

RESUME

Name: Dr. Sanjana Arunkumar Pammannavar

E-mail: sanjanapammannavar@gmail.com

Contact no.: 9380358281

Graduation: Bachelor of Physiotherapy (BPT)

SDM College of Physiotherapy Sattur, Dharwad.(under RGUHS)

Post-graduation: Master of Physiotherapy in Musculoskeletal (MPT)SDM

College of Physiotherapy, Sattur, Dharwad.(under SDM university)

Thesis:

- Cross-cultural adaptation and reliability of Kannada version of Pelvic-girdlequestionnaire in women with pregnancy related pelvic girdle pain.

Specializations in Workshops:

1. National level webinar on recent rehabilitation in Multiple Sclerosis
2. Basic life support (BLS)
3. Osteopathy and chiropractic spinal manipulation
4. Re-think pain current evidence and advance in area of pain
5. MFR(myofacial release)
6. Aquatic therapy
7. Instrument assisted Myofascial release (IASTM)

Conferences:

8. DSU PHYSIOCON 2023, National Physiotherapy Conference

Poster presentation:

- 1) Re-think pain current evidence and advance in area of pain –First place inSDM College
- 2) Prevalence of Kinesiophobia in chronic knee osteoarthritis- in National Physiotherapy conference at Dayanand Sagar University- Bengaluru

3) Rheumatoid arthritis recent Physiotherapy treatment

Sports Volunteer services:

- Enabling leadership NGO Football events

Practical experience:

- Practicing in Aptha Physiotherapy Clinic (Dharwad) from 5pm to 8pm since 2 years.
- Working for home therapy services since 3 years.

Extracurricular academic activities:

- Participated in college level sports with winning prizes in Badminton, Handball and Basketball.
- Successful participation in Mehendi, Bharatanatyam, Hair styling, etc.

Languages known to speak and write:

- English, Hindi, Kannada, Telugu