



Weight Loss Protocols in Post – Menopausal Women with Osteoarthritis Knee Using Non-Surgical Weight Loss Procedures.

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Abstract: Menopause is an inevitable stage in every women's life and it is associated with other conditions such as hormonal changes, that is, reduction in estrogen secretion, lowered metabolic rate leading to weight gain mainly in the abdominal region, osteoporosis, insomnia, mood swings, hot flashes and a few cases may also present with severe depression, may also be associated with other medical conditions like Hypertension and Diabetes; that are being managed by drugs and medical management. When this Post-menopausal state is associated with OA knee and osteoporosis, leading to limited mobility and increased chances of weight gain and decreased sociability. This weight gain gradually leads to obesity which is a preventable cause of morbidity and mortality, that has to be addressed promptly and properly under the guidance of the physiotherapist, who addresses both obesity management and OA Knee together.

BIOGRAPHY : Dr. V.V. Manjula Kumari, PhD(HC) has completed her master's in physiotherapy (Sports & Musculoskeletal) from Dr. NTR University of Health Sciences, Vijayawada, Andhra Pradesh, India; currently she is working as "Senior Physiotherapist and Director" to "KIITES Slimming, Physiotherapy and Cosmetology Clinics; Guntur – India. She has 15 yrs, of clinical experience and has developed an innovative concept of "Comprehensive approach in conservative management of obesity non-surgical" by which she has treated 7500+ obese patients successfully in a single clinic in 5 years 8 months for which she has achieved 3 world records in the categories of "First – of – its Kind" and "Highest" number of patients treated. She has also been awarded with many national and international awards along with an Honorary Doctorate from Swahili University, PANAMA



Sound knowledge of human anatomy and internal body structures

- Knowledge of hydrotherapy and electrotherapy
- Extensive knowledge of the techniques of improving body movements, restoring mobility, and strengthening muscles
- Experience in rehabilitating addicted and majorly injured patients
- Broad knowledge of new technologies and medical equipment

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