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Santosh. C. Metgud. MPT,PhD

Personal Details :

Age : 45 years
Sex : Male
Religion : Hindu.
Date of Birth : 07-09-1976
Languages known: English, Hindi, Kannada, Marathi
Marital Status : Married.
e-mail : metgud_santosh@yahoo.co.in

Educational Qualification:

Bachelor of Physiotherapy (B.P.T.)

Year of Completion : Feb 2000 (4 ½ yr. course)
Institution : J.N.M.C, Belgaum.
University : Karnataka University, Dharwad, INDIA

Masters of Physiotherapy (M.P.T)

(Physiotherapy in Musculo-Skeletal &Sports):

Year of Completion : May 2006
Institution : K.L.E Academy of Higher Education& research Institute of Physiotherapy, Belagavi
University : Rajiv Gandhi University of Health Sciences, Bangalore, INDIA.

Doctor of philosophy PhD at K.L.E University, Belgaum, under the guidance of DR. Sanjiv kumar, Dept , KAHER Institute of physiotherapy, Belgaum

Professional Membership:

- L-36881 Life member of the Indian Association of Physiotherapists. I.A.P (The Indian Association of Physiotherapists - is the only professional body of India, which is affiliated to the World Confederation of Physiotherapists)

Professional Work Experience:

Aug 1999-Mar 2000: Compulsory Rotational Internship of 6 months in various departments of KLES Prabhakar Kore Hospital & MRC, Belgaum

28th March 2000 to 16th Jan 2002: Worked as Clinical Physiotherapist in physiotherapy department of KLES Prabhakar Kore Hospital & MRC, Belgaum

17th Jan 2002 to April 2006: worked as Junior Lecturer in KLES Institute of Physiotherapy, Belgaum

May 2006 to August 2010: Worked as **Lecturer** in KLES Institute of Physiotherapy, Belgaum

August 2010 to August 2014: Worked as **Assistant Professor** in KLEU Institute of Physiotherapy

August 2014 to August 2019: working as **Associate Professor** KLE University Institute of Physiotherapy

August 2019 to till date: working as **Professor** in KAHER Institute of Physiotherapy

Total Work Experience: 21 YEARS 10 MONTHS

Research activities

Completed projects-64

1. Effect Of Sphygmomanometer Biofeedback Exercises Versus Conventional Isometric Quadriceps Exercises In Osteoarthritis
2. Effectiveness Of Plantar Fasciitis Taping & Calcaneal Taping In Plantar Heel Pain- RCT.

3. Comparison Of McConnell Patellar Taping Versus Mobilization With Movement In Chronic Knee Osteoarthritis - A Randomized Clinical Trial
4. Comparative Effectiveness Of Mulligan's Traction Straight Leg Raise And Bent Leg Raise In Low Back Ache With Radiculopathy" – A Randomized Clinical Trial
5. Effect Of Continuous Passive Motion, Joint Mobilization And Their Combination In Knee Joint Stiffness
6. Comparative Effectiveness Of Stretching And Met On Blood Lactate Levels In Hamstring Tightness –RCT
7. Outcome Of Two Weeks Treatment With TENS ,Exercises ,Mobilization And Muscle Energy Technique In Temporomandibular Joint Dysfunction – A Randomized Controlled Trial
8. Comparison Of Trunk Muscle Stabilization And Muscle Energy Technique – A Randomized Clinical Trial
9. Mulligan's Spinal Mobilization With Leg Movement And Butler's Neural Mobilisation For Sciatic Nerve In Lumber Radiculopathy – A Randomized Controlled Trial
10. Effect Of Mobilization, Muscle Energy Technique, In The Treatment Of Sacroiliac Joint Dysfunction In Immediate Postpartum Women – A Randomized Controlled Trial
11. A Randomized Clinical Trial To Compare The Effect Of Upper Thoracic Mobilization, Natural Apophyseal Glides And Translatory Mobilization In Chronic Neck Pain
12. Efficacy Of Passive Sustained Specific Muscle Stretch On Patients With Type 2 Diabetes Mellitus – A Randomized Control Trial
13. Effect Of Mulligan MWM Versus Muscle Energy Technique In Stage Two Of Adhesive Capsulitis - RCT
14. Prevalence Of Sleep Disorders In Subjects With Type 2 Diabetes Mellitus – An Observational Study
15. Comparative Effect Of Therapeutic Ultrasound Using Extract Of Ilex Paraguariensis And Diclofenac Sodium Gel In Acute Trapezitis – A Randomized Clinical Trial

16. Effect Of Phonophoresis Using Ilex Paraguariensis Gel As An Adjunct To Myofascial Release And Positional Release Technique In Acute Trapezitis – A Comparative Study
17. Kinesiophobia, Fear-Avoidance Beliefs And Pain Related Fear In Subjects With Frozen Shoulder: An Observational Study
18. Active Release Technique Versus Rolfing Method In Pain, Neck Pain Disability Index And Copenhagen Neck Disability Index In Subjects With Trapezitis: A Randomized Controlled Trial
19. Effect Of Plyometric Training And Resistance Training On Vertical Jump Height And Shuttle Run Performance In Healthy Young Individuals: A Randomized Clinical Trial
20. Low Velocity Osteopathic Type Of Mobilization Versus Muscle Energy Technique In Treatment Of Chronic Neck Pain- A Randomized Clinical Trial
21. Effect Of 30 Days Abdominals Challenge Versus 30 Days Planks Challenge On Waist Circumference And Abdominal Skin Fold Measurements In Healthy Young Individuals: Randomized Clinical Trial
22. 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
23. Effect Of Backward Walking And Awareness Through Movement On Hamstring Flexibility In Young Individuals With Hamstring Tightness – A Comparative Study .
24. Association Of Pain, Function, BMI And Radiographic Evidence Of Osteoarthritis With Clinical Assessment Of Osteoarthritis Of The Knee Joint
25. A Correlation Between Leg Heel Alignment ,Tibial Torsion And Q Angle Among Normal Overweight And Obese Individuals
26. Effect Of Foot Posture Index Associated With Body Mass Index And Standing Balance In Healthy Population : An Observational Study
27. Comparative Effect of Mobilization, Low Dye Taping and Faradic Foot Bath in Subjects with Flat Foot – A Randomized Clinical Trial
28. Musculoskeletal Risk Levels And Discomforts In garment Factory Workers-An Observational study
29. Effect of work related and non-work related, individual, and psychosocial, risk factors on neck pain among office computer workers : A cross sectional study

30. Effect of using Janda's Approach of Muscle crossed syndrome on Hip Mobility in Individuals with Chronic Neck pain.
31. Comparative effect of mobilization, low dye taping and faradic foot bath in subjects with flat foot – A Randomized Clinical Trial
32. Effect of Mckenzie Method Of Mechanical Diagnosis And Therapy versus Maitland Mobilization In Patients With Stage 2 Adhesive Capsulitis.
33. The Immediate Effect of Eccentric Training Versus Dynamic Range of Motion Training on Hamstring Muscle in Recreational Badminton Players
34. Correlation of Degree of Toe-Out and Anterior Knee Pain in Bharatanatyam Dancers.
35. Upper Extremity and Neck Disability in Dentist With Concurrent Changes in Pinch Strength: An Observational Study
36. The Immediate Effect Of Ischemic Compression Technique, Transverse Friction Massage And Positional Release Therapy On Upper Trapezius Myofascial Trigger Points: A Comparative Study
37. Effect of work related and non-work related, individual, and psychosocial, risk factors on neck pain among office computer workers : a cross sectional study.
38. Effects Of Hemi bridge With Ball And Balloon Exercise As An Adjunct To Conventional Therapy In Osteoarthritis Patient-A Randomized Controlled Trial
39. Immediate Effect Of Suboccipital Release Technique On Lumbar Range Of Motion: An Experimental Study.
40. The Immediate Effect Of Mulligan's Pain Releasing Phenomenon On Individuals With Chronic Trapezitis: Pre Post Experimental Study.
41. Correlation Of Rectus Femoris Length And Gluteus Maximus Strength In Knee Osteoarthritis: An Observational Study.
42. Correlation Between Asymmetrical Hip Rotation In Individuals With And Without Knee Osteoarthritis: A Cross Sectional Study.
43. Evaluation Of Agility In Recreational Basketball And Volleyball Male Players Using Illinois Agility Test: An Observational Study.
44. Prevalence Of Work Related Musculoskeletal Disorders Among Medical Representatives In Belagavi City: A Cross- Sectional Study.
45. Evaluation Of Cervicocephalic Kinesthetic Sensibility In Subjects With Chronic Neck Pain: A Cross- Sectional Study.

46. Immediate Effect Of Dry Needling On Gastrocnemius- Soleus Muscle Pain And Flexibility In Police Constables- Pre Post Experimental Study.
47. Effect of Mulligan Taping Technique As An Adjunct To Mobilization versus Manipulation in Anterior Innominate Dysfunction: Randomized Clinical Trial
48. Comparison of Mulligan Bent Leg Raise(BLR) versus instrument assisted soft tissue mobilization(m2t) in subjects with hamstring tightness in non-specific low back ache: Randomised clinical trial
49. Effect of Maitlands Compression Technique with Medial Glide Versus Instrument Assisted Soft Tissue Manipulation with m2t Blade as an adjunct to McConnell's Taping and Exercises for Patellar Maltracking: A Randomised Clinical Trial
50. Short term effect of Primal Reflex Release Technique(PRRT) and Mulligans Taping Technique in subjects with plantar fasciitis
51. Effect of Neurodynamic SNAGs versus spinal mobilization with arm movement in subjects with cervical radiculopathy- Randomised clinical trial
52. Effect of Mulligans internal rotational glide versus Maitlands anteroposterior glide in subjects with Tibiofemoral Osteoarthritis: A Randomised clinical trial
53. Short term Effect of Instrument Assisted Soft Tissue Technique (M2T blade) versus Mulligans Bent Leg Raise technique in asymptomatic subjects with Hamstring tightness: A Randomised clinical trial
54. Development of Gait training ramp for weight training in patients with lower limb rehabilitation.
55. Immediate effect of IASTM and foam roller in asymptomatic subjects with thoracolumbar fascia tightness - A randomised controlled trial
56. Development of Gait training ramp for weight training in patients with lower limb rehabilitation
57. Effect of plantar fascia release on cervical spine flexibility in asymptomatic individuals with hamstring tightness : a randomized clinical trial
58. Effect of Mulligan mobilization on T9-L2 vertebrae on colon transit time using radio-opaque marker in individuals with functional constipation- A Randomized Control Trial
59. Effect of 4 weeks pilates on core muscles using diagnostic ultrasonography in subjects with non specific low back pain - Pre post experimental study.

60. Effect of myofascial release for pectoralis minor and dry needling with stimulation on rhomboids and lower trapezius in subjects with rounded shoulder: A Randomized Controlled Trial.
61. Immediate and short-term effect of iastm and foam roller on hip, knee and ankle in asymptomatic subjects with hamstring and gastrosoleus muscle tightness, randomised clinical trial
62. Effect of MWM adductor stretch,myofascial release and conventional stretching in asymptomatic subjects with adductor tightness- A randomized controlled trial
63. Effect of T7 to T9 vertebral mobilization and Aerobic exercise on blood glucose levels in non-insulin dependent type II diabetes mellitus- A pilot study
64. Effect of blood flow restriction on efficacy of hip strengthening exercises in females with patellofemoral pain syndrome — A randomised controlled trial

Ongoing projects:

1. Effect Of Active And Passive Mobilization With Movement On Capsular And Coracohumeral Ligament Thickness In Type Ii Diabetes Mellitus With Stage Ii Adhesive Capsulitis - A Randomized Clinical Trial
2. Combined Effects Of Upper Thoracic Manipulation And Pranayama On Subjects With Stage 1 Hypertension- Randomised Controlled Trial
3. Effect Of Mulligan Stretching And Strengthening Exercises In Subjects With Lower Crossed Syndrome-A Pre And Post Experimental Design
4. Effect Of T7 To T9 Vertebral Mobilization And Resisted Exercise On Blood Glucose Levels In Non-Insulin Dependent Diabetes Mellitus - A Randomized Controlled Trial
5. Effect Of Muscle Energy Texhniqe In Single Joint And Two-Joint Muscle Of Knee Among Asymptomatic Sarcopenic Adults Using sEMG .-A Randomised Clinical Trail
6. Effects Of Jade Stone Mobilization VS Positional Release Technique As Adjuncts To Class IV LASER In Chronic Trapezitis - A Randomized Clinical Trial
7. Effect Of Thoracic Mulligan Mobilization with Soft Tissue Release On Respiratory Parameters Including Diaphragmatic excursion On Motion Ultrasound And Quality Of Life In Mild To Moderate Asthma
8. Effect Of Mulligan MWM Proprioceptive Exercises and Iastm On Gait Parameters And sEMG In Grade 2 And 3 Knee Osteoarthritis: An Experimental Study

9. Development And Validation of a Knee Posture Grading Scale for Adults
10. Development and applicability of a digital instrument for the assessment of intervertebral range of motion
11. Correlation Of Tightness In Hamstrings, Iliotibial Band, Gluteus Maximus, Tendo Achilles In Young Individuals With Mechanical Low Back Pain-A Observational Study
12. Correlation of foot posture with knee and neck posture: An observational study

Publications -50

1. Effectiveness Of Muscle Energy Technique On Quadratus Lumborum In Acute Low Back Pain- Randomized Controlled Trial Prachi Patil, Basavaraj Chandu, **Santosh Metgud** IJOPT Jan Mar 2010, vol 4, issue 1 54-58
2. Effectiveness of Plantar Fasciitis Taping & Calcaneal Taping In Plantar Heel Pain- RCT. Vishal Bagewadi, Ganesh B R, **Santosh Metgud**. Indian Journal of Physiotherapy and Occupational Therapy, July- Sept 2010, Vol 4, No.3: 86-90.
3. Comparison of McConnell Patellar Taping Versus Mobilization with Movement In Chronic Knee Osteoarthritis - A Randomized Clinical Trial. Rinkle Hotwani, Ganesh B R, **Santosh Metgud**, Indian Journal of Physiotherapy and Occupational Therapy, Oct-Dec 2010, Vol 4, No.4 132-136.
4. Submasseteric Space Infection with Sub mucous Fibrosis Physiotherapy Intervention. **Santosh Metgud**, Meera Kamdar, Neha Kabra. KLESH Lifeline January 2011, pp: 32-35
5. Isolated congenital Aplasia of Patella and its Physiotherapy Intervention- a case report. **Santosh Metgud** Arati Mahishale Meera Kamdar Ashish John. KLESH Lifeline March 2011
6. Comparing the Effect of Manipulation of Wrist & Ultrasound, Friction Massage & Exercise. Sharvari Joshi, **Santosh Metgud**. Indian Journal of Physiotherapy and Occupational Therapy, April June- 2012, vol 7, no 3,210-214
7. 6 Weeks Continuous Passive Motion V/S Joint Mobilization & Their Combination in Knee Stiffness- A Comparative Study. Anil Kumar, **Santosh Metgud**. IJOPT January- March 2013, vol 7, no 1

8. Study on Combined effects A of Progressive Muscle Relaxation and Visual Imagery Technique on Perceived Pain, Levels of Anxiety and Depression in Patients with Burns. Tejas Khanolkar, **Santosh Metgud**. IJOPT April June- 2013, vol 8, no 2, pg no 240-243
9. Efficacy of Passive sustained specific muscle stretch on Patients with type 2 diabetes mellitus – a randomized control trial. **Santosh Metgud**, Aditya Tamboli. Romanian Journal of Physical Therapy Vol 20 issue 33 2014 41-45
10. Prevalence of Sleep disorders in Subjects with type 2 Diabetes Mellitus – An Observational Study **Santosh Metgud**, Bangaru Chakradhar Reddy. Romanian Journal of Physical Therapy Vol 20 issue 33 2014 46-50
11. A randomized control trial to compare the effect of MET with conventional therapy in stage II adhesive capsulitis. **Santosh Metgud**, Bangaru Chakradhar Reddy. International Journal of Physiotherapy and Research 2014,vol 2(3) 549-54
12. A Randomized Controlled Trial to Investigate the Effect of Mulligan’s MWM and Conventional Therapy in Stage II Adhesive Capsulitis. **Santosh Metgud**, Bangaru Chakradhar Reddy. Indian Journal Of Physical Therapy, 2015; Vol 3: 1,
13. Comparative effect of therapeutic ultrasound using extract of *ilex paraguariensis* and diclofenac sodium gel in acute trapezitis: a randomized clinical trial. International journal of therapies and rehabilitation research, 2015; 4(4):137-141
Santosh metgud, Ramya harini kapila
14. Effect of Mulligan’s MWM in Stage 2 of Adhesive Capsulitis.” A Case Study, **Santosh Metgud**, Vijay Kage, Chakradhar Reddy, KLESH Lifeline XXVII, 2013, pg. 53-55.
15. “Effect of Translatory Mobilization on Chronic Neck Pain.” A Case Study, **Santosh Metgud**, Vijay Kage, Aditya Tamboli, KLESH Lifeline XXVII, 2013, 61-63.
16. Comparative Effectiveness of Mulligan’s Traction Straight Leg Raise and Bent Leg Raise in Low Back Ache with Radiculopathy” – A Randomized Clinical Trial **Santosh Metgud**, Amruta H. Pawar, International Journal of Science and Research (IJSR) vol 3 issue 10 October2014

17. Immediate Effect of Mulligans Taping Technique in Grade II Osteoarthritis of the Knee – A case study **Santosh Metgud**, Neha Gaonkar, Jyotsna Chitroda KLES Lifeline Journal, Issue xxvi, Jan 2014, 42-45
18. Effect of Maitland Mobilization on Sacroiliac Joint Dysfunction –A case study. **Santosh Metgud**, Maiteryi Kulkarni, Rakhi Ratnam, KLES Lifeline Journal, Issue xxvi, Jan 2014, 32-34
19. Effect of Anterior tibiofemoral glides on knee extension after Anterior Cruciate Ligament Reconstruction International Journal of Therapies and Rehabilitation Research, 2015; 4(3):6-8 **Santosh Metgud**, Ramya Kapila
20. 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.
21. 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.
22. 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.
23. 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
24. 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.

25. Effect of proprioceptive exercises in Osteoarthritic and replaced knees ,Dr **Santosh Metgud**, Dr B B Putti International Journal of Physiotherapy and Research Volume 3; issue 6; 2015; 928-937
26. Effect of soccer trainer and elastic band on quadriceps femoris muscle strength in young healthy individuals-A randomized controlled trial. **Dr Santosh Metgud**, Pranata Dalal, Pavan Joshi International Journal of Physiotherapy and Research Volume 3; issue 3; 2015; 1091-97
27. 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.
28. Comparative Effect of Mobilization, Low Dye Taping and Faradic Foot Bath in Subjects with Flat Foot – A Randomized Clinical Trial. Charleen D’Silva, **Dr Santosh Metgud**, Dr Anand 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 **Dr. Santosh Metgud**, Mangala Pai, Dr. Anand Heggannavar. Asian J Med Health Res. 2017;2(6)
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 **Dr. Santosh Metgud**, Radhika Chintamani, Dr. Anand Heggannavar. Asian J Med Health Res. 2017;2(6)
31. Correlation of Degree of Toe Out and Anterior Knee Pain in Bharatanatyam Dancers. **Dr. Santosh Metgud**, Sanjana KS, Dr. Anand Heggannavar. Br J Med Health Res. 2017;4(4) ISSN: 2394-2967
32. Upper Extremity and Neck Disability In Dentist with Concurrent Changes In Pinch Strength: an Observational Study. **Dr. Santosh Metgud**, Shivani Khurode, Dr. Anand Heggannavar. Asian J Med Health Res. 2017;2(3) ISSN: 2455-8664
33. Effect Of Hemi bridge With Ball And Balloon Exercise As An Adjunct To Conventional Therapy in Knee Osteoarthritis patients :A Randomized Controlled Trial **Dr. Santosh Metgud**, Akshay Chougule, Dr. Anand Heggannavar. Asian J Med Health Res. 2017;2(6)

34. Effect Of Hip Mobility Exercises On Pain And Function In Individuals With Chronic Neck Pain-An Experimental Study. Supriya Kondal **Dr. Santosh Metgud**, Dr. Anand Heggannavar. International Journal Of Applied Research 2017;3(7);23-34.
35. Effect of low dye taping and faradic foot bath in subjects with flat foot:a randomized clinical trial . **Dr Santosh Metgud**, Charleen D'Silva, Dr Anand H International Journal Of Multidisciplinary Research And Development Volume 4: Issue 7;July 2017;467-471
36. Effect Of Mckenzie Method Of Mechanical Diagnosis And Therapy(MDT) On Pain Range Of Motion And Shoulder Functions Using Penn Shoulder Score In Individuals With Stage II Adhesive Capsulitis:A Pre Post Experimental Study. **Dr. Santosh Metgud**, Shruti Naik, Dr. Anand Heggannavar. International Journal Of Physical Education, Sports And Health 2017;4(4);264-268
37. 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.
38. 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.
39. Immediate Effect of Dry Needling On Gastrosoleus 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; **Dr Santosh Metgud** ,Amogh Kulkarni, Anand Heggannavar. International Journal of Current Advanced Research vol 8 Issue 4 pp 18442-18446 April 2019
43. **Metgud S**, D'Silva P, Shetty D. Rotator cuff injury secondary to fascioscapulo humeral muscular dystrophy: A case report. KLESH Lifeline. 2019 Aug.; xxxvii: 16-18
44. Heggannavar A, D'Silva P, **Metgud S**, Kage V. Achillodynia in a recreational athlete: A case report. KLESH Lifeline. 2019 Aug.; xxxvii: 35-36.
45. Effect of Integrated Neuromuscular Inhibition Technique on Trigger Points in Patients with Nonspecific Low Back Pain: Randomized Controlled Trial. **Santosh C Metgud**, Sarana Souza Monteiro, Anand Heggannavar, Pamela Virgil D'Silva Indian Journal of Physical Therapy and Research Volume 2 Issue 2 July-December 2020, 99-105
46. Effect of Myokinetic Stretching Technique and Spinal Mobilization with Arm Movement in Subjects with Cervical Radiculopathy: A Randomized Clinical Trial. Apeksha Hungund, **Santosh C Metgud**, Anand Heggannavar. Indian Journal of Physical Therapy and Research Volume 2 Issue 2 July-December 2020, 134-140
47. **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. 2021 Jan.; Issue XL: 51-53. ISSN 09745475.
48. Pradeep S, Heggannavar A, Metgud S. Effect of sciatic nerve neurodynamic sustained natural apophyseal glides on individuals with pelvic crossed syndrome: A randomized controlled trial. Indian Journal of Physical Therapy and Research. 2020 Jan 1;2(1):35.

49. Santosh Metgud, Pamela Virgil D'Silva. Soft Skills in Physical Therapy Profession: Need of the Hour. Indian Journal of Physical Therapy and Research. 2021 Dec;3(2):67.
50. Rutuja Sawant, Anand Heggannavar, Santosh Metgud, Pamela D'Silva. Immediate Effect of Mulligan's Mobilization with Movement on Forward Head Posture and Postural Sway in Temporomandibular Joint Dysfunction: An Experimental Study. Indian Journal of Physical Therapy and Research. 2021 Dec;3(2):108.

Scientific Presentations (National and International)

1. Presented during 30th Annual Conference of INDIAN ASSOCIATION OF SPORTS MEDICINE 2008, Belgaum from 15th to 16th November 2008.
2. Presented during International Conference on Sports and Entrepreneurship, Varanasi, 2010.
3. Presented during National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belgaum, 9th – 11th December 2011
4. Presented during National Conference on Sports Physiotherapy and Rehabilitation 2012, PUNE, 25th – 26th February 2012
5. Poster presented during National Conference on Physiotherapy Update -2012, 14th, 15th & 16th December, Belgaum.
6. Presented during International Conference of Geriatrics, Belgaum, 2013

Resources persons/Chairman Scientific Session:

1. Resource person , "Hand on workshop CYRIAX, MET & PRT, Belgaum, December 2010
2. Resource person, National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belgaum
3. Resource person , "Hand on workshop TAPING & MET at MGM Institute of Physiotherapy, Aurangabad, September 2012
4. Resource person , "Hand on workshop Kinesio Taping (K1 and K2) & Mulligan's Taping at KLEU Institute of Physiotherapy, Belgaum, November 2013

5. Resource person , “Research Methodology Workshop, at KLEU Institute of Physiotherapy, Belgaum, September 2014
6. Judge for “SCIENTIFIC SESSION” during 51st Annual Indian Association of Physiotherapists Conference, 22 -23 February 2013, Margao, Goa
7. Co Chairman for Scientific session for National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011,Belgaum
8. Chairman for Scientific session for National Conference on Physiotherapy Update -2012, December Belgaum.
9. Resource person, “Research Methodology Workshop, at KAHER Institute of Physiotherapy, Belagavi, October 2016.
10. Resource person, “UGC Sponsored National workshop on Sports Injuries, Treatment Modalities, strapping and Tapping & Sports Massage, at, Belagavi, 25th and 26th February 2017.
11. NSS Camp Sulaga, February 2017
12. Member, Board of Studies (BoS) Physiotherapy, KAHER,
13. Resource person, “Synopsis Writing Workshop, at KAHER Institute of Physiotherapy, Belagavi, September 2017.
14. Resource person, “Synopsis Writing Workshop, at KAHER Institute of Physiotherapy, Belagavi, September 2018.
15. Resource person, “Synopsis Writing Workshop, at KAHER Institute of Physiotherapy, Belagavi, September 2019.
16. Resource person, “Synopsis Writing Workshop, at KAHER Institute of Physiotherapy, Belagavi, September 2020.

University Assignment

Invigilator for undergraduate Theory Examination of MBBS, BPT, MLTC,B. Pharm courses of Rajeev Gandhi University, Bangalore.

Squad Chief for Theory Examination. (RGUHS)

Internal Examiner (RGUHS, Bangalore; KLE University

External Examiner (RGUHS, Bangalore, MUHS, Nashik; and DYP University, Pune.)

Paper Evaluator (RGUHS)

Paper Setter (SRMC University Chennai)

Other Activities:

1. President of Parent teachers Association, KLEUIPT.
2. Institutional Nodal Officer of Youth Red Cross Wing.
3. Institutional Co-ordinator of NABH.
4. Organizing Member, “National update on Neuro Physiotherapy”, December 2009, Belgaum
5. Organizing Member, “Workshop on Cardiac Rehabilitation”, January 2010, Belgaum
6. Organizing Member, “Workshop on sports Physiotherapy”, September 2010, Belgaum
7. Organizing Member, “2nd National update on Neuro Physiotherapy”, December 2010, Belgaum
8. Organizing Member, “Hand on workshop CYRIAX, MET & PRT, Belgaum, December 2010
9. Organizing Secretary, National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belgaum
10. Organizing Member, “National Conference on Physiotherapy Update -2012, December Belgaum.
11. Organizing Member, “Workshop on Dry Needling in Myofascial Pain Syndrome of Shoulder Joint. KLE University, Institute of Physiotherapy, Belgaum May 2013
12. Organizing Member, “Hand on workshop Kinesio Taping (K1 and K2) & Mulligan’s Taping at KLEU Institute of Physiotherapy, Belgaum, November 2013
13. Deputy External Chief Superintendent for UGAIET and PGAIET for KLE University
14. NSS camp, February ,2014

15. Camp At Hindustan Latex limited, Kangala, May 2014
16. Member of Scientific Advisory Board of International Journal of Therapies and Rehabilitation Research.
17. Resource person, “Research Methodology Workshop, at KLEU Institute of Physiotherapy, Belgaum, September 2014.
18. NSS Camp February 2015
19. Best Teacher Award 2014-15 By, KLE University September 2015.
20. NSS Camp Sulaga, February 2016
21. Member Trinity 2016
22. Organizing secretary of International Physiotherapy E-Conference QUARANTS 2021 By, KAHER Institute of physiotherapy

Conferences Attended:

1. 25th Silver Jubilee congress of Indian Association of Sports medicine Amritsar 5th to 7th December 2003.
2. National Conference organized by Dept. of Community Medicine, JNMC, Belgaum, 2003
3. State Level Physiotherapy Conference, Karad 2007
4. 30th Annual Conference of INDIAN ASSOCIATION OF SPORTS MEDICINE 2008, Belgaum
5. “National Neuro-physiotherapy update” organized by Institute of Physiotherapy-Dec 3rd 4th & 5th 2009
6. 48th Annual Conference of Indian Association of Physiotherapist, Mangalore, 2010.
7. National Conference on Orthopedic Manual Therapy & Physiotherapy Update, Belgaum, December 2011.
8. “Taping Techniques” National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belgaum, December 2011
9. National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belgaum, December 2011
10. “Neuro Developmental Therapy” National Conference on Orthopaedic Manual Therapy and Physiotherapy Update 2011, Belgaum, December 2011.

11. National Conference on Sports Physiotherapy and Rehabilitation 2012, PUNE, 25th – 26th February 2012
12. Musculoskeletal Manipulative Therapy- An Australian clinical Approach, National Conference on Physiotherapy Update -2012, December, Belgaum.
13. National Conference on Physiotherapy Update -2012, 14th, 15th & 16th December, Belgaum.
14. 51st Annual Indian Association of Physiotherapists Conference, 22 -23 February 2013, Margoa, Goa
15. 1ST MGM International Physiotherapy Conference 2019, 21-22 September 2019 , Aurangabad
16. PAIN Conference 2021, MGM Physiotherapy Rehabilitation and Fitness Center, 5-6 march 2021
17. International Physiotherapy Virtual E- Conference, QUADRANS 2021, 26th-27th February, 2021, KAHER Institute of Physiotherapy, Belagavi.

CME/Workshops attended

1. “Management of back pain due to spine & spinal cord related causes”, held on 17th September 1998 at J.N. Medical College Belgaum.
2. Attended workshop in **Early Intervention of High Risk Babies** held at JNMC, Belgaum on 25th & 26th Sept 1999.
3. “Rehabilitation of patients following CABG & MI”, held on 18 July 1999 at J.N. Medical College Belgaum.
4. Manipulative Therapy of spinal & peripheral joints held on 12th & 13th march 2000 at S.D.M. College Dharwad.
5. “CME in neurology organized by Department of Neurology”, at J.N. Medical College Belgaum.
6. Workshop / CPE on “ Manual Therapy of cervical spine”, organized by Department of Physiotherapy at J.N. Medical College Belgaum.
7. Workshop on “Management of low back pain” held at Department of Physiotherapy at J.N. Medical College Belgaum.

8. Workshop on “Management of cerebral palsy” held by KLE Society’s Institute of Physiotherapy Belgaum.
9. Short course on “Manipulation of Peripheral Joint” by university of Melbourne (Australia) on December 2005 held at KLE Society’s Institute of Physiotherapy Belgaum.
10. Workshop “Manual Therapy On Cervical Spine” By Dr. A.S. Dandapani
11. Workshop on “Sports fitness” by Dr. Ali Irani
12. “Teaching Methodology” by Dr Ramnarayan and Dr Sudhakar N.2008
13. “Teaching Methodology”-OSCE,OSPE,Conducted by UDEHP,Belgaum,2008
14. Actively participated during World Arthritis Day on 12th October 2008.
15. Actively participated during World Osteoporosis Day on 20th October 2008.
16. “Rehabilitation course” Belgaum 2008
17. “Antidoping course” Belgaum 2008
18. “Team physician development course” Belgaum 2008
19. “Hand surgery course” Belgaum 2008
20. “Arthroscopy course” Belgaum 2008
21. Sports Massage Therapy” Belgaum 2008
22. Attended Workshop on E learning, Feb 2010
23. Attended Workshop on cardiac Rehabilitation. Feb 2010
24. Attended Workshop on Sensory Integration, 29th & 30th Jan 2010, Belgaum.
25. Attended Workshop on CYRIAX MET, PRT, 5 & 6 Dec 2010, Belgaum
26. Attended Workshop on Pulmonary Rehabilitation, 4 & 5 Oct 2010, Belgaum.
27. Attended workshop on Taping Techniques 7th & 8th December 2011, Belgaum.
28. Attended workshop on Dry Needling in Myofascial Pain Syndrome of Shoulder Joint, 29th &30th May 2013, Belgaum.
29. Attended workshop on Personality Development and Emotional Quotient, 22nd & 23rd November 2013, Belgaum.
30. Attended workshop on Neural Mobilization, 28th &29th March 2014, Belgaum.

31. Fitness evaluation and Prescription for Health Professionals by UDEHP & KLE University, Institute of Physiotherapy, Belgaum, November 2015.
32. Workshop on Surface & functional anatomy Marking for physiotherapist, KLE University Belagavi 22nd & 23rd Jan 2016
33. M²T – Blade, Instrument Assisted Soft Tissue Mobilization, International workshop. Belagavi May 2016.
34. Stress Management and Relaxation, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, June- 2016.
35. Management Skills, UDEHP & KLE University, College of Pharmacy, Belagavi, August- 2016.
36. Certificate Course in Orthopaedic Manual Therapy (COMT) including complete Mulligan Concept By Capri Institute of Manual Therapy, Belagavi November 2016.
37. Physiotherapy in Women's Health, UDEHP & KLE University, Institute of Physiotherapy, Belagavi, December - 2016.
38. UDEHP Workshop on work ethics KLE University Institute of Physiotherapy, Belagavi April 2017
39. Hands on workshop on aquatic therapy KLE University Institute of Physiotherapy –AUGUST 2017
40. Hands on workshop on back care Pilates November 2017
41. Work Ethics, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, April 2017.
42. Outcome based Evaluation, UDEHP & KAHER, Belagavi, June 2017.
43. Certificate Course in Clinical Pilates Back Care Module 1 by Revive Physical Health and wellness, Belagavi November 2017.
44. Basic and Advance certificate course in Matrix Rhythm Therapy by MaRhyThe, Germany at Belagavi November 2017
45. Technology Trends for future learning, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, March 2018.
46. Regulatory compliance: Good Laboratory Practice, UDEHP & KAHER BSRC, Belagavi, April 2018.
47. Classroom Management, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, July 2018.

48. Outcome based education, university department of education of health professionals 8 April 2019
49. Kinetic chain soft tissue manipulative technique institute of physiotherapy June 2019
50. Movement Assessment and Correction for SI Joint and Lumbar Spine KAHER Institute of Physiotherapy JUNE 19
51. Workshop 11th National Conference on Health Education 21st November 2019
52. Workshop on Accreditation in Education for 11th National Conference on Health Education 21st November 2019
53. Workshop on Leadership quality and skills by UDEHP organized by department of public health on 17th and 18th September 2019
54. Workshop on Innovative Pedagogies for powerful teaching by UDEHP organized by KAHER Institute of Physiotherapy on 26th January 2020.
55. Workshop on “ Explore the Untapped within you” by UDEHP organized by KAHER Institute of Physiotherapy on 16th March, 2021.
56. Workshop on “ Be a stress-free teacher – a stress management session” by UDEHP organized by KAHER Institute of Physiotherapy on 29th November, 2021.

NSS Activities:

- Attended Orthopaedics Camp organized by Dept. of Orthopaedic, at J.N. Medical College at Khanapur Belgaum.
- Attended free Physiotherapy Camp at P.H.C. Khanapur, Belgaum organized by Department of Physiotherapy at J.N. Medical College Belgaum.
- Organised free Physiotherapy Camp at Bailhongal, Belgaum organized by KLE Society’s Institute of Physiotherapy Belgaum.

- Organized free physiotherapy camp at Aurvedic hospital Belgaum, Karnataka
- Attended free physiotherapy camp from 28th to 30th Dec at KLES PK Hospital and MRC, Belgaum
- Organized free physiotherapy camp for LBA, Uchagaon, under NSS unit, Jan 2011
- Free Physiotherapy camp, Kakati,December,2012
- Free Physiotherapy camp, UHC, Rukmini Nagar Belgaum, April 2013
- NSS camp, February ,2014
- Camp At Hindustan Latex limited, Kangala, May 2014
- NSS camp, February ,2015
- Free physiotherapy camp at Ankali BELAGAVI 2017

Objective

To associate with an organization that gives me scope to apply and enhance my knowledge and skills according to latest trends and be a part of team that dynamically works towards the growth of organization.

Conduct research projects & show clinical expertise in advanced management techniques

Hobbies

TRAVELLING, SINGING, ADVENTURE.

Passport Number

PERMANENT ADDRESS

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2. Dr. Deepak Kumar _
MSPT, FIAP, PhD (Mulligan Concept)
Director & Sr. Consultant Manipulative Physiotherapist
Certified McConnell Concept Teacher.
3. Dr B B Putti MS Ortho Professor Department Of Orthopedics
University Sans Malaysia School Of Medicine Belagavi