

Name: Pamela Virgil D'Silva

Specialization: Master of Orthopaedic Physiotherapy

Present address:

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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 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 as well as for self development

EXPERIENCE SUMMARY:

- Lecturer, KAHER Institute of Physiotherapy, December 2017 till date. Belagavi, Karnataka.
- Clinically 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 INTERNATIONAL 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),
- Worked as an Intern at Dr. Prabhakar Kore Hospital Belagavi, Karnataka (January 2013- July 2013).

ACADEMIC QUALIFICATIONS

- 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*

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 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

RESOURCE PERSON

- 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

- 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

- 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)

CONFERENCES ATTENDED

- MGM Physiocon, 1st International Conference on 20th & 21st September 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 Neurophysiotherapy, KLE University Institute of Physiotherapy, 5th December 2010.

WORKSHOP ATTENDED

- Workshop on Innovative Pedagogies for powerful teaching by UDEHP organized by KAHER 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
- 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
- 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 College.
- 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 pr conference workshop on “Taping Techniques”, 7th & 8th December 2011.KLEU Institute of Physiotherapy, Belagavi, Karnataka. (contact hours-14)

ORGANIZING MEMBER

- Attended 3rd Annual CME program on “Investigations in Psychiatry” at KLES Dr. Prabhakar Kore Hospital , Belagavi, 13th March 2011.
- Hands on workshop on Certificate course in Orthopaedic Manual Therapy organized from 27th February 2018- 6 th March 2018 by Department of Orhtopaedic 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

- Member Institutional Examination Section 2018 till date
- NAAC Criteria 5 Incharge 2019 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:

- Secured 2nd place in 100 mts sprint (faculty) at Annual Humbo Sports Meet, 16th October 2019.

Personal traits

- Effective and efficient management of 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.

REFERENCE :

Dr. Sanjiv Kumar
Principal
KLEU Institute of Physiotherapy, Belagavi
Email id: sanjiv3303@rediffmail.com

Dr. Vijay Kage
Head of Department –Orthopaedic Physiotherapy
KLEU Institute of Physiotherapy, Belagavi
Email id: vijaykage@yahoo.com

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)