

EVALUATION OF CLINICAL EFFICACY IN EXERCISE - A REGIMENTAL THERAPY

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ABSTRACT

It is well known that Exercise is one of the Regimental therapies which has many health benefits on human being. Exercises are numerous, and among the various types of exercise belly roller, vibrator, cycling exercise, treadmill are provided to a patient coming to Center for Unani Ilaj Bit Tadbeer.

According to Avicenna “Exercise is a series of voluntary movements of the body which produce deep and rapid respiration”.

KEYWORDS: Regimental Therapy, Belly Rozler, Vibrator