state conference of IAPMR (WB branch)
- Participated and completed RBCW 2022

Dr Pranesh Mondal

- Attended state conference of IAPMR (WB branch)
- Attended IAPMRCON Workshop
- Attended ISSPCON

Dr Jaya Tirkey

- Attended state conference of IAPMR (WB branch)

ONGOING PROJECTS

SN	Title of Thesis	PGT and Session	Guide	Co Guide
1.	Outcome of Pulmonary Rehabilitation in stable COPD patient	Dr. Rishabh Sharma 2021-2023	Prof. Dr Amalesh Basak	Dr Somenath Kundu
2.	Comparison of USG guided Erector Spinae plane block Vs USG guided Intercostal nerve block for pain management in Post-operative sternotomy patients	Dr Sreejita Samaddar 2020-2023	Prof. Dr Firdaus Kamal	Dr Tuhin Ray Dr Anshuman Mondal
3.	Efficacy of Ultrasound guided Botulinam Toxin Injection in Post Stroke patients, Randomized controlled pilot study	Dr Debarghya Chattopadhyay 2020-2023	Prof. Dr Rajesh Pramanik	Dr. Debayan Ghorai. Prof. Dr Biman Kanti Ray
4.	Comparative Efficacy between Fluoroscopy guided superior hypogastric plexus and Ganglion Impar block in pelvic pain	Dr. Soumadip Mandal 2020-2023	Prof. Dr Rajesh Pramanik	Dr Aloke Ghosh Dostidar. Dr Siddartha Sinha Roy
5.	Effectiveness of Autologus Platelet Rich Plasma therapy with Total Contact casting versus Total Contact Casting alone in treatment of Diabetic Foot Ulcer	Dr Shouvik Chaudhuri 2020-2023	Prof. Dr Rajesh Pramanik	Prof. Dr Satinath Mukherjee. Dr. Vasundhara Ghosal
6.	Comparative efficacy between Fluoroscopy Guided Celiac Plexus Radio frequency Ablation and Splanchnic nerve Radio frequency Ablation for Pancreatic cancer pain	Dr Arindam Bala 2021-2024	Prof. Dr Rajesh Pramanik	Prof. Dr Kshaunish Das
7.	Comparative Efficacy of Botulinum toxin type A injection over conservative treatment in Task Specific Dystonia	Dr Subhojyoti Ghosh 2021-2024	Prof. Dr Firdaus Kamal	Prof. Dr Biman Kanti Ray
8.	Comparative efficacy between Fluoroscopy Guided Superior Hypogastric plexus Radio frequency ablation and both Superior Hypogastric and Ganglion Impar Radiofrequency Ablation in endometriosis related pelvic pain	Dr. Rhitushree Biswas 2021-2024	Prof. Dr Rajesh Pramanik	Prof. Dr Subhas Chandra Biswas
9.	Comparative study efficacy between Ultrasound Guided Type A Botulinum toxin injection in Salivary glands and Oral Glycopyrrolate therapy for management of Sialorrhoea in cerebral palsy	Dr Indrajit De 2021-2024	Prof. Dr Firdaus Kamal	Dr Vasundhara Ghosal
10.	Comparative study between Fluoroscopy Guided percutaneous Vertebroplasty and Teriparatide injection in treatment of Osteoporotic Vertebral Compression Fracture	Dr Krishnendu Dey 2021-2024	Prof. Dr Rajesh Pramanik	Dr Tuhin Ray
11.	Efficacy of Fluoroscopy Guided conventional Radiofrequency Ablation of Articular Branches of Obturator and Femoral Nerves in management of Hip Pain in Osteonecrosis of Femoral Head	Dr Arkadeb Saha 2021-2024	Prof. Dr Firdaus Kamal	Prof. Dr Amalesh Basak

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 physiatrist assessment, expertise focused therapy, proper orthotic and prosthetic fitting and physiatrist intervention including regional block, specific pain intervention, phenol block offered to our differently abled patients. Platelet rich plasma injections are given for joints and tendinopathy. Botox and Baclofen pump used for spasticity management are other important features for better patient care. Bed occupancy and turnover rate are also excellent.

DAYS	FORENOON	AFTERNOON	
MONDAY	OPD (Unit II)	Procedure	USG Guided intervention
TUESDAY	OPD, (Unit I) PAEDIATRIC REHAB CLINIC*	Case Presentation	USG Guided intervention, PRP, other Interventional Procedures
WEDNESDAY	OPD (Unit II)	Foot Assessment	Journal Presentation
THURSDAY	NEURO-REHAB CLINIC*	TCC	Injection, C-ARM Guided Intervention
FRIDAY	OPD (Unit I)	Muscle Testing, NCV	USG and C-ARM Guided Intervention
SATURDAY	SEMINAR/ CLASSES		

OPD Location: Ground Floor of Dept. of PM&R (New Building)
Total Attendance in OPD 1,00,765. Maximum Attendance 720/day.

*Pediatric and Neuro-Rehab Clinic- Sambhunath Pandit Hospital, IPGME&R,
ANNEX-2, Ground Floor (New Building)

Indoor patient: Total admitted- 360;

Referral indoor patient management- 1464

Procedure / investigation performed:

- a) **Local infiltration:** Thursday & Saturday (avg 50/Week)
- b) **Muscle nerve testing:** Every Saturday (avg 4/wk)
- c) **Total contact casting :** Thursday (avg 1/week)

d) USG guided procedures

Cervical facet Block/MBB	15	Intra Articular Knee	575
Stellate ganglion block	6	GT/Ischial/Pes anserine Bursitis	116
CTS fenestration	361	Adductor tendinitis	13
Intra Articular Shoulder	457	Bicipital tendinitis	150
Supra Scapular Nerve block	226	Sub acromial/ Sub deltoid Bursitis	56
Myofascial Band/ trigger point	552	Hydrodissection of sciatic nerve in pyriformios syndrome	5
Tenosynovitis (DQ/TF)	541	Hydrodilatation of Shoulder	114
Wrist IACS	24	Ankle IACS	144
Elbow IACS	7	TAEnthesitis/RCB/Plantar fasciitis	361
1 st CMC, PIP, DIP joint	12	Lumbar Facet/MBB	16
Pyriformis block	107	Occipital nerve block in vertigo	2
Genicular Nerve block	253	Caudal Epidural Block	21
Tennis/ Golfer's elbow	32	Erector Spinae plane block	25
Hip IACS	40	Intercostal nerve block	16
SI Joint	13	Cluneal nerve block	5
Meralgia Paresthetica	156		
Tarsal Tunnel	24		

e) Fluoroscopy guided procedures

Stellate ganglion block	4	Caudal Epidural Block	42
Gasserian ganglion block	10	Ganglion Impar Block	35
Sphenopalatine block	4	Sacroiliac joint injection	17

Lumbar sympathetic block	7	Hip joint injection	65
Transforaminal epidural Block	211	Celiac plexus block	3
Selective nerve root block	57	Vertebroplasty	3
Lumbar medial branch block/Facet	109	Femoral/Obturator nerve Block	12

f) **Spasticity Intervention**

• Ona botulinum toxin injection with nerve stimulator	74
• USG guided obturator nerve phenol chemo neurolysis	24
• USG guided ona botulinum toxin injection	36
• USG guided tibial nerve phenol chemo neurolysis	24
• Botulinum injection in salivary gland in sialorrhea	3

g) **Collaborative work**

• With Urology: Cystoscopy guided Ona botulinum Toxin inj in neurogenic overactive bladder	3
• With Radiotherapy: Superior Hypogastric Plexus Block in Pelvic Cancer pain	14
• With Radiotherapy: Ganglion Impar Block in Pelvic Cancer pain	14
• With Endocrinology: Diabetic Foot Ulcer Total Contact Casting	36
• With Gynaecology: Superior Hypogastric Plexus Block in Endometriosis-	4

h) **Radio Frequency Ablation for chronic pain management**

• Gasserian Ganglion	3
• Stellate ganglion	2
• Suprascapular nerve	5
• Cervical Facet Medial Branch	3
• Lumbar facet medial branch	12
• SI joint	3
• Femoral/ Obturator nerve	7
• Celiac plexus	2
• Splanchnic nerve	1
• Superior Hypogastric	9
• Ganglion impar	5
• Genicular nerve	103
• Biacuplasty	2

i) **Swallowing disorder management**

• Video fluoroscopic swallowing study —	57
• USG guided Cricopharyngeal ona botulinum toxin A injection	4

j) **Platelet rich plasma Prolotherapy**

• Partial tear of Rotator cuff/ Skeletal Muscle	185
• Partial tear of ACL	357
• OA knee	207
• Pressure sore	67
• Tendinosis / tenosynovitis / RCB	55
• TA / ATFL injury	85

k) **Hyaluronic acid injection in OA knee-** 36

Special clinic:

Neuro-Rehabilitation clinic-	every Thursday (10 am to 2 pm)
Pediatric rehabilitation clinic-	every Tuesday (10 am to 2 pm)
Rare Disease Clinic-	every Wednesday (10 am to 2 pm)
Pain Clinic-	every Thursday (10 am to 2 pm)

Physiotherapy:

Exercise therapy:	118649
Electrotherapy :	42086

Occupational therapy: 16542

PO Consultation: 34680

