

**SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY**  
**REPORT OF WORKSHOP**

**TOPIC OF WORKSHOP:** *PSRP (PUNE SHOULDER REHABILITATION PROGRAMME)*

**RESOURCE PERSON:** SNEHA SOMARAJAN **DATE:** 27/07/2022 & 1/08/2022

**NO. OF STUDENTS PARTICIPATED:** 76 **SEMESTER:** 5<sup>th</sup> semester

**WORKSHOP CONTENT:**

The Shrimad Rajchandra College hosted an interactive expert talk on PSRP (Pune Shoulder Rehabilitation Programme) was led by Dr Sneha Somarajan, Assistant Professor at Shrimad Rajchandra College of Physiotherapy. Introduction, shoulder pain conditions, surgical protocols, and PSRP protocol during the rehabilitation phase were some of the topics covered in this session. There was also a hands-on demonstration for the students. Students learned TheraBand exercises and other stabilisation exercises in the PSRP protocol during the session. In the Adult Neuro Lab, the students were split into two groups and put to use. The instructor and students engaged in a number of discussions about the PSRP protocol while engaging in some very interesting practise exercises. About 76 students attended the expert lecture.

**WORKSHOP GALLERY (4-5 PHOTOS):**

