

Phone: +91-8332-226633 (Resi)
Cell: +91-9945282896
Email: anandhegs@yahoo.co.in

Anand B Heggannavar.



Education

1995 – 2000; Jawaharlal Nehru Medical College, Belgaum, Karnataka
Karnataka University, Dharwad, Karnataka.

BACHELOR OF PHYSIOTHERAPY.

2004 – 2006; Laxmi Memorial College of Physiotherapy, Mangalore.
Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.

MASTER OF PHYSIOTHERAPY.

Professional Experience

Aug 1999 – Mar 2000; Compulsory rotational internship of 6 months in various departments of KLES Hospital and MRC, Belgaum.

May 2000 – Dec 2003; Consulting Physiotherapist at Deccan Medical Centre, Belgaum.

Role:

To provide a high standard of Physiotherapy assessment and treatment, of patients with mainly musculoskeletal conditions, neurological conditions and cardiorespiratory conditions as an autonomous practitioner, within the Physiotherapy Department.

To determine clinical diagnosis and physiotherapy treatment indicated, and to maintain accurate clinical records, as an autonomous practitioner.

May 2001 – Feb. 2002; Consulting Physiotherapist at A M Shaikh Homeopathic Hospital, Belgaum.

Role:

To provide a high standard of Physiotherapy assessment and treatment, of patients with mainly Musculoskeletal conditions, sports injuries, pediatrics conditions and neurological conditions as an autonomous practitioner, within the Physiotherapy Department (inpatient and outpatient)

Mar 2002 – Feb. 2003; Clinical Cardiac Physiotherapist at KLES Heart Foundation, Belgaum.

Role:

To provide a high standard of Physiotherapy assessment, treatment and advice to patients undergoing heart operations including Coronary Artery Bypass Grafting, Heart Valve Replacements and other Congenital Heart disease like ASD, VSD, Tetralogy of Fallots, TGA, TAPVC, Coarctation of Aorta, Correction Cotriatrium, and PDA.

Mar 2003 – Dec 2003; Clinical Physiotherapist at KLES Hospital and MRC

Belgaum.

Role:

To provide a high standard of Physiotherapy assessment and treatment, of patients with mainly Musculoskeletal conditions and sports injuries.

To implement the treatment to a high standard using a wide variety of specialist physiotherapy techniques including manual therapy, exercise therapy and electrotherapy.

Aug 2007 to Aug 2010; Lecturer and Consultant Physiotherapist at KLES J N Medical college, Belgaum.

Sep 2010 to Dec 2016; Assistant Professor and Consultant Physiotherapist at KLEU Institute of Physiotherapy, Belgaum.

Jan 2017 to till date; Associate Professor and Consultant Physiotherapist at KAHER Institute of Physiotherapy, Belagavi.

General Role:

To educate careers, other health professionals and students regarding aspects of care specific to individual patients and general physiotherapy practice.

To take lectures for physiotherapy students as well as clinical demonstration in wards.

To participate in Continuing Professional Development and other departmental activities.

To participate in Physiotherapy Department audits.

To participate in Physiotherapy Department On-call service

Clinical Professional Responsibilities:

To be professionally and legally accountable for all aspects of practice including the management of patients receiving treatment.

To ensure the delivery of care to the patient is of a high clinical and professional standard and to encourage other members of the team to do likewise

To ensure that patient confidentiality is maintained at all times.

To undertake clinical assessment, including risk analysis, of patients presenting simple and complex/highly complex conditions.

To use advanced clinical reasoning skills and manual assessment techniques to establish accurate diagnosis.

To use highly developed analytical skills and a comprehensive knowledge of physiotherapy treatments to formulate individual treatment programs based on evidence of best practice.

To implement the treatment to a high standard using a wide variety of specialist physiotherapy techniques including manual therapy, exercise therapy and extensive postgraduate experience.

To demonstrate highly developed dexterity, co-ordination and manual skills for assessment and treatment of patients.

To regularly evaluate subjectively and objectively the effectiveness of the treatment and adjust the treatment accordingly

**Other Education
Details**

1994 –1995; KLE college of pharmacy, Nippani.

DIPLOMA IN PHARMACY.

2001 – 2002;

PG DIPLOMA IN PREVENTIVE AND PROMOTIVE HEALTH CARE.

Publications

1. Comparison Of Muscle Energy Technique And Positional Release Therapy In Acute Low Back Pain –RCT. Dr Prashant Naik, **Dr Anand Heggannavar** and Dr Subhas Khatri, IJOPT. Vol 4,No 2, Apr-Jun 2010 pg no 32-36
2. A Comparative Study Of Cyriax Manipulation And Kaltenborn Mobilization On Abduction And External Rotation Range In Frozen Shoulder- A Randomized Controlled Trial Dr Ajmera Mayur, **Dr Heggannavar Anand** ,KLE University's Health Science Journal, Vol 6 No2, July 2013, 28-33
3. Post-Operative Rehabilitation of Carpal Tunnel Syndrome-A Case Report ,**Dr Anand Heggannavar**, Amrita Hiremath, KLES Lifeline Journal, Issue xxvi, Jan 2014, 51-53
4. Effect of Russian Currents on Quadriceps Muscle Strength in Subjects With Primary Osteoarthritis of Knee: A Randomized Control Trail, **Dr Anand Heggannavar**, Dr Snehal Dharmayat, Sonal Nerurkar and Sonali Kamble, International Journal of Physiotherapy and Research, June 2014, vol 2(3):555-60.
5. Post-Traumatic Rehabilitation Of Undisplaced Greater Tuberosity Fracture - A Case Report ,**Dr Anand Heggannavar**, Aarti Welling, KLES Lifeline Journal, Issue xxvii, Aug 2014, 58-60
6. Effect Of Positional Release Therapy Versus Static Stretching, On Subjects With Hamstring Tightness, **Dr Anand Heggannavar**, Ashwini Behere, Romanian Journal Of Physical Therapy, Vol.20/ Issue 34/ December 2014, 56-60.
7. Study On The Applicability Of 10% Rule Of Dominance In Normal Healthy Left Handed Students Of KLE University- An Observational Study, **Dr Anand Heggannavar**, Ravi Gupta, Romanian Journal Of Physical Therapy, Vol.20/ Issue 34/ December 2014, 34-38.
8. Effect of Thoracic and Rib Manipulation on Pain and Restricted Shoulder Mobility in Subjects With Frozen Shoulder- A Randomized Clinical Trial, Dr Jyotsna Chitroda, **Dr Anand Heggannavar**, Indian Journal of Health sciences, Vol 7/ Issue 2/ Jul -Dec 2014, 92-99.
9. Effect of Upper Limb Exercises on Hand writing speed with different diameters of Pen. **Dr Anand Heggannavar**, Dr Jyotsna Chitroda, International Scientific Journal of Sport Sciences vol 3, No 1 and 2, June- December 2014, 27-36.
10. Effectiveness of Diadynamic current and MENS in Heel pain- A Randomized Clinical Trial. **Dr Anand Heggannavar**, Dr Preeti Ramannavar, Dr Satyam Bhodaji, International Journal of Physiotherapy and Research, April 2015, Vol 3(2):992-98.
11. Effectiveness of Subtalar Joint Mobilization in Plantar Heel Pain. **Dr Anand Heggannavar**, Dr Ravi Gupta, IJOPT Vol 9, No 2, Apr-

Jun 2015 pg no 75-79.

12. Immediate Effect of Modified Lumbar Snags in Non Specific Chronic Low Back Patients – A Pilot Study. **Dr Anand Heggannavar**, Dr Ankita Kale, International Journal of Physiotherapy and Research, June 2015, Vol 3(3):1018-1023.
13. Effect of McKenzie Technique versus Neural Mobilization in Chronic Low Back with Radiculopathy – A Randomized Clinical Trial. **Dr Anand Heggannavar**, Dr Lopa Das Indian Journal of Physical Therapy, Vol 3, issue 1, January -June 2015.33-37.
14. Effect of Impairment Based Kaltenborn Technique for Plantar Fasciitis: A Randomized Control Trial. **Dr Anand Heggannavar**, Dr Swathi Kandada, International Journal of Physiotherapy and Research, July August 2015, Vol 3(4):1117-1121.
15. Effect of Mulligan's MWM Versus Macquarie Injury management Group (MIMG) Protocol in Osteoarthritis of Knee: A Randomized Clinical Trial. Dr Swathi Kandada **Dr Anand Heggannavar**, International Journal of Therapies and Rehabilitation Research, Vol 4, issue 4, July 2015, 125-131.
16. Post Traumatic Rehabilitation of Distal End Radius Fracture with Carpal dissociation- A Case Report, Dr **Anand Heggannavar**, Rajpreet Bindra, KLES Lifeline Journal, Issue xxix, Aug 2015, 54-56.
17. Quantitative Effects of Proprioceptive Exercises and Mulligan's MWM in Subjects With Osteoarthritis Knee- A Randomized Controlled Trial. Dr Ravi Gupta, **Dr Anand Heggannavar**, International Journal of Therapies and Rehabilitation Research, Vol 4, issue 4, September 2015, 191-200.
18. A Correlation Between Leg Heel Alignment ,Tibial Torsion and Q Angle Among Normal Overweight and Obese Individuals, **Dr Anand Heggannavar**, Dr Laxmi Battula, Dr Santosh Metgud, International Journal of Physiotherapy and Research, June 2016, Vol 4(3):1530-1534.
19. Effect of Foot Posture Index Associated with Body Mass Index and Standing Balance in Healthy Population : An Observational Study, **Dr Anand Heggannavar**, Dr Preeti Ramannavar, Dr Santosh Metgud, International Journal of Physiotherapy and Research, June 2016, Vol 4(3):1540-1545.
20. Effect of 30 Days Abdominals Challenge Versus 30 Days Planks Challenge on Waist Circumference and Abdominals Skin Fold Measurement in Healthy Young Individuals - A Randomized Clinical Trial, Dr Santosh Metgud, Dr Charleen D'Silva, **Dr Anand Heggannavar**, International Journal of Physiotherapy and Research, June 2016, Vol 4(3):1524-1529.
21. Effect Of Body Mass Index, Central Obesity And Core Muscle Activation On Pelvic Inclination And Lumbosacral Angle In Individuals With Low Back Pain: An Observational Study, Dr Santosh Metgud, Dr Shruti Naik, **Dr Anand Heggannavar**, International Journal of Physiotherapy and Research, June 2016, Vol 4(3):1535-1539

22. Association of Pain, Function, BMI and Radiographic Evidence of Osteoarthritis with Clinical Assessment of Osteoarthritis of The Knee Joint, Dr Santosh Metgud, Dr Supriya kondal, **Dr Anand Heggannavar**, International Journal of Physiotherapy and Research, June 2016, Vol 4(3): 1518-1523.
23. Effect of Impairment Based Kaltenborn Technique for Plantar Fasciitis - A Case Report, **Dr Anand Heggannavar**, Swathi Kandada, Vijay Kage & Santosh Metgud, KLES Lifeline Journal, Issue xxxi, Aug 2016, 11-13.
24. Effect of Microwave Diathermy on Primary Dysmenorrhea: An Experimental Study, **Dr Anand Heggannavar** , Rohan S. Kalekar , Ronita Ajgaonkar, International Journal of Physiotherapy and Research, February 2017, Vol 5(1):1802-1806.
25. Upper Extremity and Neck Disability in Dentist with Concurrent Changes In Pinch Strength: An Observational Study, **Dr Anand Heggannavar**, Shivani Kurode , Santosh Metgud, Asian Journal of Medical and Health Research April 2017; 2(3),31-44
26. Correlation of Degree of Toe Out and Anterior Knee Pain in Bharatanatyam Dancers, **Dr Anand Heggannavar**, Sanjana KS , Santosh Metgud , British Journal of Medical and Health Research, April,2017;4(4):29-36.
27. A Randomized Controlled Study To Evaluate The Effectiveness Of Shortwave Diathermy In Acute Sinusitis,**Anand B Heggannavar**, Anil S Harugop, Divya M Madhale , Linata S Walavalkar, International Journal of Physiotherapy and Research, April 2017, Vol 5(3):2066-72
28. Comparative Effect of Mobilization, Low Dye Taping and Faradic Foot Bath in Subjects with Flat Foot – A Randomized Clinical Trial, Charleen D'Silva , Santosh Metgud , **Dr Anand Heggannavar**, IOSR Journal of Sports and Physical Education (IOSR-JSPE), Volume 4, Issue 3, (May - June 2017), PP 55-60.
29. Musculoskeletal Risk Levels and Discomforts in Garment Factory workers – An Observational Study, Santosh Metgud, Mangala Pai, **Anand Heggannavar**, Asian Journal of Medical and Health Research, June,2017;2(6):22-32.
30. Effect Of Work Related And Non-Work Related, Individual, And Psychosocial, Risk Factors On Neck Pain Among Office Computer Workers : A Cross Sectional Study, Santosh Metgud, Radhika Chintamani, **Anand Heggannavar**, Asian Journal of Medical and Health Research, June,2017;2(6):8-21.
31. Effects Of Hemibridge With Ball And Balloon Exercises As An Adjunct To Conventional Therapy In Knee Osteoarthritis Patient : A Randomized Control Trial, Santosh Metgud, Akshay Chougule , **Anand Heggannavar**, Asian Journal of Medical and Health Research, June,2017;2(6):43-50.
32. Effect Of Hip Mobility Exercises On Pain And Function In Individuals With Chronic Neck Pain – An Experimental Study, Supriya Kondal, Santosh Metgud, **Anand Heggannavar**, International journal of Applied Research, June 2017, 3 (7),23-29.

33. Effect Of McKenzie Method Of Mechanical Diagnosis And Therapy (MDT) On Pain, Range Of Motion And Shoulder Impairment Using Penn Shoulder Score In Individuals With Stage II Adhesive Capsulitis : A Pre Post Experimental Study, Santosh Metgud, Shruti Naik , **Anand Heggannavar** International Journal Of Physical Education , Sports And Health, July 2017, 4(4),264-268.
34. Effect Of Low Dye Taping And Faradic Foot Bath In Subjects With Flat Foot: A Randomized Clinical Trail. Santosh Metgud, Charleen D'silva, **Anand Heggannavar**, International Journal of Multidisciplinary Research and Development, July 2017, 4 (7), 467-471.
35. Effectiveness of Mobilization of Movement (MWM) for Medial Collateral Ligament Pain.A case Study Dr **Anand Heggannavar**, Esha Bhadhuria KLES Lifeline Journal, Issue xxxiii, Aug 2017, 61-63.
36. Effect of Thoracic Spine Distraction Thrust Versus Upper Thoracic Crossed Hand Manipulation in Mechanical Neck Pain: A Randomized Clinical Trial, Laxmi Battula , **Anand Heggannavar** , Santosh Metgud, Journal of Sports and Physical Education (IOSR-JSPE) Volume 4, Issue 4 Aug .2017, 27-34.
37. Effect Of McKenzie Method Of Mechanical Diagnosis And Therapy (MDT) versus Maitland mobilization in Individuals With Stage II Adhesive Capsulitis : A Randomized clinical trial , Shruti Naik, Santosh Metgud,, **Anand Heggannavar**, International journal of Applied Research, August 2017, 3 (8),362-367.
38. Compare the Effect of 50% Ramp-Up And 100% Ramp-Up Faradic Stimulation in Patients with Non-Specific Trapezius Spasm - A Randomised Clinical Trial **Anand B. Heggannavar**, Pritha K. Kulkarni, Karnali K. Naik, Amishi N Oza IOSR Journal of Sports and Physical Education (IOSR-JSPE), Volume 5, Issue 2, (Mar - Apr 2018), PP 01-05
39. Immediate Effect of Dry Needling On Gastrocnemius Muscle Pain and Flexibility: Pre-Post Experimental Study, Santosh Metgud,Aishwarya Madiwale and **Anand Heggannavar**,International Journal of Current Advanced Research, Volume 7; Issue 3(D); March 2018; Page No 10664-10666
40. Evaluation of Cervicocephalic Kinesthetic Sensibility in Subjects with Chronic Neck Pain: A Cross Sectional Study, Santosh Metgud, Apeksha Hungund, **Anand Heggannavar**, International Journal of Medical Science and Innovative Research, Vol 3, Issue 4 July 2018 Pg. No 240-244
41. Correlation Between Asymmetrical Hip Rotations In Individuals With And Without Osteoarthritis Of Knee: A Cross Sectional Study, **Anand Heggannavar**, Linata Walavalkar,Santosh Metgud, Int J Pharma Bio Sci 2018 Oct; 9(4): (B) 260-264
42. Comparison of Agility in Recreational Basketball and Volleyball Male Players using Illinois Agility Run Test: An Observational Study, Santosh Metgud, Amogh Kulkarni, **Anand Heggannavar**, International Journal of Current Advanced Research, Volume 8; Issue 04 (A); April 2019; Page No 17166-17170
43. Prevalence of Work Related Musculoskeletal Disorders Among

Medical Representatives in Belagavi City: A Cross Sectional Study, International Journal Of Current Advanced Research, **Anand Heggannavar**, Rutuja Sawant, Santosh Metgud, Volume 8; Issue 05, May 2019; Page No 18552-18556

44. Effect of Mulligans Mobilization versus Manipulation, along with Mulligans Taping in Anterior Innominate Dysfunction – A Randomized Clinical Trial Saviola Ribeiro, **Anand Heggannavar**, Santosh Metgud, . Indian Journal of Physical Therapy and Research, June 2019; Volume 1, Issue 1, Page no 17-23.
45. Effect Of Mulligan's Bent Leg Raise [BLR] Versus Instrument Assisted Soft Tissue Mobilization [M2T] in Subjects With Hamstring Tightness in Non - Specific Low Backache: A Randomized Clinical Trial, Sanajana K S, **Anand Heggannavar**, Santosh Metgud International Journal of Physiotherapy Vol 6(4), 134-139, August (2019)
46. Achillodynia in A Recreational Badminton Player, A case Report, Dr **Anand Heggannavar**, Pamela D Sivla, Santosh Metgud KLES Lifeline Journal, Issue xxxvii, Aug 2019, 35-36.
47. Short Term Effects of Instrument Assisted Soft Tissue Mobilisation Technique Versus Mulligan's Bent Leg Raise Technique in Asymptomatic Subjects with Hamstring Tightness- A Randomised Clinical Trial Radhika Chintamani, Santosh Metgud and **Anand Heggannavar** International Journal of Health Sciences & Research (www.ijhsr.org) 50 Vol.9; Issue: 10; October 2019,50-64
48. Use of Ultraviolet Radiations in the treatment of Brucellosis Ulcer, A Rare case Report, Dr **Anand Heggannavar**, Supriya Kondal KLES Lifeline Journal, Issue XXXVIII, Jan 2020, 17-18.
49. Effect of Sciatic Nerve Neurodynamic Sustained Natural Apophyseal Glides on Individuals With Pelvic Crossed Syndrome: A Randomized Controlled Trial. Pradeep Sneha, **Heggannavar Anand**, Metgud Santosh . Indian Journal Of Physical Therapy And Research, June 2020; Volume 2 Issue 1, Page No 35-40.
50. Pre-operative Isokinetic Rehabilitation for complete Anterior cruciate ligament Tear – A Case Study Dr **Anand Heggannavar**, Ashwini Madihalli, Akhil Gorge, Shannel Fernandes, Yesha Parik KLES Lifeline Journal, Issue XXXIX, Aug 2020, 44-46.
51. Prevalence of musculoskeletal disorders and eye strain among the radiologists in Belagavi **Anand Heggannavar**, Ashwin Patil, Fleur Lewis, Charlene Luis, Radhika Malu, BLDE University Journal Health of Sciences 2020;5:185-93.
52. Effect of integrated neuromuscular inhibition technique on trigger points in patients with nonspecific low back pain: randomized controlled trial. Metgud SC, Monteiro SS, **Heggannavar A**, D'Silva P Indian J Phys Ther Res 2020;2:99-105.
53. Effect of myokinetic stretching technique and spinal mobilization with arm movement in subjects with cervical radiculopathy: A randomized clinical trial. Hungund A, Metgud SC, **Heggannavar A**. Indian J Phys Ther Res 2020;2:134-40.
54. Single Session of Mulligans Mobilization with Movement for Shoulder Stiffness in Post operative Clavicle Fracture –A Case

Report. Dr **Anand Heggannavar**, Rolly Nayak KLES Lifeline Journal, Issue XL, Jan 2021, 5-8.

55. Immediate Effects of Cervical Thrust Manipulation in Weight-bearing and Non-weight bearing on Cervical Range of Motion in Asymptomatic Individuals – A Randomized Clinical Trial, **Anand Heggannavar**, Shannel C. Fernandes, International Journal of Physiotherapy Vol 8(2), 70-75, June (2021)
56. Immediate effect of thoracic distraction thrust versus upper thoracic crossed hand manipulation in mechanical neck pain: A randomized clinical trial. **Anand Heggannavar**, Laxmi Battula, Physiotherapy - The Journal of Indian Association of Physiotherapists 2021;15:22-7.
57. Global Orthopedic assessment tool in Physiotherapy. Dr **Anand Heggannavar**, Kirti Khemlapure KLES Lifeline Journal, Issue XLI, Aug 2021, 76-77.

Presentation

1. EFFECT OF A COMBINED ELBOW AND FOREARM POSITION ON GRIP STRENGTH IN NORMAL SUBJECTS. Presented during 30th Annual Conference of INDIAN ASSOCIATION OF SPORTS MEDICINE 2008, Belagavi from 15th to 16th November 2008
2. GRIP STRENGTH: NORMATIVE DATA FOR PHYSIOTHERAPY STUDENTS, Presented during 30th Annual Conference of INDIAN ASSOCIATION OF SPORTS MEDICINE 2008, Belagavi from 15th to 16th November 2008.
3. COMPARATIVE EFFECT OF THERAPEUTIC ULTRASOUND AND THERAPEUTIC LASER ON HEEL PAIN Presented during 48th Annual Conference of INDIAN ASSOCIATION OF PHYSIOTHERAPIST 2010, Mangalore from 22nd to 24th January 2010
4. COMPARISON OF MUSCLE ENERGY TECHNIQUE AND POSITIONAL RELEASE THERAPY IN ACUTE LOW BACK PAIN – RCT poster presentation at World Physical therapy 2011 16th International WCPT Congress, 20-23 June 2011, Amsterdam, Netherlands.
5. EFFECT OF MUSCLE ENERGY TECHNIQUE AND POSITIONAL RELEASE THERAPY ON HAMSTRING FLEXIBILITY –A RANDOMIZED CLINICAL TRIAL- Presented during National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belagavi, 9th – 11th December 2011
6. EFFECTIVENESS OF NEURAL MOBILIZATION TECHNIQUE IN CHRONIC LOW BACK PAIN WITH RADICULOPATHY- A RANDOMIZED CLINICAL TRIAL- Presented during National Conference on Sports Physiotherapy and Rehabilitation 2012, PUNE, 25th – 26th February 2012
7. A STUDY ON THE APPLICABILITY OF 10% RULE OF DOMINANCE IN NORMAL HEALTHY LEFT HANDED STUDENTS OF KLE UNIVERSITY-AN EXPERIMENTAL STUDY- poster presented during National Conference on Physiotherapy Update -2012, 14th, 15th & 16th December, Belagavi.

8. QUANTITATIVE EFFECTS OF PROPRIOCEPTIVE EXERCISES AND MULLIGAN'S MWM IN SUBJECTS WITH OSTEOARTHRITIS OF KNEE - A RANDOMIZED CLINICAL TRIAL poster presentation 17th International WCPT World Congress 2015, 1-4 May, Singapore.
9. IMMEDIATE EFFECT OF MULLIGAN TAPING TECHNIQUE IN CONJUNCTION WITH MULLIGAN MOBILIZATION VERSUS MANIPULATION IN ANTERIOR INNOMINATE DYSFUNCTION – A RANDOMIZED CLINICAL TRIAL poster presentation International WCPT World Congress 2019, 10-13 May, Geneva.
10. EFFECT OF THORACIC SNAG ON FORWARD HEAD AND POSTURAL KYPHOSIS IN SUBJECTS WITH NON-SPECIFIC NECK PAIN – A RANDOMIZED CONTROLLED TRIAL e poster presentation at the World Physiotherapy Congress 2021 online, 9-11 April, Dubai.

**Additional
Professional
Activities**

- Attended Conference, Seminar, CME and Workshop on
 1. "Management of Back Pain due to Spine and Cord related causes", Belgaum, September 1998.
 2. "Early Intervention in High Risk Babies", Belgaum, September 1999.
 3. "Sports Fitness", Belgaum, February 2000.
 4. "Manual Therapy on Cervical Spine", Belgaum, September 2003.
 5. Silver Jubilee congress of Indian Association of Sports Medicine, Amritsar. December 2003
 6. "Rehabilitation of Hand", Mangalore, January 2004.
 7. "Sports physiotherapy", Mangalore, September 2004.
 8. All India Physiotherapy Students Conference, Mangalore.2004
 9. All India Physiotherapy Students Conference, Mangalore.2005
 10. "International team physician course", American College of Sports Medicine, Mysore, March 2005
 11. "Muscle Energy Technique", Mangalore, November 2004.
 12. State Level Physiotherapy Conference, Karad, March 2007.
 13. "Teaching Methodology", Belgaum, January 2008.
 14. Actively participated during World Arthritis Day on 12th October 2008.Belgaum
 15. Actively participated during World Osteoporosis Day on 20th October 2008.Belgaum
 16. "Rehabilitation course", Belgaum, November 2008.
 17. "Antidoping course", Belgaum, November 2008.

18. "Team physician development course", Belgaum, November 2008
19. "Hand surgery course" Belgaum", November 2008
20. "Arthroscopy course" Belgaum", November 2008
21. "Sports Massage Therapy", Belgaum November 2008
22. 30th Annual Conference of IASM November 2008, Belgaum
23. "Evidence Based Physiotherapy" Belgaum, May 2009.
24. Actively participated during World Arthritis Day on 12th October 2009.
25. Actively participated during World Osteoporosis Day on 20th October 2009.
26. Actively participated in "WALK" World Diabetes Day 14th November 2009.
27. "National update on Neuro Physiotherapy, December 2009,Belgaum
28. 48th Annual Conference Of Indian Association Of Physiotherapists 2010, 22nd -24th January 2010,Mangalore
29. E-learning, KLEU IPT, Belgaum, February 2010.
30. "Qualitative Research and Bio Ethics" Belgaum, May 2010.
31. Sports physiotherapy, Belgaum September 2010
32. 2nd National update on Neuro Physiotherapy, December 2010,Belgaum
33. Hand on workshop CYRIAX,MET & PRT, Belgaum, December 2010
34. World Physical therapy 2011, 16th International WCPT Congress, 20-23 June 2011, Amsterdam, Netherlands.
35. "Taping Techniques" National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011,Belgaum, December 2011
36. National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011,Belgaum, December 2011
37. "Neuro Developmental Therapy" National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011,Belgaum, December 2011
38. National Conference on Sports Physiotherapy and Rehabilitation 2012, PUNE,25th – 26th February 2012
39. 50th Annual Conference Of Indian Association Of Physiotherapists 2012,9th and 10th March 2012, Mumbai
40. Orientation course by UDEHP, KLE University, Belgaum, August 2012.
41. Biostatistics by UDEHP, KLE University, Belgaum, December 2012
42. Musculoskeletal Manipulative Therapy- An Australian clinical

Approach, National Conference on Physiotherapy Update -2012, December, Belgaum.

43. National Conference on Physiotherapy Update -2012, 14th, 15th & 16th December, Belgaum.
44. Pedagogic & Personal Effectiveness by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, December 2012.
45. 51st Annual Indian Association of Physiotherapists Conference, 22 - 23 February 2013, Margoa, Goa
46. Workshop on Dry Needling in Myofascial Pain Syndrome of Shoulder Joint. KLE University, Institute of Physiotherapy, Belgaum May 2013
47. Personality development and Emotional Quotient by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, November 2013.
48. Hand on workshop Neural Mobilization, Belgaum, March 2014
49. International workshop on Mentorship: Collaborative Learning in Practice 17th to 21st November 2014.
50. 17th International world confederation for Physical Therapy, World Congress 2015, 1-4 May, Singapore.
51. Fitness evaluation and Prescription for Health Professionals by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, November 2015.
52. Workshop on Surface and functional Anatomy for Physiotherapists, KLE University, Institute of Physiotherapy, Belgaum, January 2016.
53. M²T – Blade, Instrument Assisted Soft Tissue Mobilization, International workshop. Belagavi May 2016.
54. Stress Management and Relaxation, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, June- 2016.
55. Management Skills, UDEHP & KLE University, College of Pharmacy, Belagavi, August- 2016.
56. Certificate Course in Orthopaedic Manual Therapy (COMT) including complete Mulligan Concept By Capri Institute of Manual Therapy, Belagavi November 2016.
57. Physiotherapy in Women's Health, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, December – 2016.
58. Work Ethics, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, April 2017.
59. Outcome based Evaluation, UDEHP & KAHER, Belagavi, June 2017.
60. Hydrotherapy – The stress Buster, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, August 2017.
61. Certificate Course in Clinical Pilates Back Care Module 1 by Revive

Physical Health and wellness, Belagavi November 2017.

62. Basic certificate course in Matrix Rhythm Therapy by MaRhyThe, Germany at Belagavi November 2017
63. Advance certificate course in Matrix Rhythm Therapy by MaRhyThe, Germany at Belagavi November 2017
64. Technology Trends for future learning, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, March 2018.
65. Regulatory compliance: Good Laboratory Practice, UDEHP & KAHER BSRC, Belagavi, April 2018.
66. Classroom Management, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, July 2018.
67. Workshop on Functional Movement assessment and Corrections for SI Joint and Lumbar Spine, KAHER, Institute of Physiotherapy, Belagavi, June 2019.
68. Workshop on Kinetic Chain Soft Tissue Manipulative Technique, KAHER, Institute of Physiotherapy, Belagavi, June 2019
69. Workshop on Equipping Tomorrow's Doctor's with soft skills, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, October 2019.
70. Workshop on Innovative Pedagogies for powerful Teaching , UDEHP & KAHER, Institute of Physiotherapy, Belagavi, February, 2020
71. Workshop on Technology Trends on Developing E- content, DOPE KAHER, Institute of Physiotherapy, Belagavi, July, 2020
72. Virtual Workshop on E- content Development on Google Drive,KAHER, Institute Of Nursing Sciences, Belagavi, July, 2020
73. Online Training Program On Advanced Excel by Proficient Minds, Belagavi July 2020
74. SIP-e- CON,Society of Indian Physiotherapists, New delhi January 17th , 2021.
75. Participated in theWorld Physiotherapy Congress 2021 online,9-11 April Dubai

Research Activities

Research Projects – completed

1. Comparison Of Muscle Energy Technique And Positional Release Therapy In Acute Low Back Pain –RCT
2. Effectiveness of Positional Release Therapy, Muscle Energy Technique, Neutral Positioning And Manual Muscle Stretching In Neck Pain –RCT
3. Effectiveness Of McKenzie Technique And Neural Mobilization Technique In Chronic Low Back Pain With Radiculopathy-RCT
4. Immediate Effect of Positional Release Therapy versus Static

Stretching on Subjects with Hamstring Tightness.

5. Comparative Study Of Mulligan's Mobilization With Movement Versus Kaltenborn Mobilization On Shoulder Impairment In Women Operated For Breast Cancer- A Randomized Controlled Trial
6. A Comparative Study Of Cyriax Manipulation And Kaltenborn Mobilization On Abduction And External Rotation Range In Frozen Shoulder- A Randomized Controlled Trial
7. A Study on the Applicability of 10% Rule of Dominance in Normal Healthy Left Handed Students of KLE University-An Experimental Study
8. Effect of Upper Limb Exercises on Hand Writing Speed with Different Diameters of Pen.
9. Quantitative Effects of Proprioceptive Exercises and Mulligan's MWM in Subjects With Osteoarthritis Knee- A Randomized Controlled Trial.
10. Effect of Thoracic and Rib Manipulation on Pain and Restricted Shoulder Mobility in Subjects With Frozen Shoulder- A Randomized Clinical Trial.
11. Effect of Russian Currents on Quadriceps Muscle Strength in Subjects With Primary Osteoarthritis of Knee: A Randomized Control Trail
12. Effect Of Impairment Based Kaltenborn Technique For Plantar Fasciitis- A Randomized Controlled Trial.
13. Effect of Mulligan's MWM Versus Macquarie Injury management Group (MIMG) Protocol in Osteoarthritis of Knee: A Randomized Clinical Trial.
14. Immediate Effect of Modified Lumbar Snags in Non Specific Chronic Low Back Patients – A Pilot Study
15. Effectiveness of Diadynamic current and MENS in Heel pain- A A Randomized Clinical Trial.
16. A correlation between leg heel alignment , tibial torsion and Q angle among normal overweight and obese individuals
17. Effect of Microwave diathermy on primary dysmenorrhea –An experimental study
18. Effect of Foot Posture Index Associated with Body Mass Index and Standing Balance in Healthy Population : An Observational Study
19. Compare the Effect Of Tibio-Femoral Traction and A Unique Sustained Method on Pain ROM and Physical Function in Patients With Knee Stiffness- A Randomized Clinical Trail
20. Effect of 30 Days Abdominals Challenge Versus 30 Days Planks Challenge on Waist Circumference and Abdominals Skin Fold Measurement in Healthy Young Individuals - A Randomized Clinical Trial
21. Effect Of Body Mass Index, Central Obesity And Core Muscle

Activation On Pelvic Inclination And Lumbosacral Angle In Individuals With Low Back Pain: An Observational Study

1. The Immediate Effect of Eccentric Training Versus Dynamic Range of Motion Training on Hamstring Muscle in Recreational Badminton Players
2. Correlation of Degree of Toe-Out and Anterior Knee Pain in Bharatanatyam Dancers.
3. Upper Extremity and Neck Disability in Dentist With Concurrent Changes in Pinch Strength: An Observational Study
4. A Randomized Controlled Study to Evaluate the Effectiveness of Short Wave Diathermy in Acute Sinusitis.
5. Effect Of Mulligan Taping Technique As An Adjunct To Mulligan Mobilization Versus Manipulation In Anterior Innominate Dysfunction- A Randomized Clinical Trial
6. Comparison of Mulligan's Bent Leg Raise [BLR] versus Instrument Assisted Soft Tissue Mobilization [M2T] in subjects with Hamstring tightness in Non-specific low back ache: A Randomized Clinical Trial
7. Effect Of Neurodynamic Snags Versus Spinal Mobilization With Arm Movement In Subjects With Cervical Radiculopathy: A Randomized Clinical Trial
8. Correlation of Rectus Femorus Length and Gluteus Maximus Strength in Knee Osteoarthritis: An Observational Study.
9. Correlation between Asymmetrical Hip Rotation in Individuals with and Without Osteoarthritis of Knee: A Cross Sectional Study.
10. Prevalence of Work Related Musculoskeletal Disorders among Medical Representatives in Belagavi City: A Cross Sectional Study.
11. Immediate Effect of Suboccipital Release on Lumbar Spine Range of Motion: An Experimental Study.
12. Effect of Sustained Natural Apophyseal Glides (Snags) Versus Upper Cervical Translatory Mobilization (UC-TSM) On Subjects with Cervicogenic Headache: A Randomized Controlled Trial.
13. Effect of Patellar Medial Glide versus Tibial Internal Rotation Glide on Pain, Range Of Motion and Function in Subjects with Patello-Femoral Pain: A Randomized Controlled Trial.
14. Immediate Effect of Mulligans Mobilization with Movement on Forward Head Posture and Postural Sway in Temporomandibular Joint Dysfunction: An Experimental Study.
15. Effect of Sciatic Nerve Neurodynamic Snags on Individuals with Symptomatic Pelvic Crossed Syndrome: A Randomized Controlled Trial.
16. Immediate Effect of Extension Thrust Versus Varus Thrust in Lateral Epicondylitis: A RCT

17. Immediate Effect of Lumbar Manipulation on Lumbar Range of Motion and Lower Limb Functional Test in Recreational Football Players: An Experimental Study
18. Immediate Effect of Cervical Thrust Manipulation in Weight Bearing and Non-Weight Bearing on Cervical Range of Motion in Asymptomatic Individuals – A Randomized Clinical Trial
19. Prevalence of Musculoskeletal Disorders and Eye strain among Radiologist in Belagavi – An observational study
20. Effect of Mulligan's MWM Versus Maitland Mobilization on H/Q Ratio in Patients with Osteoarthritis of Knee : A RCT
21. Effect of Electro Acupuncture Versus Positional Release Therapy on Trapezitis: A Randomized Controlled Study
22. Effect of Thoracic Sustained Natural Apophyseal Glide on Postural Kyphosis and Forward Head in Subjects with Non - Specific Neck Pain – A Randomized Controlled Trial
23. Work Related Musculoskeletal Disorders In Factory Workers
24. Immediate Effect Of Connective Tissue Massage Versus Deep Transverse Massage In Primary Dysmenorrhea - A Randomized Controlled Trial
25. Measurement Of Glenohumeral Internal Rotation Deficit In Asymptomatic Individuals -An Observational Study
26. Measurement Of Glenohumeral Internal Rotation Deficit In Asymptomatic Overhead Athletes- An Observational Study
27. Effect Of Active Versus Passive Movement With Mobilization (MWM) On Pain ,Range Of Motion And Functional Ability In Knee Osteoarthritis-A Randomized Controlled Trial
28. Thoracic Manipulation As An Adjunct In The Treatment Of Cervical Radiculopathy- A Randomized Controlled Trial
29. Effectiveness Of Pilates And Global Postural Re-Education Program For Persistent Non-Specific Low Back Pain - A Randomized Clinical Trial
30. Effect Of Spinal Thrust Manipulation Versus Maitland Mobilization At T10 - L1 In Primary Dysmenorrhea- A Randomized Controlled Trial
31. Stress, Anxiety And Depression In Information Technology Professionals Working From Home During The Covid 19 Pandemic –An E-Survey

Ongoing Research Projects

1. Analysis Of Differences In The Gait Parameters In Patients With Varying Grades Of Knee Osteoarthritis Using 3d Gait Analyzer
2. Knowledge, Attitude And Practice Of Pain Neuroscience Education Among Physiotherapists:A Cross Sectional Survey

3. Prevalence Of Musculoskeletal Disorders And Physical Activity In Information Technology (It) Professional Working From Home During Covid-19 Pandemic - A Cross- Sectional Study
4. Comparing The Immediate Effects Of Jadestone On Upper Vs Lower Superficial Back Line For Hamstring Tightness - A Randomised Controlled
5. Effectiveness Of Eye Exercises In Individuals With Presbyopia: A Randomized Controlled Trial
6. Effect Of Cupping Therapy With Active Movement On Pressure Pain Threshold, Cranio-Vertebral Angle, Range Of Motion And Functionality In Subjects With Chronic Mechanical Neck Pain: A Randomized Controlled Trial
7. Effectiveness of Upper Cervical Translatory Mobilization and Strain Counterstrain Technique on Cervical Mobility and Pressure Pain Threshold in Cervicogenic Headache: A Randomized Clinical Trial
8. Effects of Myo-Matrix 3D Release Technique on latent trigger points of upper trapezius muscle- A Randomised Controlled Trial
9. Effectiveness Of Motor Control Training Versus Trunk Balance Exercises Along With Neurodynamics In Lumbar Radiculopathy: A Randomised Clinical Trial

**Achievements
& other activities**

1. Chairman for Scientific session for 30th Annual conference IASM, Belgaum November 2008.
2. Course Co Coordinator for "Sports Massage Course" during 30th Annual conference IASM, Belgaum November 2008.
3. Invigilator and Room superintendent for undergraduate and post graduate Theory Examination of RGUHS, Bangalore and KLE University, Belgaum.
4. Examiner for undergraduate and post graduate practical Examinations of KLE University, Belgaum, RGUHS Bangalore, MUHS Nashik and D Y Patil University, Pimpri, Pune.
5. Organizing Member, "National update on Neuro Physiotherapy", December 2009, Belgaum
6. Attended free physiotherapy camp from Attended free physiotherapy camp from 28th to 30th Dec 2009 at KLES PK Hospital and MRC, Belgaum
7. Stroke awareness program, KLES Dr PK Hospital& MRC, Belgaum.2009
8. Organizing Member, "Workshop on Cardiac Rehabilitation", January 2010, Belgaum
9. NSS camp at Guramatti Village .March 2010
10. Organizing Member, "Workshop on sports Physiotherapy", September 2010, Belgaum
11. Organizing Member, "2nd National update on Neuro

Physiotherapy”, December 2010, Belgaum

12. Organizing Member, “Hand on workshop CYRIAX,MET & PRT, Belgaum, December 2010
13. Resource person , “Hand on workshop CYRIAX,MET & PRT, Belgaum, December 2010
14. Free Physiotherapy camp, Bailhongal December,2010
15. Resource person, National Conference on Orthopaedic Manual Therapy and Physiotherapy Update December 2011,Belgaum
16. Co Chairman for Scientific session for National Conference on Orthopaedic Manual Therapy and Physiotherapy Update December 2011,Belgaum
17. Co Organizing Secretary, National Conference on Orthopaedic Manual Therapy and Physiotherapy Update December 2011,Belgaum
18. Organizing secretary 1st Alumni Association Meet, Belgaum December 2012
19. Dissertation Evaluation, Question Paper Moderation and Theory Paper Evaluation for KLE University.
20. Free Physiotherapy camp, Kakati,December,2012
21. Coordinator for Third BPT
22. Case discussion coordinator
23. Resource person , “Hand on workshop TAPING & MET at MGM Institute of Physiotherapy, Aurangabad, September 2012
24. Chairman for Scientific session for National Conference on Physiotherapy Update -2012, December Belgaum.
25. Organizing Member, “National Conference on Physiotherapy Update -2012, December Belgaum.
26. Judge for “Students Poster” during 51st Annual Indian Association of Physiotherapists Conference, 22 -23 February 2013, Margoa, Goa
27. Free Physiotherapy camp, UHC, Rukmini Nagar Belgaum, April 2013
28. Organizing Member, “Workshop on Dry Needling in Myofascial Pain Syndrome of Shoulder Joint. KLE University, Institute of Physiotherapy, Belgaum May 2013
29. Guest Speaker, “Total Knee Replacement- Before and After – Role of Physiotherapist”, Belgaum, July 2013.
30. Resource person , “Research Methodology Workshop, at KLEU Institute of Physiotherapy, Belgaum, August 2013
31. Resource person , “Hand on workshop Kinesio Taping (K1 and

K2) & Mulligan's Taping at KLEU Institute of Physiotherapy, Belgaum, November 2013

32. Organizing Member, "Hand on workshop Kinesio Taping (K1 and K2) & Mulligan's Taping at KLEU Institute of Physiotherapy, Belgaum, November 2013
33. Deputy External Chief Superintendent for UGAIET and PGAIET for KLE University
34. NSS camp, February ,2014
35. Camp At Hindustan Latex limited, Kangala, May 2014
36. Member of Scientific Advisory Board of International Journal of Therapies and Rehabilitation Research.
37. Resource person, "Research Methodology Workshop, at KLEU Institute of Physiotherapy, Belgaum, September 2014.
38. NSS Camp February 2015
39. Best Teacher Award 2014-15 By, KLE University September 2015.
40. NSS Camp Sulaga, February 2016
41. Organizing Member Trinity 2016.
42. Resource person, "Research Methodology Workshop, at KLEU Institute of Physiotherapy, Belgaum, October 2016.
43. Member, Board of Studies (BoS) Physiotherapy, KAHER,
44. Resource person, "Synopsis Writing Workshop, at KAHER Institute of Physiotherapy, Belagavi, September 2017.
45. Resource person, "Research Methodology Workshop, at KAHER Institute of Physiotherapy, Belagavi September 2017.
46. NSS Camp, Benkanhalli, March 2018
47. Resource person, "Research Methodology Workshop & Synopsis writing, at KAHER Institute of Physiotherapy, Belagavi March 2018.
48. Resource person, "19th Post Graduate Intensive Training Course- Ortho CME, Dept. of Ortho KAHER JNMC, Belagavi March 2018.
49. Resource person, "Research Methodology Workshop, at KAHER Institute of Physiotherapy, Belagavi, October 2018.
50. Resource person, "Research Methodology Workshop, at KAHER Institute of Physiotherapy, Belagavi, October 2019
51. NSS Camp, January 2020
52. Resource person, "Research Methodology Workshop, at

53. Judge for scientific Paper presentation in Musclskeletal Physiotherapy at Kinesiocon 2021 e conference, 16-17 April 2021

Professional Memberships

Member Indian Association of Physiotherapist – L 7413.

Member, Society of Indian Physiotherapists - 0367

Associate Editor, Indian Journal of Physical therapy and Research, Belagavi

Member, Board of Studies (BoS) Physiotherapy, KAHER, Belagavi.

International Advisory Board, Bulletin of Faculty of Physical Therapy, A publication of Faculty of Physical Therapy Cairo University.

Assistant Controller of Examinations , KAHER Belagavi

Corporate life

President, KLEU Institute of Physiotherapy Alumni Association

Convener, Indian Association of Physiotherapists, Belgaum Branch.

Languages Known

English, Hindi, Kannada & Marathi.

References

1. Dr. Sanjiv Kumar. Principal, KLES Institute of Physiotherapy, Nehru nagar, Belgaum, Karnataka, INDIA-590010.
2. Dr. Deepak Kumar _ MSPT, FIAP, PhD (Mulligan Concept) Director & Sr. Consultant Manipulative Physiotherapist Certified McConnell Concept Teacher.

Objective

Professional.

Contributing to the maintenance of the highest standard of Physiotherapy service for patients referred to the department and making optimum use of the available resources.

Conduct research projects & show clinical expertise in advanced management techniques

Hobbies

Reading Literatures.

Interests and Activities

Sports & Computers.

Personnel Male;
Married;
Date of birth: 03.05.1975.

**Passport
Number** K2149483.

PERMANENT ADDRESS

Dr. Anand B Heggannavarr,
S / O: Basavaraj S Heggannavar,
Shivganga,
3191 B-9, Bus Stand Road,
Near Basveshwar Circle
Gokak.
Dist: Belgaum.
Karnataka.
INDIA – 591307.
Ph: + 91 – 8332 – 226633
anandhegs@yahoo.co.in

CORRESPONDANCE ADDRESS

Venus Apartment,
Flat no 102, First floor,
Plot No 481, Sector No 3
Near R N Shetty Polytechnic,
Dharma Marg,
Shivbasav Nagar,
Belgaum.
Karnataka.
INDIA – 590010.
Ph: + 91 – 831 – 2470490
anandheggannavar@rediffmail.com