

**CHAPTER 4**  
**AIM AND**  
**OBJECTIVES**

## **4.0 AIM AND OBJECTIVES**

### **4.1 AIMS OF THE STUDY**

To compare the effect of add-on IAYT to Physiotherapy, in the management of spinal cord injury (SCI) patients.

### **4.2 OBJECTIVES OF THE STUDY**

1. To study the socio-demographic profile of subjects participating in the study.
2. To evaluate the impact of IAYT as an add-on to Physiotherapy in the management of Spinal Cord Injury (SCI) patients.
3. To compare the effect of the interventions within the groups and between the two groups.

### **4.3 HYPOTHESIS AND NULL HYPOTHESIS**

#### ***Hypothesis:***

Add-on of Yoga Therapy to Physiotherapy will better improve motor and sensory scores on ASIA scale, Quality of life and Functional Independence in patients with Spinal Cord Injury, rather than Physiotherapy rehabilitation alone.

$$YPT > PT$$

#### ***Null Hypothesis:***

No better improvement will occur with the add-on of Yoga Therapy to Physiotherapy, on motor and sensory function changes, Quality of Life and Functional Independence in patients with Spinal Cord Injury.

$$YPT = PT$$

#### **4.4 JUSTIFICATION OF THE STUDY**

Strategies that seek out the complementary effects of combination treatments and that efficiently integrate relevant technical advances in biomechanics represent an untapped potential and are likely to have an immediate impact. There are no published randomized control trials till date available to explore the efficacy of the combination of complementary alternative therapies with conventional mainstream rehabilitation treatments, in the management of SCI. Herein; we want to compare the effect of add-on of Yoga to Physiotherapy in the management of spinal cord injury patients.