

On Occasion of World Arthritis Day 2021, Better Management of Osteoarthritis (BOA) Unit and IQAC of Dr. APJ Abdul Kalam College of Physiotherapy, in association with Directorate of International relations, organized a Guest lecture on 12th October 2021 by Dr. Carina Thorstensson, Associate Professor from Gothenburg University and, Founder of BOA Concept, Sweden. The Topic of Guest lecture was “Insights on Better Management of Osteoarthritis (BOA)” It was conducted on Zoom Platform, with support of IT Dept, PIMS- DU. Approximately 200 participants attended the guest lecture including students, staff and professionals from various healthcare faculties from all over India. Participants provided positive feedback about the event and expressed their wish to participate in more of such events.



The image shows a Zoom meeting interface. At the top left are the Indian and Swedish national flags. The main title is "Insights of BOA" followed by "Better management of OsteoArthritis". The speaker is identified as "Carina Thorstensson, PT, PhD, Ass prof, Sahlgrenska Academy, Gothenburg University, Gothenburg, Sweden". On the right, a vertical strip shows video thumbnails for "Dr. Neeraj Kumar", "Carina Thorstensson", and "snehal kale".



The image shows a Zoom meeting interface. The main title is "Pravara Institute of Medical Sciences, 2018 and 2019". On the left, there is a photo of a woman standing next to a banner that reads "International Course on BOA Concept for Evidence Based Osteoarthritis Management". On the right, a vertical strip shows video thumbnails for "Dr. Neeraj Kumar", "Carina Thorstensson", and "snehal kale".

Exercise is the best treatment for osteoarthritis – Why?

- To maintain health
- Cartilage need moderate dynamic joint load
- Increase mobility and physical function
- Increase joint stability
- Reduce joint load
- Reduce mental problems

