

BIO DATA

Name: Anil Rachappa Muragod
Age: 46 Years
Gender: Male
Date of Birth: 26TH April 1979
Nationality: Indian
Religion: Hindu
Marital Status: Married
Languages Known: English, Hindi, Kannada,
Email : dranilphysio@rediffmail.com

Educational Qualification:

Bachelor of Physiotherapy (B.P.T.)

Year of Completion : Feb 2001 (4 ½ yr. course)
Institution : J.N.M.C, Belgaum.
University : Karnataka University, Dharwad, INDIA

Masters of Physiotherapy (M.P.T) (Neuro)

Year of Completion : Nov 2006
Institution : NITTE Institute of Physiotherapy, Mangalore.
University : Rajiv Gandhi University of Health Sciences,
Bangalore, INDIA.

Doctor of Philosophy (Ph.D)

Year of Completion : Dec 2017
Institution : K.L.E. Society's Institute of Physiotherapy
University : KAHER(KLE Academy of higher education and
research, karanataka Belagavi. INDIA
Title of the topic : Effectiveness of Tai Chi in the treatment of
peripheral vestibular disorders of ear. Quasi
randomized trial.

Present Designation: Professor and HOD of Geriatric Physiotherapy.

Permanent Address: Anil. Rachappa. Muragod.
Anjanaadri Residency
Flat No. 104, First Floor
Laxmi Tekdi, Benkanhalli, Belgaum 591108.

Present address: Dr Anil Rachappa Muragod
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Karnataka (India)
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91- 9164694970

Place of Work: K.L.E. Society's
K AHER
KLE Institute of Physiotherapy
J.N. Medical College Campus,
Nehru Nagar, Belagavi -590010

Professional Membership:

- Life member of the Indian Association of Physiotherapists. Membership no: **9366**. (The Indian Association of Physiotherapists - IAP is the only professional body of India, which is affiliated to the World Confederation of Physiotherapists).

Professional Work Experience:

- Working as Professor and HOD Geriatric Physiotherapy at **KLE Institute of Physiotherapy** from July 2021 to till the date
- Working as Associate Professor in **KLE Institute of Physiotherapy** from October 2017 to till June 2021
- Working as Assistant Professor in **KLE Institute of Physiotherapy** from June 2013 to September 2017.
- Working as Lecturer in **KLE Institute of Physiotherapy** from July 2007 to May 2013.
- Worked as a Physiotherapist at **Wockhardt Hospital, Bannerghatta Road, Bangalore** since May 2006 to Jun 2007.
- Worked as a Physiotherapist for 1year & 6 months (July 2002 to Jan 2004) at **Wockhardt Hospital and Heart Institute, Cunnigham Road, Bangalore.**

- Worked as a Physiotherapist for 1 year 4 months (March 2001 to June 2002) at **Ganga Surgical & Fracture Clinic, Gokak, Belagavi.**

Responsibilities:

- ACADAMIC COUNCILE MEMBER
- BOS MEMBER
- HOD OF GERIATRIC PHYSIOTHERAY
- SPORTS INCHARGE
- ANTI RAGGING COMMITTEE MAMBER
- ALUMNI PRESIDENT
- UDEHP INCHARGE
- WORKED AS DEPUTY EXTERNAL CHIEF SUPERINTENDENT FOR KLEU AIET
- WORKED AS ASSISTANT CUSTODIAN AND CUSTODIAN
- INCHARGE FOR CRITERIA V (STUDENT SUPPORT AND PROGRESSION)

Teaching Activities:

Subject taught	Year / Class
Clinical Teaching	1 st year, 2 nd year, 4 th year BPT and MPT
Neuro Physiotherapy	4 th (Final) year BPT
Electrotherapy	1 st year BPT
Neuro physiotherapy and Geriatric Physiotherapy	Master of Physiotherapy

Total Work Experience: Clinical experience: 3 YEARS 10 MONTHS,

Teaching experience: 18 YEARS

Clinical and Teaching experience: 20 YEARS 10 MONTHS

University Assignment:

Invigilator, Internal and External Examiner and Squad and Room superintendent, Paper Evaluator and Paper setter for various universities

Guided UG and PG students for the various projects.

Organized and participated in various Awareness programs camps in the field of Physiotherapy .

UDEHP Workshop attended

1. **Fitness evaluation and Prescription for Health Professionals** by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, November 2015.
2. **Effective mentorship to reach out** UDEHP & JNMC, Belagavi, May- 2016.
3. **Stress Management and Relaxation**, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, June- 2016.
4. **Art of setting a question paper**, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, on 1st and 2nd Dec 2016
5. **Physiotherapy in women health**, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, on 9th and 10th Dec 2016
6. **Work ethics and culture** UDEHP & KLE University, Institute of Physiotherapy, Belagavi, 7th April - 2017.
7. **Hydrotherapy A Stress Baster** UDEHP & KLE University, Institute of Physiotherapy, Belagavi, 11th August - 2017.
8. **Technology Trends for Future Learning**, KLE Institute of Physiotherapy, 5th March 2018
9. **Outcome based Education**, UDEHP KLE Institute of Physiotherapy, 8th April 2019
10. **Regulatory compliance: Good laboratory practices**, BSRC Belgavi on 19th April 2019
11. **Equipping tomorrow doctors with soft skills** UDEHP KAHER & KLE Institute of Physiotherapy, Belagavi, 19th October 2019
12. **Innovative pedagogies for powerful teaching** UDEHP KAHER & KLE Institute of Physiotherapy, Belagavi, 26th Feb 2020
13. **Be a stress free teacher –stress management session** UDEHP KAHER & KLE Institute of Physiotherapy, Belagavi, 29th Nov 2021
14. **Wokkplace environment and mental health** UDEHP KAHER & KLE Institute of Physiotherapy, Belagavi, 24th March 2022
15. **Professional Development** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 22nd April 2022

16. **Be an effective presenter, Presentation skill enhancement** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 20th and 21st OCT 2022
17. **Intellectual Property Rights** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 3rd May 2023
18. **Quality assurance in out come bease education** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 21st Sept 2023
19. **Choice bassed credit system** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 28th march 2024
20. **International classification od functioning, Disability and health (ICF)** organized by KLE Institute of Physiotherapy, Belgaum on 14th and 15th October 2024
21. **Balancing professional and personal life** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 22 October 2024
22. **Entrepeunership for health care professionals** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 24 March 2025
23. **Application of AETCOM for postgraduate teaching physiotherapy education** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 25 Nov 2025

Workshop attended

1. Attended a work shop on **Evidence Based Physiotherapy** on 9th May 2009 organized by KLES Institute of Physiotherapy Belgaum.
2. Attended the workshop on **Teaching Methodology and Educational Technology** on 10th and 11th June 2009 by KLE University Belgaum.
3. Attended the work shop on **Teaching methodology** on 20th Aug 2009 organized by Nitte Institute of physiotherapy mangalore
4. Attended the workshop on **Sensory Integration** 29th and 30^h Jan 2010 by KLE Institute of Physiotherapy Belgaum.
5. Attended the workshop on **E Learning** on 20th Feb 2010 by KLE Institute of Physiotherapy Belgaum.
6. Attended the workshop on **Qualitative Research and Bio ethics** on 10th and 11th May 2010 by KLE University Belgaum.
7. Attended the workshop on **Teaching Methodology and Educational Technology** on 10th and 11th June 2009 by KLE University Belgaum.

8. Attended the work shop on **Teaching methodology** on 20th Aug 2009 organized by Nitte Institute of physiotherapy mangalore
9. Attended the workshop on **Sensory Integration** 29th and 30th Jan 2010 by KLE Institute of Physiotherapy Belgaum.
10. Attended the workshop on **E Learning** on 20th Feb 2010 by KLE Institute of Physiotherapy Belgaum.
11. Attended the workshop on **Qualitative Research and Bio Ethics** on 10th and 11th May 2010 by KLE University Belgaum.
12. Attended the workshop on **Sports physiotherapy** organized by KLEU Institute of Physiotherapy on 14th sep 2010.
13. Attended the post conference workshop on **Neuro Developmental Therapy** organized by KLE University's Institute of Physiotherapy, Belgaum on 12th ,13th , 14th and 15th Dec 2011.
14. Attended the post conference workshop on **Applying sensory integration- Principles in Paediatric Physiotherapy** organized by KLE University's Institute of Physiotherapy, Belgaum on 17th and 18th Dec 2012
15. Attended the workshop on **personality development and emotional quotient** organized by KLEU Institute of Physiotherapy, Belgaum on 22nd and 23rd November 2013.
16. Attended Hands on workshop on **sensory integration** organized by KLEU Institute of Physiotherapy, Belgaum on 12th and 13rd September 2014.
17. Attended Hands on workshop on **Clinical pilates module - 1** organized at KLEU Institute of Physiotherapy, Belagavi on 17th and 18th November 2017
18. Attended Hands on workshop on **Kinetic chain activation technique** organized at KAHER Institute of Physiotherapy, Belagavi on 8th and 9th June 2022
19. Attended Hands on workshop on **Geriatric assessment and rehabilitation in falls sarcopenia and frailty** organized at Dept of Geriatric physiotherapy KAHER Institute of Physiotherapy, Belagavi on 31st Jan 2023.
20. **International classification od functioning, Disability and health (ICF)** organized by KLE Institute of Physiotherapy, Belgaum on 14th and 15th October 2024

International workshop

1. Attended the **International workshop on mentorship**: Collaborative Learning in Practice organized under UKIERI (UK-India Education and research Initiative) organized by KLEU Institute of Nursing Sciences, Belgaum on 17th to 21st November 2014.

Resource person

1. I was the resource person in National update on Neurophysiotherapy organized by department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009.
2. I was the resource person in National update on Neurophysiotherapy organized by department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2010.
3. I was the resource person in **Research Methodology** workshop on 18th and 19th Sep 2014.
4. I was the resource person in **Research Methodology** workshop on march 2018 held in Institute of physiotherapy , Belagavi.
5. I was the resource person in **Research Methodology** workshop on 4th and 6th Oct 2018 held in Institute of physiotherapy , Belagavi
6. I was the resource person in **Neurological examination** workshop on 21st sept 2018 held in Institute of nursing sciences , Belagavi.
7. I was the resource person in **Research Methodology** workshop on 4th Nov 2019 held in Institute of physiotherapy , Belagavi.
8. **International conference of geriatric orthopedics society of India GOSICON 2022** attending as speaker on Rehabilitation of spine which was held on 5th Nov 2022,
9. **International conference of geriatric orthopedics society of India GOSICON 2022** attending as speaker on exercises to prevent falls in geriatrics which was held on 6th Nov 2022,

10. **Resorce person on Iontophoresis in physiotherapy** at National Physiotherapy conferene organized by mahalaxmi college of physiotherapy and rehabilitation Satara, Maharashtra on 17th march 2024
11. AHSCON 2025, KAHAP has organisesd the conference on 17 and 18 Jan 2025 in S Vyasa University, Bangalore and I was the speaker on Innovative approaches in neurorehabilitation.

Presented the paper and Chaired the scientific session

1. Chaired the scientific session during **National update on Neurophysiotherapy** organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009.
2. I was the co chairman for scientific sessions for **National conference on Orthopaedic manual therapy** and physiotherapy update 2011 organized by KLE University's Institute of Physiotherapy, Belgaum on 9th, 10th and 11th Dec 2011.
3. Presented paper on "The effect of postural restrictions in the treatment of BPPV" A randomised control trial at 54th Annual Conference of the IAP Shirdi -2016 from 19th to 21st Feb 2016.
4. Chaired the scientific session for **1st International Physiotherapy Conference 2019** at MGM Institute and School of Physiotherapy Aurangabad from 21st and 22nd September 2019.
5. **International Physiotherapy conference, Nitte Physio Panacea 2022 Mangalore**, for attended, plenary chairperson and Chaired the scientific sessions which was held on 2nd and 3rd Dec 2022
6. **Presented paper on HMD-VR with Treadmill training on walking speed, balance and quality of life in hemiparesis - A randomized controlled trial** at 61st National IAP held in 8th to 10 march 2024 at Dehradun, Uttarkhand
7. **Panelist at National Physiotherapy conferene** organized by mahalaxmi college of physiotherapy and rehabilitation satara Maharashtra on 17th march 2024
8. Chaired the scientific session for 62nd National IAP conference held in 15th and 16th Feb 2025 at Nasik, Maharashtra

9. **Chairperson and panelist for International conference Pearl physiocon 2025** held on 21st & 22nd Nov 2025 organised by KAHER Institute of Physiotherapy, Belagavi.

Organized conferences / workshops

1. I was the Co Organizing secretary for National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009.
2. I was the Co Organizing secretary for National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2010.
3. I was the organizing member for National conference on Orthopaedic manual therapy and physiotherapy update 2011 organized by KLE University's Institute of Physiotherapy, Belgaum on 9th, 10th and 11th Dec 2011
4. I was the organizing secretary for work shop on electro-diagnosis on 22nd and 23rd April 2012 organized by KLE University's Institute of Physiotherapy, Belgaum
5. I was the organizing member for National conference on Physiotherapy update 2012 organized by KLE University's Institute of Physiotherapy, Belgaum on 14th, 15th and 16th Dec 2012.
6. Organising member for International multidisciplinary Rehab E Con 2022 held on 26th & 27th February 2022 organised by MGM School of Physiotherapy, Aurangabad
7. **Be an effective presenter, Presentation skill enhancement** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 20th and 21st OCT 2022
8. **Intellectual Property Rights** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 3rd May 2023
9. Organised Hands on workshop on **Geriatric assessment and rehabilitation in falls, sarcopenia and frailty** organized at Dept of Geriatric physiotherapy KAHER Institute of Physiotherapy, Belagavi on 31st Jan 2023
10. **Quality assurance in outcome based education** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 21st Sept 2023

11. **Choice based credit system** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 28th march 2024
12. **Balancing professional and personal life** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 22 October 2024
13. **Entrepeunership for health care professionals** UDEHP KAHER and KLE Institute of Physiotherapy, Belagavi, 24 March 2025
14. **Treasurer and Catering incharge for Pearl physiocon 2025** held on 21st & 22nd Nov 2025 organised by KAHER Institute of Physiotherapy, Belagavi.

Guest lecture

1. Deleverd guest lecture on Introduction to physiotherapy at Shri Kalabyraveshwara swamy Ayurvedic Medical college Hospital and research center bangalors on Jan 20 th 2011
2. Delevered lecture on **stroke prevention** for Rotatory club of Belagavi mid-town Rotary members on 4th Nov 2015.
3. **BPPV** at Krishna college of Physiotherapy, Karad on 28th June 2022
4. Webinar on BPPV, Nitte institute of physiotherapy, Mangalore on 29 April 2024

Conference attended

1. Attended First Asian conference on Duchene Muscular Dystrophy held at Bangalore on 28thFeb to March 1st 2009
2. Attended in National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2009
3. Attended 48th Annual Conference of the IAP 2010 Mangalore from 22 to 24th Jan 2010
4. Attended 48th Annual Post Conference of the IAP 2010 Mangalore from 25 to 26th Jan 2010 on Vestibular Rehabilitation
5. Attended National update on Neurophysiotherapy organized by Department of Neurophysiotherapy KLE University's Institute of Physiotherapy, Belgaum on 3rd, 4th, 5th Dec 2010

6. Attended the National conference on Orthopaedic manual therapy and physiotherapy update 2011 organized by KLE University's Institute of Physiotherapy, Belgaum on 9th, 10th and 11th Dec 2011
7. Attended the National conference on Physiotherapy update 2012 organized by KLE University's Institute of Physiotherapy, Belgaum on 14th, 15th and 16th Dec 2012.
8. Attended 54th Annual Conference of the IAP Shirdi -2016 from 19th to 21st Feb 2016
9. Attended 1st International Physiotherapy Conference 2019 at MGM Institute and School of Physiotherapy Aurangabad from 21st and 22nd September 2019
10. **International conference of geriatric orthopedics society of India GOSICON 2022** attended as speaker which was held on 4th to 6th Nov 2022.
11. **International Physiotherapy conference, Nitte Physio Panacea 2022 Mangalore**, for attended and plenary chairperson which will be held on 2nd and 3rd Dec 2022.
12. Attended 61st National IAP conference held in 8th to 10 march 2024 at Dehradun, Uttarkhand
12. Attended National Physiotherapy conferene organized by mahalaxmi college of physiotherapy and rehabilitation satara Maharashtra on 17th march 2024
13. Attended 62nd National IAP conference held in 15th and 16 th Feb 2025 at Nasik, Maharashtra.

Publication :

1. **Anil R Muragod, (Corrsponding author)** Sreekumaran. A comparative study on effectiveness of ultrasound therapy and low level laser therapy in the management of second stage pressure sores (IJOPT Jan - March 2012)
2. Patel Neelam Jayash, **Anil. R Muragod**, Open Kinematic chain exercise for sick Scapula in competitive asymptomatic overhead athletes of 3 weeks (Int J Physiother Res 2014, vol 2(4):608-15)
3. Shamim Shaikh, **Anil Muragod**. Effect of cognitive rehabilitation for mild cognitive impairment in the geriatric population with early onset hypertension

pretest post- test design. (Indian Journal of Health Science. Jan- Jun 2014, vol 7 Issue 1)

4. **A Muragod**, V RPatil. Immediate effects of static stretching versus myofascial release in ilotibial band tight-ness in long distance runners-a randomised clinical trial (European Journal of Sports medicine Vol 2Issue 1 Sept 2014)
5. **Anil R Muragod**, Neelam J Patel. Flat foot and posterior tibial tendon length - A correlational study(IJOPT Oct - Dec2015)
6. Mithil V Shah, Sanjiv Kumar, **Anil R Muragod**. Effect of Constraint Induced Movement Therapy Verses Motor Relearning program for upper extremity function in subacute hemiparetic patients- Randomised clinical trial (IJOPT Jan -March 2015)
7. Sanjiv Kumar, Jorida Fernandes, Rishabh Sharan, Gaurav Mhaske, **Anil R Muragod** , Jeba Chitra, Development of a Functional Assessment Scale for Indian Population (IJOPT Jan -March 2015)
8. **Anil R Muragod (Corrponding author)** , Sanjiv Kumar. Effect of Tai Chi in the Management of Meniere's Disease, Indian Journal of Physiotherapy and Occupational Therapy. January-March 2016, Vol. 10, No. 1 Pg No 130-133
9. **Anil R Muragod (Corrponding author)**, Sanjiv Kumar. Comparative Study of Effectiveness of Epleys Maneuver Verses Gans Maneuver In BPPV Indian Journal of Physiotherapy and Occupational Therapy. January-March 2016, Vol. 10, No. 1 Pg No 188-191
10. **Anil R Muragod**, Reshma V Thachiladi, Kartik Swami. Effect of low level laser therapy for pain following tooth extraction (International journal of multidisciplinary education research April 2016)
11. **Anil R Muragod**, Mana Y, Yashashree Apte, Yulia Gomes. Effect of progressive resistance training and balance training on balance performance in young old adults:randomized clinical trail(Int J Physiother Res 2016, vol 2(4):608-15)
12. **Anil R Muragod (Corrponding author)**, Salma Mahrukh. Compare the effectiveness of pilates and conventional balance training in young old geriatric population(Indian journal of Preventive medicin, Val 4 Nub 2 July Dec 2016, 69-740)

13. **Anil R Muragod**, Kartik Swami, Reshma V Thachiladi. Effect of low level laser therapy and low intensity, pulsed ultrasound on pain following tooth extraction: single blinded study(Int J Physiother Res 2016, vol 4(4):1578-82)
14. **Anil Muragod**, Oshin Mathias, Prachi Bhoir, Effectivenesss of Transcutaneous Electrical Nerve Stimulation and Diadynamic Current on Primary Dysmenorrhea: A Randomized Clinical Trial. Journal of Medical Science and clinical Research JMSCR Vol 05Issue 03 Page 18557-18562 March 2017
15. **Anil R Muragod (Corrsponding author)**, Sanjiv Kumar, The Effect Of Postural Restrictions In The Treatment Of Benign Paroxysmal Positional Vertigo: Randomized Control Trial Int J Physiother Res 2017, Vol 5(3):2051-56. ISSN 2321-1822
16. **Anil R Muragod**, Akhil A. K. Screeningof depression in old age home environment using geriatric depression scale Zung self rating Depression scale modified kuppuswamys socio ecominic stadius scale , A observational study. Journal of Medical Science and clinical Research (JMSCR) Vol 05Issue 06 June 2017 Page 23424-23429
17. **Anil R Muragod (Corrsponding author)**, Tanvi Pathania, Effects of static stretching and neurodynamic mobilization on hamstring flexibility in elderly population A randamised clinical trial: International journal of applied research 2017:3(8):520-523
18. Dhanya Thelakkad Mana, Sanjiv Kumar and **Anil R Muragod**, Correlation between migraine originated disability and coping up startigies in early adult female population: European journal of physiotherapy <https://doi.org/10.1080/21679169.2018.1468812>
19. Andrea R.Hegde, Ganesh B.R, **Anil Muragod**. Effect of 4 Weeks Suboccipital Muscle Inhibition Technique on Hamstring Tightness in Male Recreational Basketball Players - A Clinical Trial, International Journal of Medical Science and Innovative Research (IJMSIR) Volume – 3, Issue –4, August - 2018, Page No. : 102 – 109
20. **Anil Muragod**, Prajakta Patil, Shikha Ashish Raval, PrateekHiremath. Effect of muscle energy technique and active relies technique on hip internal and external

rotation ROM and strength in competitive football players. A randomised clinical trial, IJOPT Oct -Dec 2018: 51-56

21. Tanvi Pathania, **Anil R. Muragod**, Comparative effect of foam roller and M2T blade on hamstring flexibility in elderly population: A randomized control trial, Indian Journal of Health Sciences and Biomedical Research, KLEU - Volume 12, Issue 2, May-August 2019:160-65
(DOI:10.4103/kleuhsj.kleuhsj_118_18)
22. **Dr Anil R. Muragod (Corrresponding author)**, Runali R. Fakre Knowelege about aging and its relationship with worry and intolerance of uncertainty in working clerical quinquagenarians : An observational study Indian Journal Of Applied Research , Volume 9, Issue 11 Nov 2019:20-22
23. **Dr Anil Rachappa Muragod**, Sindoor Sreeniva: Association of depression with quality of sleep and quality of life in geriatric population in old age homes: An observational study, Indian Journal Of Applied Research , Volume 9, Issue 11 Nov 2019:32-35
24. **Anil Rachappa Muragod (Corrresponding author)**, Anil S. Harugop , Kirti Khemlapure , Krupa Varahmurty and Mussarrat Begum Jamkhanewale, Effect of nadifloxacin phonophoresis and pulsed ultrasound in subjects with acute sinusitis- a randomized clinical trial International Journal of Advanced Research (IJAR) Volume 8, Issue 9 Nov 2020: 1179-1182 (DOI: 10.21474/IJAR01/11773)
25. Anil Muragod (**Corrresponding author**), Pallavi Sujit Nerurkar, Nishi Tarang Pastagia Fatigue and quality of life after 2 weeks post discharge in post-COVID-19 subjects: A cross-sectional study IJPTR Year : 2022 | Volume : 4 | Issue : 1 | Page : 46-50 DOI: 10.4103/ijptr.ijptr_14_21
26. Vijayalaxmi Kanabur, Anil Muragod, Effect of dynamic cupping VS vibrating foam roller on pain, range of motion, and quality of life in elderly with subacute and chronic condition osteoarthrities of the knee: randomised controlled trial : MGM journal of medical science, Val 9, issue 4 OCT -Dec 2022 Page:472-479
27. Anil Muragod, Vijayalaxmi Kanabur, Assessment of motor function by developing of new program in community dwelling elderly: A pilot study, BLD university of

health science journal, Year : 2023 | Volume : 8 | Issue : 1 | Page : 119-123
10.4103/bjhs.bjhs_132_22

28. Anil Rachappa Muragod (**Corrspoding author**), Shikha Vedprakash Paasi, Effect of Hemibridge with Ball and Balloon Exercise on Balance, Gait Speed, Fear of Fall, and Quality of Life in Elderly – A Randomized Controlled Trial. *Indian Journal of Physical Therapy and Research* | Volume 5 | Issue 1 | January-June 2023
29. Anil Muragod, Sayali Muley , Combined effect of anodal-transcranial direct current stimulation and transcutaneous electrical nerve stimulation on upper limb motor function and activities of daily living in participants with subacute and chronic stroke – A pilot study, *BLD university journal of health science*, Year : July Dec 2023 | Volume : 8 | Issue : 2 | Page : 277-288 10.4103/bjhs.bjhs_57_23
30. Dr Anil Muragod, Javiriya Mainuddin, Effect of Hand-Held Percussion Massage vs Instrument Assisted Soft Tissue Mobilization on Hamstring Muscle Flexibility in Young adults – randimised clinical trial, *Scope*, Volume 14 Number 02 June 2024 page:293-303
31. Anish Mandrekar1, Dr Anil Muragod, Immediate Effect of Ionotohoresis with Short Foot Exercises on Pain and Rom in Plantar Fasciitis, *International Journal of Science and Research (IJSR)*, Volume 13 Issue 7, July 2024 DOI: <https://dx.doi.org/10.21275/SR24721121137>
32. Muragod, Anil; (**Corrspoding author**), Jadav, Kaustubh; Dalal, Jenisha Rajendra; Joshi, Vedashri, Effect of Music Therapy versus Guided Imagery on Healthcare Professional Students with Stress and Anxiety: A Randomized Clinical Trial, *Indian Journal of Physical Therapy and Research* [6\(2\):p192-197, Jul-Dec 2024](#). DOI: 10.4103/ijptr.ijptr_38_24
33. Gawas, Rutuja Namdeo, Muragod, Anil Rachappa (**Corrspoding author**) Khan, Heeba Correlation of Handgrip Strength with Lower Limb Strength, Fear of Fall, and Quality of Life in Young Old Population – A Cross-sectional Study, *Archives of Medicine and Health Sciences* [13\(2\):p 228-233, May Aug2025](#). | DOI: 10.4103/amhs.amhs_147_24

34. Online ahead of print. Anil R Muragod, Gawas Rutuja, Effect of Yoga on Risk of Fall, Gait Speed, and Quality of Life in Young Old Population: A Clinical Trial Altern Ther Health Med 2025 Sep 24:AT11705
35. Anil R Muragod, Gawas Rutuja, Effect of Otago Exercise Program versus Yoga on Risk of Fall, Gait Speed and Quality of Life in Young-old Population: A Randomised Clinical Trial, Journal of Clinical and Diagnostic Research. 2026 Jan, Vol-20(1): YC05-YC10 DOI: 10.7860/JCDR/2026/81423.22239

Certificate courses

1. Under went Tai Chi apparent instructor course on 14th Feb 2009.
2. M²T – Blade, Instrument Assisted Soft Tissue Mobilization, International workshop. Belagavi on 30 and 31st May 2016.
3. Basic and advance course on Matrix rhythm Therapy Held on Dec 21 and 22 2017

Journal work

- Managing Editor For Indian Journal Of Physical Therapy And Research
- Editorial Member For Indian Journal Of Health Sciences And Biomedical Reseach
- Reviewer for many journals