

**EP110****Physical therapy in hepato-biliary diseases****Rani Kumari MAHKAM¹**, Amar RANJAN*²¹Physiotherapy, Sanjeevan Hospital, New Delhi, India²Cancer Institute, AIIMS, New Delhi, India

Introduction : Liver diseases needs adequate healing process. Apart from drugs, exercise is closely associated with healing process. It is especially helpful in hepato-biliary, cardiovascular, respiratory and musculoskeletal diseases. Liver diseases are preventable by avoiding key risk factors like physical inactivity, obesity, tobacco use, low fruit and vegetable intake, alcohol use etc.

Methods : Literature survey has been done.

Results : Commonly used Physical therapies are being mentioned below:

Pain and fatigue seen after radiation therapy need physical care. It needs soft tissue mobilization, therapeutic massage, modalities, therapeutic stretching and strengthening. Lymphedema is seen in hepatic diseases may be managed with manual lymph drainage, range of motion exercises, aerobic exercise and lymphatic bandaging.

Renal Failure: Aerobic / strength training and functional management training is advised.

Peripheral neuropathy: Physical therapy can restore the function.

Deconditioning: Rebuilding endurance for activities and cardiovascular function needs a skilled physical therapist.

Genitourinary complications: In prostate, bladder and ovarian cancer, incontinence and sexual dysfunction needs physical strengthening of pelvic floor.

Walking or cycling for 30 minutes per day decreases mortality if a person contracts the disease. 150 minutes of moderate aerobic physical activity a week is seen to be associated with risk reduction of some cancers. Exercise training during and after therapy results in to speedy recovery and improves quality of life.

Conclusions : Studies suggest that a large portion of liver disease patients are not being advised rehabilitation services resulting in poor outcome. Mass scale awareness is required among doctors.

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