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Director and Consulting Physiotherapist
Niramay Physiotherapy Center
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OBJECTIVE

I am a qualified professional to work in a competitive and challenging environment to enhance my technical and personal attributes and implement efficient working methods for the betterment of the organization. An enthusiastic team player is deeply committed to delivering quality care and achieving superior patient outcomes as a member of a multidisciplinary case-management team.

PROFESSIONAL QUALIFICATIONS

I am a qualified licensed physical therapist in India with an MPT degree in Sports and recent experience in an outpatient rehabilitative setting.

Education

Ph.D: 2025
Shri Jagdishprasad Jhabarmal Tibrewala University
Vidyanagari, Jhunjhunu Churu Road, Chudela,
District - Jhunjhunu
Rajasthan - 333010

Bachelor of Physiotherapy: 2008
KLE Institute of Physiotherapy
JNMC Campus
Nehru Nagar
Belagavi – 590010

Master of Physiotherapy: 2012
KLE UNIVERSITY'S
KLE Institute of Physiotherapy
JNMC Campus
Nehru Nagar
Belagavi – 590010

WORK EXPERIENCE

Registered Physical Therapist

1. Director and Consulting Physiotherapist at Niramay Physiotherapy Center, Belagavi since 2013

Selected Contributions

- Physiotherapy Consultations

- Designing treatment protocol and delivery of exercises
- Follow and update
- Administering recent updated scientific treatment to the patients

2. Provided physical therapy services at Vijaya Orthopaedic and Trauma Centre for a 100-bed, specialized acute-care hospital. Assessed patients' rehabilitative needs, jointly developed a patient plan of care and treatment goals and conducted physician-prescribed PT programs for medically complex patients (children through geriatric).

Selected Contributions:

- Worked in inpatient and outpatient rehabilitation departments implementing, reviewing, revising, and progressing individual PT treatment programs.
- Restored function for patients and prevented/lessened disabilities following disease or profound injury (including loss of limb, traumatic brain injury, lymphoma, and paralysis).
- Planned and administered treatments, modalities, and therapeutic exercise programs encompassing active and passive ranges of motion, muscle re-education, massage, and heat/water/ice/electrical/light stimulation.
- Instructed patients in the safe and effective use of pulleys, weights, inclined surfaces, and other equipment prescribed for their treatment. Participated in wound-care treatment and helped patients adapt to the use of wheelchairs, braces, canes, crutches, and prosthetic/orthotic devices.
- Performed diagnostic and prognostic exams to evaluate muscle, nerve, joint and functional abilities.
- Excelled in the ability to customize/adapt conventional PT techniques to meet the special needs of individual patients.
- Provided comprehensive training in PT techniques to nursing and other medical personnel as well as family members of patients.
- Managed a high-volume caseload and organized the daily schedules of PT assistants and patients.
- Earned repeated commendations from supervisors and patients for providing high-quality, compassionate care helping patients to maximize their success and live within the limits of their capabilities.

3. Physical Therapy Trainee SESA Football Academy, GOA

Under the supervision of Former Manchester City Defender **Terry Phalan** presently Chief Mentor at Academy provided physical therapy treatments and modalities for the injured athletes. Along with the coaches, designed and incorporated fitness training programs for 36 resident athletes. During the training period, pre-participation evaluation, screening, and documentation were carried out.

Selected Contributions:

- Maintained premium Athlete care at all times and earned the highest possible rating of "exemplary" on performance review.
- Successfully rehabilitated an athlete with ACL Injury, two athletes with MCL and LCL Injury, and an athlete with Mechanical Low Back Ache.
- Documented athlete's progress, exercise-program treatment plans, and other forms for Intra-/extra-agency personnel. Ensured all documentation was clear, concise, timely, accurate, and complete.
- Provided on-field and Off-field emergency management and physiotherapy services during training days and matches.
- Accompanied the team as a sports therapist to Kolkata for Mohan Bagan Football Tournament.

4. Worked as a Physiotherapist at Niramay Rehab, Sholapur.

- Rehabilitation of post-stroke patients to attain maximum functional recovery concerning time.
- Rehabilitation in Postoperative orthopaedic surgeries.
- Treating and rehabilitating various musculoskeletal disorders.
- Delivered a Physiotherapy Awareness lecture at a yoga camp held by District Sports Officer, Sholapur.
- An observer at the Endolite artificial Orthotics and Prosthetics branch at Sholapur.
- Lecture to Under 18 National level Badminton Athletes at Sholapur.

5. Worked as a **Lecturer** from 12th June 2013 to 01st January 2017 at KLEU Institute of Physiotherapy, Belagavi.

6. Worked as a **Assistant Professor** from 02nd January, 2017 to 01st January 2023 at KLEU Institute of Physiotherapy, Belagavi.

7. Currently working as **Associate Professor** from 02nd January 2023 at KLEU Institute of Physiotherapy, Belagavi.

ADDITIONAL POSTS HELD AT KLEU INSTITUTE OF PHYSIOTHERAPY

1. **Coordinator** for First-Year BPT at KLEU Institute of Physiotherapy from 2015 - 2018
2. **Member** for Department of Research and Development at KLEU Institute of Physiotherapy from 2016 – 2021
3. In charge Institutional IQAC Criteria 3
4. **Website In charge** for KLEU Institute of Physiotherapy from 2015 - 2020
5. **In charge of Employment and Placement cell** at KLEU Institute of Physiotherapy for 2013 to 2015.
6. **In charge of the Information Bureau** at KLEU Institute of Physiotherapy for 2013 to 2015.
7. **In charge for Institutional Camps** at KLEU Institute of Physiotherapy from 2016 - 2020
8. **Institutional Equipment In-charge** at KLEU Institute of Physiotherapy from 2016 – 2020
9. **Member** Institutional IQAC since 2020.

ON-FIELD SPORTS PHYSIOTHERAPY SERVICES

1. Accompanied SESA Football Team as a sports therapist to **Kolkata** for **Mohan Bagan Football Tournament**.
 2. Accompanied SESA Football Team as a sports therapist to **Ichalkaranji, Maharashtra**.
 3. On-Field Sports Therapist for **KLE T20 Cricket Tournament** held from 20th – 25th February at **Hubli, Karnataka**.
 4. On-Field Sports Therapist for **ALL INDIA WOMEN'S HOCKEY TOURNAMENT** held at **Belagavi, Karnataka**.
 5. Certificate of Participation 2015 **Non-Stop Speed Skating Relay Marathon** 29th May to 03 June 2015 by **Unique World Records**.
 6. **ASIA BOOK OF RECORDS**, Certificate of Appreciation towards Longest Relay Skating Marathon.
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WORKSHOPS

1. **Certificate Course in Orthopaedic Manual Therapy** Duration 64 Hours 8 days organized by KLEU Institute of Physiotherapy from 24th November to 1st December 2016.
2. **Hands-on Physiotherapy ICU care Contact Hours: 06** organized at KLEU Institute of Physiotherapy on 24th October 2016.
3. **Certified Practitioner Level 1 and 2 in M²T BLADE IASTM** organized by KLEU Institute of Physiotherapy on 30th and 31st May 2016.
4. **Hands-on Workshop on Matrix Rhythmus Therapy Contact Hours: 15** organized at M.S. Ramaiah, Bangalore – 20th & 21st December 2012.
5. **Workshop On Balls, Bands, And Tubes – Concepts and Application** organized by Padmashree Dr. D. Y. Patil College Of Physiotherapy, Pimpri, Pune – 24th February 2012
6. **Workshop On Taping Contact Hours: 15** organized by KLE University Institute Of Physiotherapy, Belagavi – 07th and 08th December 2011
7. **Workshop on Industrial Therapy And Rehabilitation** organized by Department of Community Physiotherapy And Rehabilitation, Belagavi – 2011
8. **Hands-on Workshop on Pilates Contact Hours: 8** organized by Department of Sports Physiotherapy, KLE University Institute of Physiotherapy, Belagavi – 23rd January 2011.
9. **Hands-On Workshop on Cyriax, Muscle Energy Technique And Positional Release Therapy Contact Hours: 15** organized by KLE University Institute Of Physiotherapy, Belagavi – 05th and 06th December 2010
10. **Workshop On Pulmonary Rehabilitation Contact Hours: 15** organized by KLE University Institute Of Physiotherapy, Belagavi – 2010
11. **Workshop On Sports Physiotherapy Contact Hours: 07** organized by KLE University Institute Of Physiotherapy, Belagavi – 14th September 2010
12. Participated in “**HANDS ON NEURAL MOBILIZATION**” organized in KLEU IPT on 28th & 29th March 2014.
13. **First National Workshop on Enhancement of Quality of Health Science Journals** organized by the Indian Journal of Health Sciences and Biomedical Research on 15th September 2017 at KLE University, Belagavi.
14. **Certified Matrix Rhythm Therapy Practitioner** from Dr. Randoll Institut Munich, Germany.
15. **Certified Magnectodyn user** from **Kraus and Lechner** Munich, Germany.
16. **Workshop On Gamespeed** organized by KLE University Institute Of Physiotherapy Belagavi in association with **Prof. Ian Jeffreys UK**– 10th & 11th May 2018.
17. **Workshop on BLS & ACLS** organized by KLE University JNMC Belagavi – 07th January 2014.
18. **Attended CME on Neurology** organized by KLES Dr. PK Hospital and MRC Belagavi – 04th & 05th April 2009
19. **Organized Hands-on Physiotherapy ICU Care Contact Hours: 06** at KLEU Institute of Physiotherapy on 24th October 2016.
20. **Hands-on Workshop on PILATES by Revive Bangalore** organized by KLEU Institute of Physiotherapy, Belagavi on 16th and 17th November 2017.
21. **Hands-on Workshop on Diversified Osteopathic and Chiropractic Methods Contact Hours: 24** organized by Department of Physiotherapy, Aster Aadhar Hospital, Kolhapur – 30th November – 02 December, 2018.
22. **Hands-on Advanced Workshop on Matrix Rhythmus Therapy Contact Hours: 8** organized at Pune, 26th & 27th January 2019
23. **Hands-on Advanced Workshop on Matrix Rhythm Therapy Contact Hours: 8** organized at Pune, 29th February, 01st and 02nd March 2020.
24. **Workshop on Use of Flash Presentation** organized by KLEUIPT on 8th January 2015.

25. Workshop on **Use Of Teaching Videos In Presentation/Lecture** organized by KLEUIPT on 8th August 2015
26. Workshop on **How to Create Teaching Videos Online** organized by KLEUIPT on 20th January 2016.
27. Workshop on **How to Use Slide Share** organized by KLEUIPT on 21st JULY 2016.
28. Workshop on **Use of KAHOOT** organized by KLEUIPT on 19th April 2017.
29. Workshop on **Learning Management Software** organized by KLEUIPT on 11th December 2017.
30. Workshop on **Use of Flash Presentation** organized by KLEUIPT on 5th March 2018.
31. Workshop on **Goole Apps for Education** organized by KLEUIPT on 14th March 2019.
32. Workshop on **Incorporating PRAZI** organized by KLEUIPT on 11th December 2019.
33. Workshop on **Technology Trends for Development of E-Content** organized by KLEUIPT on 8th July 2020.
34. Workshop on **Use of Advanced Excel** organized by KLEUIPT on 20th July to 24th July 2020.
35. Workshop on **PPT Based Animation** organized by KLEUIPT on 8th November 2021.
36. Workshop on **Aastrika Website For Development Of E-Resource** organized by KLEUIPT on 3rd December, 2021

UDEHP WORKSHOPS

1. Attended UDEHP workshop on **“Personality Development and Emotional Quotient”** organized by K.L.E’s Institute of Physiotherapy, Belagavi on 22nd and 23rd November 2013.
2. Attended UDEHP workshop on **“NABL Accreditation for Research Centres”** organized by basic science research centre Belagavi, 2013.
3. Attended UDEHP workshop on **“Organizational & Managerial Skills”** organized by the Department of Public Health JNMC Belagavi on 7th& 8th April 2014.
4. Attended UDEHP workshop on **“Self-Management Skills”** organized by K.L.E’s Institute of Physiotherapy, Belagavi on 17th& 18th November 2014.
5. Attended UDEHP workshop on **“Skills Development in Leadership, Administration Scholarship”** organized by JNMC College Belagavi on 16th May 2015.
6. Attended UDEHP workshop on **“Stress Management and Relaxation”** organized by KLEU institute of Physiotherapy Belagavi, 17th 18th June 2016.
7. Attended UDEHP **“Orientation Program for Newly Recruited Faculty”** organized by UDEHP KLE University, Belagavi, 5th August 2013.
8. Attended UDEHP workshop on **“Physiotherapy in Women’s Health”** organized by KLEU institute of Physiotherapy Belagavi, 9th 10th December 2016.
9. Attended UDEHP workshop on **“Strategies for improving student learning outcome”** organized by KLEU College of Pharmacy Belagavi, 25th March 2019.
10. Attended UDEHP workshop on **“Leadership and Change Management”** organized by KLEU VKIDS Belagavi, 30th & 31st August 2018.
11. Attended UDEHP workshop on **“Hydrotherapy- A stress Buster”** organized by KLEU Institute of Physiotherapy Belagavi, 11th August 2017.
12. Attended UDEHP workshop on **“Work Ethics and Culture”** organized by KLEU Institute of Physiotherapy Belagavi, 07th April 2017.
13. Attended UDEHP workshop on **“Outcome Based Education”** organized by KAHER Institute of Physiotherapy Belagavi, 08th April 2019.
14. Attended UDEHP workshop on **“Technology Trends for Future Learning”** organized by KAHER Institute of Physiotherapy Belagavi, 05th March 2018.
15. Attended UDEHP workshop on **“Classroom Management”** organized by KAHER Institute of Physiotherapy Belagavi, 09th July 2018.
16. UDEHP work shop on **“Classroom management”** organized by KLE Institute of Physiotherapy on 9th July 2018.

17. Attended UDEHP workshop on “**Problem Based Learning in Nursing**” organized by KAHER Institute of Nursing Sciences Belagavi, 23rd and 24th November 2017.
18. Attended UDEHP workshop on “**Basic Life Skills for Teacher**” organized by Department of Public Health Belagavi, 16th & 17th September 2016.
19. Attended UDEHP workshop on “**Fostering Publication Integrity and Plagiarism awareness**” organized by KAHER BSRC Belagavi, 21st August 2018.
37. Attended UDEHP workshop on “**Equipping Tomorrow's Doctors with Soft Skill**” organized by KAHER Institute of Physiotherapy, 19th October 2019. UDEHP work shop on “**Explore the Untapped within You**” organized by KLE Institute of Physiotherapy on 16th March 2021.
38. UDEHP work shop on “**Innovative Teaching and Assessment Method**” organized by KLE Institute of Physiotherapy on 16th & 17th November 2021.
39. UDEHP work shop on “**BE a STRESS FREE TEACHER- a STRESS MANAGEMENT SESSION**” organized by KLE Institute of Physiotherapy on 29th December 2021.

CONFERENCES

1. **54th Annual Conference of the IAP Shirdi 2016** organized by IAP from 19th to 21st February 2016.
2. **National Physiotherapy conference – KNOSPE 2016** organized by Krishna Institute of Physiotherapy Karad on 24th & 25th September 2016.
3. **57th Annual Conference of the IAP Bangalore 2019** organized by IAP from 01st and 02 February 2019.
4. Attended “**International Physiotherapy Conference, Aquacon - 2017**” at GOA from 27th and 28th May 2017.
5. Attended “**National Conference of Physical Therapy**” at Navi Mumbai from 16th & 17th December 2017.
6. Attended “**Symposium on Matrix Rhythm Therapy**” at Mumbai from 20th December 2015.
7. **National Conference On Sports Physiotherapy And Rehabilitation** organized by Padmashree Dr. D. Y. Patil College Of Physiotherapy, Pimpri, Pune – 2012
8. **National Conference On Orthopaedic Manual Therapy And Physiotherapy Update** organized by KLE University Institute Of Physiotherapy, Belagavi – 2011
9. **48th Annual Conference of the IAP Mangalore 2010** organized by IAP from 22nd to 24th January 2010
10. **1st Asian Conference Organised By UPPMD, HCG Foundation & NIMHANS** 28th February & 01st March 2009.
11. **World AYUSH Expo 2019** organized by Ministry of AYUSH at Navi Mumbai on 24th and 25th August 2019
12. **PhysiCon – 2025 Bharti Vidyapeeth, Sangli**
13. **Scientifica 2024 – Goa Medical College, Goa**
14. **ChetCon – Chettinad Physiotherapy College, Chennai, 2023**

AWARDS

1. Bachelor of Physiotherapy aggregate score is **63.40**
2. Master of Physiotherapy in Sports aggregate score is **65.77**.
3. **International Matrix Rhythm Therapy Instructor** from Dr. Randoll Institute, Munich Germany

4. **RUNNERS UP CERTIFICATE** for Intercollegiate Debate competition for TEACHERS DAY-2013.
5. **FIRST PRIZE** in Paper Presentation at International Symposium on Matrix Rhythm Therapy held on 20th December 2015.
6. **SECOND PRIZE** at Paper Presentation 54th Annual Conference of the IAP Shirdi 2016 organized by IAP from 19th to 21st February 2016.
7. **THIRD PRIZE** Paper Presentation at “**International Physiotherapy Conference, Aquacon - 2017**” at GOA from 28th and 29th May 2017.
8. **BEST TEACHER of STUDENTS CHOICE** 2016 organized by KLEU Institute of Physiotherapy 31st January 2016.
9. **SCIENTIFIC CHAIRPERSON** at **57th Annual Conference of the IAP Bangalore 2019** organized by IAP from 01st and 02 February 2019.
10. **21st International Matrix Workshop “Systemic Medicine Through Cell Biological Regulation Based on the Matrix Concept”** on 23rd to 28th September 2018 at Poseidon Ischia Italy.
11. **Significant Contribution Award at Physicon 2025 – Bhari Vidyapeeth Sangli**
12. **Best Paper Presentation - Physicon 2025 – Bhari Vidyapeeth Sangli**

RESOURCE PERSONS

1. Resource person for **Indo Australia symposium** on Rehabilitation in Pharmacy Practice Organised by KLE College of Pharmacy, Belagavi on 29th May 2014.
2. Delivered Awareness Lecture on **Food and Water Hygiene** at Honga Village Belagavi on 10th July 2014
3. Resource Person on CME in Cardiac Rehabilitation on to “**Exercise Prescription**” on 23rd March 2014.
4. Resource Person on ‘**Art of exercise Prescription**, on to “**Exercise Prescription in Obesity**” on 19th January 2015.
5. Resource person on “**Physiotherapy in Oncology**” at **Oncology Pharmacy Practice** organized by College of Pharmacy, Belagavi on 16th February 2016.
6. Resource person for **Research Methodology and Synopsis Writing** on 9th and 10th March 2018 at KLEU Institute of Physiotherapy.
7. Resource person for **Research Methodology** on 04th & 06 October 2018 at KLEU Institute of Physiotherapy.
8. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Chennai on 15th and 16th September 2019
9. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Kolhapur on 25th and 26th January 2020
10. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Goa on 26th and 27th November 2020
11. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Chennai on 04th and 05th April 2021
12. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Chennai on 04th and 05th April 2021
13. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Chennai on 15th and 16th October 2025
14. Conducted **Hands-Workshop on Matrix Rhythm Therapy** at Chennai on 06th and 07th December 2025
15. Resource person for CME on Knee 25th November 2018 at the Adarsha Palace organized by Belgaum Orthopaedic Surgeons Society.
16. Resource person for Webinar on Basics of Matrix Rhythm Therapy on 22nd Jun, 2020 organized by Karnataka State Physiotherapy Federation.

17. Resource person for **Research Methodology on 21st September 2020** at KLEU Institute of Physiotherapy.
18. Resource person for **Research Methodology on 05th to 07th October 2020** at KLEU Institute of Physiotherapy.
19. Resource person for **Research Methodology on 04th to 06th October 2021** at KLEU Institute of Physiotherapy.
20. Resource person for **Research Methodology on 22nd October 2021** at KLEU Institute of Physiotherapy.
21. Resource person for **Research Methodology on 25th March 2021** at KLEU Institute of Physiotherapy.
22. Resource person at **ChetCon – Chettinad Physiotherapy College, Chennai, 2023**
23. Resource person at **Scientifica – Goa Medical College, 2024**
24. Resource person at **Pearl PhysioCon 2025 – KLE Institute of Physiotherapy, 2025**

SCIENTIFIC PRESENTATIONS

1. **“Effectiveness of Pulsed electromagnetic Field in Plantar fasciitis in terms of pain and Quality of Life: An Experimental Trail”** at KNOSPE 2016 organized by Krishna Institute of Physiotherapy Karad on 24th& 25th September 2016.
2. **“Effectiveness of Music therapy with Laban exercises to Improve Balance in Healthy Geriatric Population: An Experimental Study”** at 54th Annual Conference of the IAP Shirdi 2016 organized by IAP from 19th to 21st February 2016.
3. **“Effectiveness of Matrix Rhythm Therapy In Frozen shoulder: An Experimental Study”** at International Symposium on Matrix Rhythm Therapy held on 20th December 2015.
4. **“Incidence Of Hamstring Strain Seen Among The Runners Of School Going Children”** at National Conference On Orthopaedic Manual Therapy And Physiotherapy Update organized by KLE University Institute Of Physiotherapy, Belagavi – 2011
5. **“A 4 Week Core Stability Exercise Program Using Swiss Ball, Theraband And Floor Exercises In Cricketers With Low Back Ache”** at National Conference on Sports Physiotherapy and Rehabilitation organized by Padmashree Dr. D. Y. Patil College of Physiotherapy, Pimpri, Pune – 2012
6. **“Effectiveness of PEMF in cricketers with Low Back Pain – An Experimental Study”** at **“International Physiotherapy Conference, Aquacon - 2017”** at GOA from 28th and 29th May 2017.
7. **“Effectiveness of Matrix Rhythm Therapy (MaRhyThe) in Restricted Knee Mobility following a Surgical Intervention: Pre Post Clinical Trial”** at **World AYUSH Expo 2019** organized by Ministry of AYUSH at Navi Mumbai on 24th and 25th August 2019.

PUBLICATIONS

Indexed in SCOPUS/Web of Science and UGC Care Listed Journals

1. Varun N, Paramshetti A. Effect of Aerobika® Device in Sputum Induction, Pulmonary Function and Thoracic Expansion in Phase One Cardiac Rehabilitation for Post CABG Subjects: A Randomized Prospective Controlled Trial. Nepalese Heart Journal. 2025 May 10;22(1).
2. Naik V, Burye PN, Desai VN, Gaonkar DN, Hannurkar K, Kine S. Effect of Matrix Rhythm Therapy (MARHYTHE©) on Diabetic Foot Ulcer. Alternative Therapies in Health & Medicine. 2025 May 1;31(3).
3. Chaugale S, Naik V, Gaonkar A. Effect of oscillatory positive expiratory pressure in sputum retention, pulmonary function, and thoracic expansion in open abdominal surgery: a randomized controlled trial. Int J Physiother. 2025 Mar 9;12(1):98–103.

4. Gaonkar A, Naik VC. Effectiveness of Vibrapep (OPEP) on Pulmonary functions in phase one of cardiac rehabilitation-A Randomized controlled trial. *Nepalese Heart Journal*. 2024 Nov 5;21(2):25-34.
5. Ganesh BR, Jobanputra DP, Naik V. Effect of cloth mask versus N95 mask on hemodynamic parameters, oxygenation, and peak expiratory flow rate at rest and during physical activity in health-care providers: A cross-over design. *DY Patil Journal of Health Sciences*. 2023 Jul 1;11(3):126-31.
6. Naik V, Metgud S. Technological Advancement: Matrix Rhythm Therapy–Resonance-Based Medicine?. *Indian journal of physical therapy and research*. 2023 Jul 1;5(2):115-6.
7. Maiya GA, Jadhav RA, Harihar A, Gundmi S, Shetty AG, Yadav K H, Hammond O, Randoll UG, Deshpande A, Mayya S, Naik VC. Effect of novel Matrix Rhythm Therapy (MaRhyThe®) on neuropathic pain and maximum plantar pressure distribution among type 2 diabetes mellitus patients with peripheral neuropathy. *Journal of Diabetes & Metabolic Disorders*. 2023 Apr 19:1-7.
8. Naik VC, Parekh VA, Patil S. Effect of Matrix Rhythm Therapy on Subjects with Asymptomatic Hamstring Tightness: A Quasi-experimental Study. *Journal of Clinical & Diagnostic Research*. 2022 Sep 1;16(9).
9. Naik VC, Kerkar M, Mascarenhas S. Efficiency of matrix rhythm therapy on pain, strength, and quality of life in forward neck posture: A randomized controlled trial. *Journal of the Scientific Society*. 2022 Sep 1;49(3):331-8.
10. Varun Naik, Rutuja A. Phadke, & Pote Patil Aishwarya Vikrant. (2020). Effectiveness of Met V/S MaRhyThe© in Individuals with Chronic Lateral Epicondylitis: A Randomized Clinical Trial. *International Journal of Physiotherapy*, 7(4), 157-161.
11. Naik V. Effect of Matrix Rhythm Therapy (MaRhyThe©) in Trismus: A Case Series. *Journal of Research in Medical and Dental Science*. 2020 Jul; 8(4):193-6.
12. Naik, Varun; Khatri, Chandra Bahadur; BR, Ganesh. Effect of matrix rhythm therapy in Diabetic foot ulcer healing: A Case Report. *Journal of Contemporary Medical Sciences*, [S.l.], v. 6, n. 4, p. 187-190, aug. 2020.
13. Anirudha Kulkarni, Ganesh BR, Varun Naik, Effect of Different Speed Training Protocols on Speed and Sprint Acceleration on Long Jumping Performance in Professional Sprinters: An Experimental Study, *J Res Med Dent Sci*, 2020, 8 (6): 269-273.
14. Naik V, Nair V, Gautam S. Effects of Short Term Inspiratory Muscle Training in Hospitalised Chronic Obstructive Pulmonary Disease Patients-An Experimental Study. *Journal of Ecophysiology and Occupational Health*. 2021 Jun 30; 21(2):72-6.
15. Naik V, Parekh V, Patil S. Tissue-level ultrasonographic evaluation of hamstring muscle with matrix rhythm therapy (MaRhyThe©). *Indian Journal of Physical Therapy and Research*. 2021 Jul 1; 3(2):117.
16. Naik V, Motimath B, Pathania T. Application of matrix rhythm therapy (MaRhyThe©) as a novel treatment in trigeminal neuralgia. *Indian Journal of Physical Therapy and Research*. 2020 Jul 1; 2(2):141.
17. Naik V, Singh M. Effects of matrix rhythm therapy (MaRhyThe) in plantar fasciitis– An experimental study. *Indian Journal of Physical Therapy and Research*. 2019 Jul 1; 1(2):105.
18. Akhil AK, Naik V. Improved level of function in an individual with Carcinoma of the pyriform sinus undergoing radiotherapy: A case report study. *Journal of the Scientific Society*. 2017 Jan 1; 44(1):40.
19. Naik V, Koyande S, Shaikh R. Comparative study between the effect of myofascial release using M2T Blade and kinesiotape on recreational badminton shoulder pain

subjects: a randomised clinical trial. International Journal of Medical Research & Health Sciences. 2017; 6(5):1-6.

Non Indexed Articles

1. 5 Days Comparative Study to Evaluate the Effectiveness of Therapeutic Ultrasound and Elastic Resistance Band Exercises versus Therapeutic Ultrasound and Conventional Exercises in Acute Trapezitis: A Randomized Clinical Trial. **IJTRR**, 4 (3), 1-5.
2. Naik VC, Kerkar M, Mascarenhas S. Efficiency of matrix rhythm therapy on pain, strength, and quality of life in forward neck posture: A randomized controlled trial. Journal of the Scientific Society. 2022 Sep 1;49(3):331-8.
3. Effectiveness of 2 Weeks Qigong Exercise Therapy Vs Conventional Physiotherapy Management in Post-Surgical Breast Cancer Survivors: A Randomized Clinical Trial. Dr. VC. Naik et al **JMSCR** Volume 04 Issue 06 June
4. Effect of Total Motion Release on Acute Neck Pain: A Pilot Study. **IJOPT** Volume 10. Number 1. January – March 2016.
5. Immediate Effects of M2T Blade on Pain and Range of Motion In recreational Badminton Shoulder Pain Subjects: A Pilot Study. Dr. Varun Naik et al **JMSCR** Volume 04 Issue 10 October.
6. Physiotherapy in Hemi mandibulectomy. **KLES Lifeline** Issue XXXI August 2016.
7. Chest Physiotherapy Following Transthoracic Oesophagectomy. **KLES Lifeline** Issue XXX January 2016.
8. Effect Of 3 Weeks Of Structured Aquatic Therapy Exercise Protocol In Non-Specific Acute Low Back Ache - A Clinical Trial. Varun Naik, Lakshita Shah., Maitri Shah, and Paridhi Shah. International Journal Of Current Advanced Research Vol 7, Issue 8(F), Pp 14976-14979, August 2018.
9. Effectiveness of matrix rhythm therapy in the frozen shoulder with respect to ROM and pain- An experimental study. Varun Naik, Sandeep Bhagwat, Tanvi Pathania, and Farhana Bootwala. International Journal of Applied Research 2018; 4(1): 73-76
10. A 4 week core stability exercise programme using swiss ball, theraband and floor exercises in cricketers with low back pain: a randomised clinical trial. International Journal of Allied Medical Sciences and Clinical Research.
11. Matrix Rhythm Therapy (MaRhyThe©): A Novel adjuvant treatment for OSMF- Report of 3 cases with a Brief Review. M A, Ammanagi R, Naik V, Pathania T, Tantradi P, Byahatti S et al. International Journal Dental and Medical Sciences Research. 2021;2(1):50 - 58.

RESEARCH

1. EDITORIAL BOARD MEMBER: 02

1. Journal of the Scientific Society (**Web of Science**)
2. Indian Journal Of Physical Therapy and Research (**UGC Care**)

2. JOURNAL REVIEWER: 04

3. Physiotherapy Quarterly (**Scopus**)
4. Journal of Clinical and Diagnostic Research (**Web of Science**)
5. Journal of the Scientific Society (**Web of Science**)
6. Indian Journal Of Physical Therapy and Research (**UGC Care**)

GUIDED RESEARCH PROJECTS

1. Music Therapy Versus Conventional Balance Training To Improve Balance In Healthy Geriatric Population: A Randomised Clinical Trial for Lisa Antonia Ferreira, Lizandra E. Fernandes, Mervilia Rodrigues in 2013
2. Comparative study between the effect of myofascial release using M2T Blade and kinesiotape on recreational badminton shoulder pain subjects: A randomized clinical trial for Sadhvi Koyande, Rozina Shaikh
3. Immediate effects of M2T blade on pain and range of motion in recreational badminton shoulder pain subjects: A pilot study for Rozina Shaikh, Sadhvi Koyande
4. Effectiveness of matrix rhythm therapy in frozen shoulder with respect to ROM and pain: An experimental study for Tanvi Pathania, Farhana Bootwala
5. 5 Days Comparative Study To Evaluate The Effectiveness Of Therapeutic Ultrasound And Elastic Resistance Band Exercises Versus Therapeutic Ultrasound And Conventional Exercises for Junisha Mascarenhas, Namrata Mutkekar, Shibani Fogueri
6. Effects of matrix rhythm therapy (MaRhyThe) in plantar fasciitis – An experimental study for Mohit Singh Varun Naik
7. Effect Of 3 Weeks Of Structured Aquatic Therapy Exercise Protocol In Non-Specific Acute Low Back Ache - A Clinical Trial for Paridhi Shah Lakshita Shah, Maitri Shah.
8. Effect Of Different Speed Training Protocols On Speed And Sprint Acceleration On Long Jumping Performance In Professional Sprinters – Pre - Post Study for Anirudha Kulkarni
9. Effectiveness Of 2 Weeks Qigong Exercise Therapy Vs. Conventional Physiotherapy Management In Post-Surgical Breast Cancer Survivors”: A Randomized Clinical Trial for Patil Yogesh Suresh, Pandya Arpi Raju
10. Effect of Total Motion Release on Acute Neck Pain: A Pilot Study for Akansha Tavares, Deepa More, Glancy De Souza
11. Effects Of Short Term Core Stability Training On Dynamic Balance And Overhead Smash Stroke Performance In Badminton Players - A Pilot Study for Manish Sah
12. Effectiveness of Met V/S MaRhyThe in Individuals with Chronic Lateral Epicondylitis: A Randomized Clinical Trial for Rutuja Padke and Aishwarya Pote.
13. Effects of Short Term Inspiratory Muscle Training in Hospitalised Chronic Obstructive Pulmonary Disease Patients - An Experimental Study for Vishagh Nair
14. "Physiotherapists' Discharge Criteria in Post Cardiac Surgeries" For Saumya K M
15. Effect of Mitchell's Relaxation and Progressive Relaxation Technique on Vital Parameters and Anxiety in Phase 1 Cardiac Rehabilitation – Prospective Randomized Controlled Trial for Siya Sakardande
16. Effect of Matrix Rhythm Therapy (MaRhyThe©) on Subjects with Asymptomatic Hamstring Tightness- Prospective Study with Ultrasonographic Assessment for Vanshi Parekh and Shivani Patil
17. Effect Of Jacobson Relaxation And Structured Exercise Protocol In Stage I Hypertension- A Randomized Clinical Trial for Veena Shinde
18. Effect Of 1 Week Lung Flute Intervention On Pulmonary Function Test, Arterial Blood Gas Levels And Quantitative Sputum Induction In COPD – An Experimental Study for Veena Shinde
19. Efficiency of Matrix Rhythm Therapy (MaRhyThe©) on Pain , Strength and Quality of Life in forward neck posture : A Randomized Controlled Trial for Mayuri Kerkar and Sazney Mascaranes
20. Effect of Inspiratory Muscle Training V/S Autogenic Drainage in Phase I Pulmonary Rehabilitation – A Randomised Clinical Trial for Vishagh Nair

WORK SKILLS

- Positive Attitude
- Confident Client Management Skills and Sense of Responsibility

- Hard Work, Ethic and Productivity Focus
- Good individual and team player
- Good Communication
- Creativity
- Quick learning capabilities

PERSONAL DETAILS

Name: Dr. Varun C. Naik

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MEMBERSHIP

Indian Association of Physiotherapists – **LIFE MEMBER** with Registration No: **L-26517**

I hereby solemnly declare that all the statements made in the above resume are true and correct to the best of my knowledge.

Place: Belagavi

Date: 03.01.2026



VARUN NAIK