

Pamela Virgil D'Silva MPT,CKT,COMT
Specialization: Orthopaedic Physiotherapy

Date of birth: 27th November 1990
Email ID: pamela.dsilva@ymail.com
Contact No: (+91 7353794793)
(+917030532565)

PROFESSIONAL MEMBERSHIP

IAP Registration: L-0242

OTPT Council Registration: PR-2017/05/PT/005877

Permanent Address

Curtorim, Salcete- Goa
403709

SUMMARY

Masters in Orthopaedic Physiotherapy, Certified in Kinesio Taping, Integrated Manual therapy approach, Matrix Rhythm Therapy.

CAREER OBJECTIVE

Aspiring for a challenging job wherein my qualification and acquired skills are put to the best use, providing me with an opportunity to grow professionally to my fullest potential, also where I can share , contribute and upgrade my knowledge for the development of the organization served.

EXPERIENCE SUMMARY:

- Assistant Professor, KAHER Institute of Physiotherapy, 5th July 2021 till date Belagavi, Karnataka.
- Lecturer, KAHER Institute of Physiotherapy, 4th December 2017 to 4th July 2021 Belagavi, Karnataka.
- Clinical Physiotherapist, Department of Orthopaedic Manual therapy, Dr. Prabhakar Kore Hospital and MRC. December 2017 till date. Belagavi, Karnataka.
- Consultant Physiotherapist at Sports Physiotherapy Aqua Rehabilitation Center, Rajagiri Victor Hospital from March 2017 -November 2017. Margao-Goa.
- Private practice from September 2016 till February 2017. Margao -Goa.
- Selected by Sports Authority of Goa and Goa Medical College as Sports Physiotherapist for on-field and off-field Injury management and Rehabilitation under Medical and Dope Control at the 3rd INETRATIONAL LUSOFONIA GAMES- Goa India (January 2014).
- Worked as Head Consultant Physiotherapist at Dr. SONU KAMAT'S Orthopaedic and Trauma Care Centre & Rehabilitation Unit- Curchorem-Goa India (October 2013- July 2014)

- Intern at Dr.Prabhakar Kore Hospital and Medical Research Centre, Belagavi, Karnataka (January 2013- July 2013)

ACADEMIC QUALIFICATIONS & CERTIFICATIONS

- Completed all modules within Writing Skills by **Elsevier's Researcher Academy** on 27th June 2021
- Completed all modules within Fundamentals of Manuscript Preparation by **Elsevier's Researcher Academy** on 4th June 2021.
- Completed Health Research Fundamentals Certification course of 8 weeks by **National Programme Technology Enhanced Learning** in Sept- Nov 2020 with a score of **87%**.
- Online certification on COVID-19: Operational planning guidelines and COVID-19 partners platform to support country preparedness and responses by **WHO, Health Emergencies program**
- Certified in Orthopaedic Manual Therapy by Capri Institute of Manual Therapy in February 2018
- Certified practitioner in Matrix rhythm therapy- basic and advanced course in December 2017.
- Certified Kinesiology Taping Practitioner Basic and Advanced Level (Jacqui McCord Uys- Republic of South Africa). **CPD Accredited** 2015

ACADEMIC DETAILS

Sr. No	Examination/ Degree	Year of passing	School/College/ Institute	Board/ University
1.	Master in Orthopaedic Physiotherapy (Second year) University-3RD RANK	2016	KLEU Institute Of Physiotherapy	KLE University

2.	Master in Orthopaedic Physiotherapy (First year) University-3RD RANK	2015	KIEU Institute Of Physiotherapy	Kle University
3.	BPT	2012	KLEU Institute Of Physiotherapy	Rajiv Gandhi University Of Health Sciences , Karnataka
4.	SSLC	2008	Our Lady Of The Rosary Higher Secondary School – Dona Paula	Goa Board
5.	SSC	2006	St. Rita’s High School Maina- Curtorim, Goa	Goa Board

ACHIEVEMENTS

- Secured 2nd place in Mask Painting competition on 10th November 2020, Swashakti Empowerment Cell of Women, KLE Society, Belagavi
- Secured 2nd place in 100 mts sprint at Annual Humbo Meet 2019.
- Secured 1st Prize in senior category for Poster Presentation in 1st MGM International Conference PHYSIOCON 2019, Aurangabad. Maharashtra.
- Secured 3rd rank in MPT 1st and 2nd year examinations in 2015-2016.
- Secured 1st place in Throwball held during Physiotherapy Annual Sports Meet 2015

REVIEWER FOR JOURNALS

- Journal of Bodywork and Movement Therapies-05
- Journal of Back and Musculoskeletal Rehabilitation-02

RESOURCE PERSON

- Resource person for CME on World Arthritis and World osteoporosis day organized by Department of Orthopedics, KLE Dr. Prabhakar Kore Hospital and MRC, on 12th October 2021 on the topic- “Bone health maintenance and exercise.”
- Resource Person for Research Methodology workshop on 25th March 2021 for Interns at KAHER Institute of Physiotherapy Belagavi
- Resource person for NSS Co-ordinators of KAHER Training on “ Geotagging” organized by KLE Institute of Physiotherapy NSS Unit at KLE Institute of Physiotherapy on 4th February 202
- Resource person for PG Training on “How to do Google From & E certificate” organized by KLE Institute of Physiotherapy NSS Unit at KLE Institute of Physiotherapy on 25th September 2020.
- Resource Person for Research Methodology workshop on 21st September 2020 for Interns at KAHER Institute of Physiotherapy Belagavi
- Resource Person for Webinar Series on the occasion of World Physiotherapy Day on the topic “Role of Gait Laboratories” on 8th September 2020 at KAHER Institute of Physiotherapy, Belagavi
- Resource Person for Research Methodology and Synopsis Writing workshop on 9th and 10th September 2019 at KAHER Institute of Physiotherapy Belagavi.
- Resource Person for CME on Osteoarthritis and Osteoporosis organized by orthopaedic department of KLE Dr Prabhakar Kore Hospital Belagavi on 20th March 2019.
- Resource Person for Research Methodology and Synopsis Writing workshop on 9th and 10th September 2018 at KAHER Institute of Physiotherapy Belagavi.

RESEARCH PUBLICATION

- Metgud S, **D'Silva PV**. Soft skills in physical therapy profession: Need of the hour. Indian Journal of Physical Therapy and Research. 2021 Jul 1;3(2):67.
- Metgud S, **D'Silva P**, Parikh Y, Ligade P. effect of matrix rhythm therapy on shoulder stiffness secondary to distal radius fracture. A case report. KLESH Lifeline, 2021 Jan.; Issue XL: 51-53. ISSN 09745475.
- Metgud S, Monteiro S, Heggannavar A, **D'Silva P**. Effect of integrated neuromuscular inhibition technique on trigger points in patients with non specific low back pain:

Randomized controlled trial. Indian Journal of Physical Therapy and Research. 2020. 2(2): 99-105

- Metgud S, **D'Silva P**, Shetty D. Rotator cuff injury secondary to fascioscapulothoracic muscular dystrophy: A case report. KLESH Lifeline. 2019 Aug.; xxxvii: 16-18
- Heggannavar A, **D'Silva P**, Metgud S, Kage V. Achillodynia in a recreational athlete: A case report. KLESH Lifeline. 2019 Aug.; xxxvii: 35-36.
- Kage V, **D'Silva P**. Effectiveness of myofascial release with foam roller versus static stretching in healthy individuals with hip adductor tightness. A randomized clinical trial published in International Journal of Medical Research And Health Sciences, 2017, 6(12):35-41.

WORK PRESENTED

- Presented a POSTER titled “ Effectiveness of Maitland , Mulligan and Gong Mobilization On Shoulder Abduction Range Of Motion In Subjects With Frozen Shoulder: A Randomised Clinical Trial” at MGM Physiocon-1st International Conference at Aurangabad, September 2019.
- Presented a PAPER titled “ Effect of Mulligan’s Traction SLR Versus Mulligan's Bent Leg Raise In Low Back Pain With Radiculopathy : A Randomised Clinical Trial” at MEDINSPIRE , an International Multidisciplinary Conference at Navi Mumbai, February 2019.
- Presented PAPER titled “ Posterior Pelvic Tilt Kinesio Taping Versus Mulligan Taping in Subjects With Sacroiliac Joint Dysfunction: A Randomised Clinical Trial” at National Conference on Physical Therapy at Mumbai, December 2017.
- Presented PAPER titled “ Effectiveness Of Myofascial Release With Foam Roller Versus Static Stretching In Healthy Individuals With Hip Adductor Tightness- A Randomized Clinical Trial” at 54th Annual Conference of the IAP at Shirdi, February 2016.
- Presented a Poster on “PILATES” for Poster Presentation held during the Annual Meet at KLE’s Institute of Physiotherapy Belgaum in 2011.

PROJECTS COMPLETED

- Development And Validation Of A Knee Posture Grading Scale For Adults.
- Correlation Of Foot Posture With Knee And Neck Posture: An Observational Study

- Development And Applicability Of A Digital Instrument For The Assessment Of Intervertebral Range Of Motion.
- Correlation Of Tightness In Hamstrings, Iliotibial Band, Gluteus Maximus, Tendoachilis In Young Individuals With Mechanical Low Back Pain: An Observational Study
- Effect of T7 to T9 Vertebral Mobilization on Blood Glucose levels in Type II Diabetes Mellitus – A Pilot Study
- Effect of T7 to T9 Vertebral Mobilization on Blood Glucose levels in Type II Diabetes Mellitus – A Randomized controlled trial
- Immediate And Short Term Effect of IASTM And Foam Roller On Hip, Knee And Ankle In Asymptomatic Subjects With Hamstring And Gastrosoleus Tightness – Randomized Clinical Trial
- Combined Effects Of Upper Thoracic Manipulation And Pranayama On Subjects With Stage I Hypertension: A Randomized Controlled trial
- Immediate Effect Of MWM Adductor Stretch, Myofascial Release And Conventional Stretching In Asymptomatic Subjects With Hip Adductor Tightness-A Randomized Controlled Trial
- Effect Of Blood Flow Restriction On Efficacy Of Hip Strengthening Exercises In Females With Patellofemoral Pain Syndrome – A Randomised Controlled Trial
- Effect of Mulligan stretching and strengthening exercises in subjects with lower crossed syndrome
- Development of a gait training ramp for weight training in lower limb rehabilitation
- Effect of integrated neuromuscular inhibition technique on trigger points in patients with non specific low back pain: Randomized controlled trial
- Association of severity of COVID-19 infection in COVID-19 survivors and its effect on mental health – An observational study
- Comparative effectiveness of thoracic maitland mobilization and thoracic sustained natural apophyseal glide on upper limb swing mechanics and performance in long distance runners- A randomized clinical trial
- Case report titled “Rotator Cuff Injury Secondary To Fascioscapulohumeral Dystrophy.” (2019)

- Case report titled “Achillodynia in a recreational badminton player”. (2019)
- Project titled “Efficacy of a tailor made exercise protocol on physical and mental health in thyroid dysfunction: A pre -post experimental study.” (2018-2019)
- Case report titled “Tailor Made Rehabilitation Protocol For Sero Negative Spondyloarthopathy- A Rare Case” . (2016)
- THESIS titled “ Posterior Pelvic Tilt Kinesio Taping Versus Mulligan Taping In Subjects With Sacroiliac Joint Dysfunction- A Randomized Clinical Trial”.(2015-2016)
- Completed a minor project during the first year of my Master’s program titled, “Effectiveness Of Myofascial Release With Foam Roller Versus Static Stretching In Healthy Individuals With Hip Adductor Tightness- A Randomized Clinical Trial”.(2015)
- Completed a project in the final year of my Bachelor’s program titled “ Perinatal Physiotherapy”.(2011)

RESEARCH GUIDE

- Efficacy of a tailor made exercise protocol on physical and mental health in thyroid dysfunction: A pre -post experimental study.
- Comparative effectiveness of thoracic maitland mobilization and thoracic sustained natural apophyseal glide on upper limb swing mechanics and performance in long distance runners- A randomized clinical trial.
- Association of severity of COVID-19 infection in COVID-19 survivors and its effect on mental health – An observational study

CO-GUIDE

- Development And Validation Of A Knee Posture Grading Scale For Adults.
- Correlation Of Foot Posture With Knee And Neck Posture: An Observational Study
- Development And Applicability Of A Digital Instrument For The Assessment Of Intervertebral Range Of Motion.
- Correlation Of Tightness In Hamstrings, Iliotibial Band, Gluteus Maximus, Tendoachilis In Young Individuals With Mechanical Low Back Pain: An Observational Study

- Effect of T7 to T9 Vertebral Mobilization on Blood Glucose levels in Type II Diabetes Mellitus – A Pilot Study
- Effect of T7 to T9 Vertebral Mobilization on Blood Glucose levels in Type II Diabetes Mellitus – A Randomized controlled trial
- Immediate And Short Term Effect of IASTM And Foam Roller On Hip, Knee And Ankle In Asymptomatic Subjects With Hamstring And Gastrosoleus Tightness – Randomized Clinical Trial
- Combined Effects Of Upper Thoracic Manipulation And Pranayama On Subjects With Stage I Hypertension: A Randomized Controlled trial
- Immediate Effect Of MWM Adductor Stretch, Myofascial Release And Conventional Stretching In Asymptomatic Subjects With Hip Adductor Tightness-A Randomized Controlled Trial
- Effect Of Blood Flow Restriction On Efficacy Of Hip Strengthening Exercises In Females With Patellofemoral Pain Syndrome – A Randomised Controlled Trial
- Effect of Mulligan stretching and strengthening exercises in subjects with lower crossed syndrome
- Development of a gait training ramp for weight training in lower limb rehabilitation
- Effect of integrated neuromuscular inhibition technique on trigger points in patients with non specific low back pain: Randomized controlled trial

CONFERENCES ATTENDED

- Online Physiotherapy conference – QUADRANS 2021, organized by KLE Institute of Physiotherapy, Belagavi on 26th and 27th February 2021
- Online Physiotherapy conference SIP-e-CON organized by Society of Indian Physiotherapists on 17th January 2021
- 11th National Conference on Health Education 21st November 2019, Belagavi, Karnataka
- MGM Physiocon, 1st International Conference on 20th & 21st September 2019 at MGM , Aurangabad, Maharashtra-INDIA.

- MEDINSPIRE, International Multidisciplinary Conference on 14th, 15th & 16th February 2019, D.Y Patil Institute of Health Sciences , Navi Mumbai, Maharashtra-INDIA.
- National Conference on Physical Therapy on 16th & 17th December 2019 at CIDCO Exhibition Center, Mumbai, Maharashtra-INDIA.
- International Physiotherapy Conference -**AQUACON** 2017 on 27th & 28th May 2017 at Hotel Neelam's Grand, Calangute, Goa-INDIA.
- 54th Annual Conference of the **IAP** on 19th, 20th & 21st February 2016 at Pushpak Resort, Shirdi, Maharashtra- INDIA.
- **IASMCON** 2015 on 9th, 10th & 11th January 2015 at Hotel Renaissance Convention Centre – Powai, Mumbai- INDIA.
- National Conference on Orthopaedic Manual Therapy and Physiotherapy Update, KLE University, 9th, 10th & 11th December 2011
- 2nd National Update on Neuro-physiotherapy, KLE University Institute of Physiotherapy, 5th December 2010.

WORKSHOP ATTENDED

- UDEHP Workshop on “ Explore the untapped within you” on 16th March 2021 organized by KLE Institute of Physiotherapy.
- Advanced Excel Training by Proficient Minds- School for Employability Training & Recruitment Services, organized by Department of Physiotherapy Education at KLE Institute of Physiotherapy from 20th -24th July 2020 (online)
- Workshop on E-Content Development on google drive organized by Department of Nursing Sciences , KLE Institute of Nursing Sciences on 22nd July 2020 (online).
- Workshop on “How to write a review article” organized by Dr. M.G.R Educational and research Institute , Tamil Nadu on 11th July 2020. (online)
- UDEHP Workshop on Innovative Pedagogies for Powerful Teaching at KLE Institute of Physiotherapy on 26th February 2020
- Workshop on Innovative Pedagogies for powerful teaching by UDEHP organized by KAHAR Institute of Physiotherapy on 26th January 2020.

- Workshop 11th National Conference on Health Education 21st November 2019
- Workshop on Accreditation in Education for 11th National Conference on Health Education 21st November 2019
- UDEHP Workshop on Equipping Tomorrow's Doctor's with Soft Skills on 19th October 2019 at KAHER Institute of Physiotherapy
- Workshop on Leadership quality and skills by UDEHP organized by department of public health on 17th and 18th September 2019
- Workshop on Functional movement assessment and correction for SI joint and lumbar spine (adjuster pro, modified chiropractic and osteopathic maneuvers) 14th and 15th June 2019
- Workshop on Kinetic soft tissue manipulative technique 14th and 15th June 2019
- UDEHP Workshop on Information and communication technology in health profession education on 26th and 27th April 2019 at KLE VKIDS
- Workshop Outcome based education on 8th April 2019 at KAHER Institute of Physiotherapy
- UDEHP Workshop on Hospital Etiquette and Communication on 23rd March 2019 at KAHER BMK Ayurveda Mahavidhyalaya.
- UDEHP Workshop on Nursing Management: Workplace, Planning, Quality & Safety of Patient Care on 20th & 21st September 2018 at KAHER Institute of Nursing Sciences
- Workshop on Neural Flossing on 24th July 2018 at KAHER Institute of Physiotherapy
- UDEHP Workshop on Classroom Management on 9th July 2018 at KAHER Institute of Physiotherapy
- Workshop on Technology Trends for Future Learning by UDEHP at KAHER Institute of Physiotherapy on 5th March 2018.
- Workshop on Principles and Pharmacogenomics by KLE College of Pharmacy on 29th and 30th December 2017
- Workshop on Matrix Rhythm Therapy Basic and Advanced KAHER Institute of Physiotherapy on 21st and 22nd December 2017
- Hands on workshop on “Osteopathy & Manipulative Therapy Amalgamation in Physiotherapy on Spine”, at SPARC, Rajagiri Victor Hospital, Goa. 30th June and 1st July

2017.

- Hands on workshop on “ Surface and Functional Anatomy” , KLE’s University Institute of Physiotherapy, 21st, 22nd & 23rd January 2016.(**contact hours-15**)
- Hands on workshop on “Advanced Trunk Control Facilitation using NDT Concept”, KLE’s University Institute of Physiotherapy, 8th & 9th May 2015. (**contact hours- 12**)
- Hands on workshop on, “Pregnancy and Physiotherapy”, KLE’s University Institute of Physiotherapy, 4th & 5th March 2015. (**contact hours 10**)
- Hands on workshop on. “Art of Exercise Prescription”, KLE’s University Institute of Physiotherapy, 19th January 2015. (**contact hours -8**)
- Hands on workshop on, “Basic Life Support & Advanced Life Support”, KLE’s University Institute of Physiotherapy, 8th January 2015. (**contact hours -3**)
- Workshop on “Research Methodology”, KLE’s University Institute of Physiotherapy, 18th , 19th & 20th September 2014. (**contact hours-16**)
- Hands on workshop on , “Sensory Integration”, KLE’s University Institute of Physiotherapy, on 12th & 13th September 2014. (**contact hours-14**)
- Hands on workshop on, “Strength and Conditioning”, KLE’s University Institute of Physiotherapy, 7th & 8th September 2014. (**contact hours- 14**)
- Hands on conference workshop on “Taping Techniques”, 7th & 8th December 2011.KLEU Institute of Physiotherapy, Belagavi, Karnataka. (contact hours-14)
- Attended 3rd Annual CME program on “Investigations in Psychiatry” at KLES Dr. Prabhakar Kore Hospital , Belagavi, 13th March 2011.

ORGANIZING MEMBER

- Research Methodology workshop on 25th March 2021 for Interns at KAHER Institute of Physiotherapy Belagavi
- KAIROS –Institutional Sports Annual Meet held on 2nd -4th March 2021, District Stadium, JNMC Campus, Belagavi
- QUADRANS – International Physiotherapy E Conference , organized by KAHER Institute of Physiotherapy on 26th &27th February 2021, Belagavi

- Research Methodology workshop on 21st September 2020 for Interns at KAHER Institute of Physiotherapy Belagavi
- Hands on workshop on Certificate course in Orthopaedic Manual Therapy organized from 6th February- 13th February 2021 by Department of Orthopaedic Manual Therapy, KAHER Institute of Physiotherapy, Belagavi.
- Hands on workshop on Certificate course in Orthopaedic Manual Therapy organized from 28th January to 4th February 2020 by Department of Orthopaedic Manual Therapy, KAHER Institute of Physiotherapy, Belagavi.
- RAJATAM-Institutional Sports Annual Meet held on 12th-14th December 2019, District Stadium, JNMC Campus, Belagavi
- HUMBO-Intercollegiate Sports Meet of KAHER, held on 15th October 2019, District Stadium, JNMC Campus, Belagavi
- Hands on workshop on Certificate course in Orthopaedic Manual Therapy organized from 24th February to 3rd March 2019 by Department of Orthopaedic Manual Therapy, KAHER Institute of Physiotherapy, Belagavi.
- INVICTUS- Institutional Sports Annual Meet held on 5th-7th December 2018, District Stadium, JNMC Campus, Belagavi
- Hands on workshop on Certificate course in Orthopaedic Manual Therapy organized from 27th February 2018- 6th March 2018 by Department of Orthopaedic Manual Therapy, KAHER Institute of Physiotherapy, Belagavi.
- Organizing Secretary for Hands on workshop on “ Osteopathy & Manipulative Therapy Amalgamation in Physiotherapy on Spine on 30th June and 1st July 2017, ”, at Dr. Ketan Bhatikar’s SPARC , Rajagiri Victor Hospital , Goa.
- All India Intercollegiate students Cultural , Literary and Sports Fest, TRINITY 2016 Centenaire Fiesta, on 18th, 19th & 20th March 2016, KLE University, Belagavi , Karnataka- INDIA.
- Hands on workshop on SURFACE ANF FUNCTIONAL ANATOMY, organized on 21st & 22nd January 2016 by the Department of Orthopaedic Physiotherapy, KLE Institute of Physiotherapy , Belagavi , Karnataka- INDIA.

WORK ALLOTMENT

- Team manager for students of KLE Institute of Physiotherapy at 3rd National Level Inter Physiotherapy Collegiate Sports Fest, SRM University , Chennai- January 2020
- Member Institutional Research Committee, 2020 till date
- Member Institutional Curriculum Committee 2019 till date
- Member Institutional website Committee 2019 till date
- NAAC Criteria 5 In-charge 2019 till date
- Assistant UDEHP Co-ordinator, 2019 till date
- Member Institutional Examination Section 2018 till date
- Member Institutional Sports Committee 2018 till date
- Honaga In- charge 2018-2019
- PHC Kinaye In-charge 2019 till date
- Member of Institutional cultural committee 2017-2018.

EXTRA- CURRICULAR ACTIVITIES:

- Participated in Mask Painting competition on 10th November 2020, Swashakti Empowerment Cell of Women, KLE Society, Belagavi
- Participated in 100 mts sprint at Annual Humbo Meet 2019.
- Participated in Throwball held during Physiotherapy Annual Sports Meet 2015

Personal traits

- Effective and efficient management in challenging situations.
- Good communication, written and analytical skills.
- Trustworthy, discrete and ethical.
- Resourceful in completion of duty.
- Strong team player, quick learner and consistent.
- Willingness and ability to learn new skills.

PERSONAL PROFILE

Nationality : Indian

Gender : Female

Marital status: Unmarried

Date of Birth : 27th November 1990

Language Known: English, Marathi, Hindi, Kannada

DECLARATION:

I hereby declare that the above information is correct to the best of my knowledge and belief.

Dr. Pamela Virgil D'Silva (PT)