



## DEPARTMENT OF PHYSIOTHERAPY & REHABILITATION

MAIRA SHAHZAD (Head Practitioner Physical Therapist )

### PAIN MANAGEMENT, ITS IMPORTANCE, BENEFITS & EXERCISES

#### What is Pain Management?

Pain management is a specialized approach for diagnosing, treating, and alleviating acute or chronic pain. It involves a combination of medical treatments, therapies, and lifestyle modifications to enhance overall well-being and improve the quality of life.



#### Benefits of Pain Management:

- **Reduces Discomfort:** Helps in alleviating persistent pain, allowing individuals to perform daily activities with ease.
- **Improves Mobility:** Enhances flexibility and movement, especially in cases of musculoskeletal pain.
- **Enhances Mental Well-being:** Chronic pain can lead to stress and anxiety; effective pain management promotes relaxation and mental peace.
- **Minimizes Dependency on Medication:** Encourages non-pharmacological approaches, reducing the risk of medication overuse.
- **Boosts Overall Health:** Supports better posture, muscle strength, and a more active lifestyle.

#### Effective Exercises for Pain Management:

1. **Stretching:** Helps improve flexibility and reduces muscle stiffness.
2. **Low-Impact Aerobics (e.g., walking, swimming):** Enhances blood circulation and keeps joints active.
3. **Strength Training:** Strengthens muscles to support joints and reduce strain.
4. **Yoga & Meditation:** Promotes relaxation, reduces stress, and improves body balance.
5. **Physical Therapy Exercises:** Customized exercises guided by healthcare professionals to target specific pain areas.

# Congratulations...

Well done on successfully clearing the PHC round. Your dedication and hard work have truly paid off. Keep up the great efforts in maintaining quality healthcare standards. Wishing you continued success ahead!





# SHIFA SPORTS GALA 2024

Shifa International Hospital Faisalabad celebrated its Sports Gala, a vibrant and energetic event aimed at promoting teamwork, sportsmanship, and a healthy lifestyle. Employees actively participated in various sports and recreational activities, fostering camaraderie and unity. The event provided a refreshing break from routine work, encouraging physical fitness and a spirit of friendly competition. With thrilling matches, engaging performances, and enthusiastic participation, the Sports Gala 2024 created an atmosphere of excitement and motivation, reinforcing the importance of well-being and teamwork in the workplace.





# WORLD PHARMACIST DAY 2024

Shifa International Hospital Faisalabad proudly celebrated World Pharmacist Day, recognizing the vital role of pharmacists in healthcare. The event highlighted their contributions to patient care, medication safety, and public health. Through interactive session, the hospital emphasized the importance of pharmacists in ensuring the safe and effective use of medicines. The celebration served as a tribute to their dedication and commitment for improving healthcare outcomes.



## STAR EMPLOYEES OF THE MONTH



**ZAFAR IQBAL**  
Accounts & Finance Department



**MUHAMMAD NADEEM**  
Facility Management Department



**IFRA ALI**  
Out Patient Department



**MUHAMMAD KHAN**  
Food & Nutrition Department

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- ✔ Book Online Appointments
- ✔ View Online Lab Reports
- ✔ Submit Online Feedbacks
- ✔ Health Alerts & Vlogs

## Welcome To Shifa Family

**MUHAMMAD ASAD USMAN**  
Quality Analyst

**DR. TOOBA OBEER**  
MBBS, FCPS  
Consultant Psychiatrist

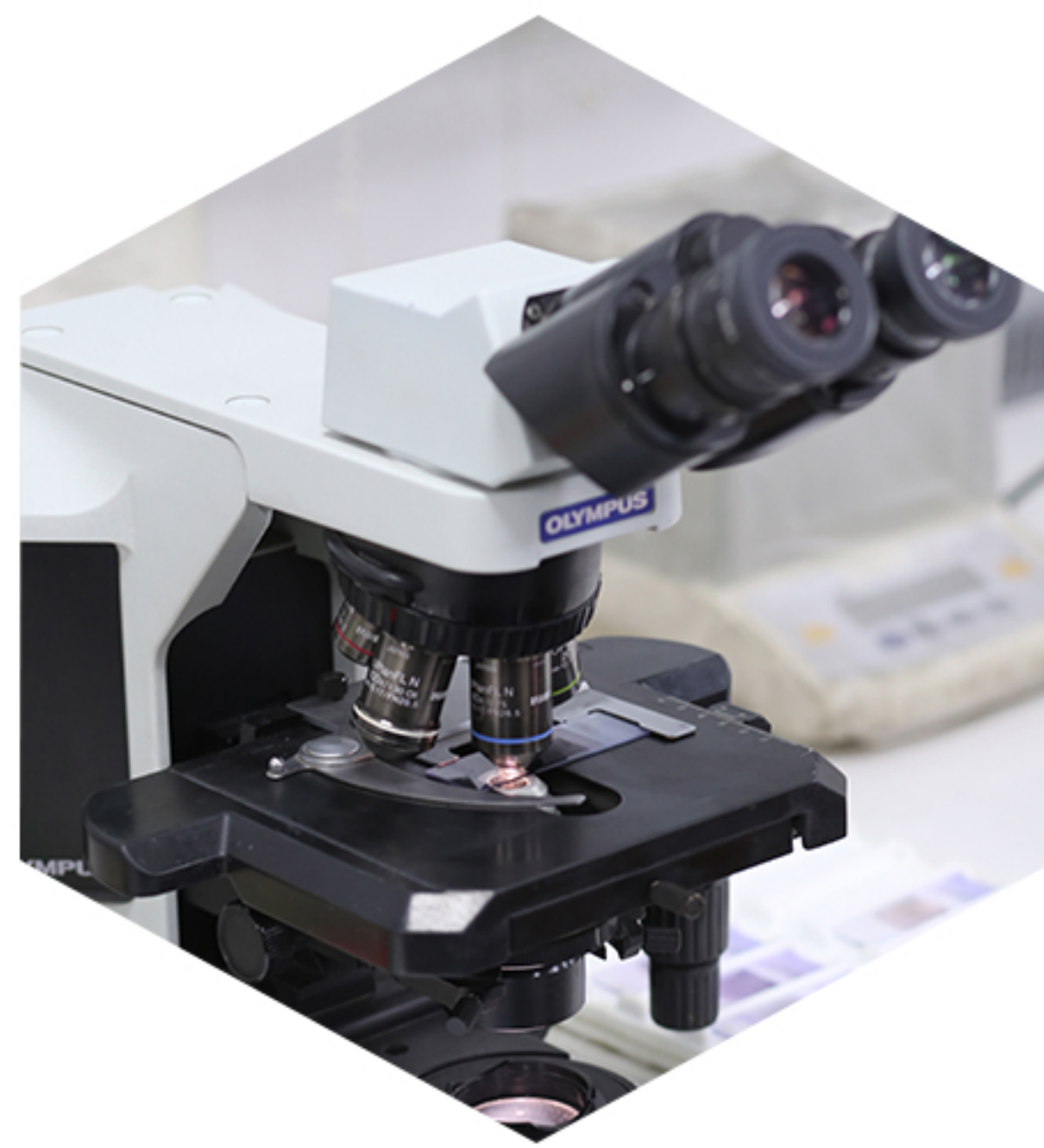


# SPECIALITIES

- Anesthesia
- Cardiology
- E.N.T
- Food & Nutrition
- Gastroenterology
- General Surgery
- Gynaecology & Obstetrics
- Hematology
- Internal Medicine
- Neurology
- Neuro Surgery
- Nephrology
- Orthopedic
- Pediatrics & Neonatology
- Pulmonology
- Plastic Surgery
- Physiotherapy & Rehabilitation
- Psychiatry
- Respiratory & Critical Care
- Radiology
- Urology

## EXECUTIVE SERVICES

- EMERGENCY 24/7
- HDU | ICU | NICU
- OPERATION THEATER
- IN-PATIENT SERVICES
- DIALYSIS UNIT
- PHARMACY
- DIAGNOSTIC SERVICES
- OUT-PATIENT SERVICES



**Editors: Muhammad Hamza | Abid Jamil | Maira Shahzad**

Shifa International Hospital



11 Km, Main Jaranwala Road, Faisalabad



041-8740951-55 | 041-8403656-60



0321-3058877



@ shifa.international.hospital.faisalabad



@ shifainternationalhospitalfsd



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**Write to us:** If you have any questions , comments or any other suggestions,  
Please email us at **marketing.fsd@shifa.com.pk**

