

CURRICULUM VITAE



A-10
JNMC Quarters,
Nehru Nagar, Belagavi
Karnataka – 590010

DR. VIJAY BALGOUDA KAGE. MPT, PhD

PERSONAL DETAILS

- **Age** : 44 years
- **Sex** : Male
- **Religion** : Hindu.
- **Date of Birth** : 28-03-1975
- **Languages known:** English, Hindi, Kannada, Mara
- **Marital Status** : Married.

EDUCATION

- **Bachelor of Physiotherapy (B.P.T.)**
- **Year of Completion** Aug 1999 (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** :KLE Institute of Physiotherapy, Belagavi
- **University** : Rajiv Gandhi University of Health Sciences, Bangalore, INDIA

- **Doctor of philosophy PhD at K.L.E University, Belgaum,**
- **Year of completion:** 2017

EXPERIENCE

- **Tutor/ Clinical Assistant**, Department of Physiotherapy, JNMC Belagavi
From 28th October 1999 to 30th April 2001.

- **Junior Lecturer**, KLE Institute of Physiotherapy, Belagavi
From 1st May 2001 to April 2006.
- **Lecturer**, KLE Institute of Physiotherapy, Belagavi
From May 2006 to July 2010.
- **Assistant Professor**, KAHER Institute of Physiotherapy, Belagavi
From 1st August 2010 to 2015.
- **Associate Professor**, KAHER Institute of Physiotherapy, Belagavi
From August 1st 2015 to August 2019

Professor: KAHER Institute of Physiotherapy, Belagavi from 16th August 2019

Vice Principal: KAHER Institute of Physiotherapy, Belagavi from 2nd March 2020.

Total teaching experience at UG level: 20 years 05 months

Total teaching experience at PG level: 14 years 07 months

AWARDS AND RECOGNITIONS

- Awarded ‘Best Teacher Award’ For The Year 2009 By KLEU Institute Of Physiotherapy. Belagavi
- Chairman and Co-Chairman for various Scientific Sessions at National and Regional Conferences.
- Organizing member and Guest speaker for various National conferences, Workshops and Camps conducted by KLE University, Belagavi
- Resource person for National Conference on Sports Physiotherapy and Rehabilitation by Dr. D.Y.Patil University, Pune, 2012.
- Conferred P.hD honors in the year 2017 by KAHER, Belagavi.
- Awarded ‘Best Teacher Award’ for the year 2018 by KAHER Institute of Physiotherapy. Belagavi.

PUBLICATIONS

1. Stretching Procedures for Posterior Shoulder Tightness: A Randomized Clinical Trial. Ranjeet Sharma, Ganesh B.R., **Vijay Kage**, Subhash M Khatri, Indian Journal of Physiotherapy and Occupational Therapy, vol 4 , issue 1, Jan- March 2010, pg. 62-67
2. Comparison of Myofascial Release and Positional Release Therapy in Plantar Fasciitis- A Clinical Trial. Harlapur A. M., **Kage Vijay**, Chandu Basavaraj, Indian Journal of Physiotherapy and Occupational Therapy, vol 4, issue 4, Oct – Dec 2010, pg. 8-11

3. Efficacy of Plyometric Training in Basketball Players- A Critical Review. Samantha F, Vibha B, Ganesh, **Kage V**, Indian Journal of Physiotherapy and Occupational Therapy, vol 6, issue 1, Jan-March 2012, pg. 183-186.
4. A Comparative Study on Immediate Effect of Adductor Stretch MWM Versus MET in Subjects with Hip Adductor Tightness- A Randomized Clinical Trial. Dharmesh Solanki, **Vijay Kage**, Indian Journal of Physiotherapy and Occupational Therapy, vol 6, issue 4, Oct- Dec 2012, pg. 44-47.
5. Comparison of Cyriax Physiotherapy and Taping Technique in Subjects with Tennis Elbow: A Randomized Clinical Trial. Ashish Prabhakar, **Vijay Kage**. Romanian Journal of Physical Therapy, vol 18, issue 29, 2012, pg 39-47.
6. Comparative Effectiveness of Active Release Technique and Rolfing Soft Tissue Manipulation in Normal Subjects with Hamstring Tightness- A Randomized Clinical Trial. Slesha Shah, **Vijay Kage**, Indian Journal of Physiotherapy and Occupational Therapy, vol 8, issue 2, April- June 2013, pg. 222-225.
7. "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.
8. "Effect of Translatory Mobilization on Chronic Neck Pain." A Case Study, Santosh Metgud, **Vijay Kage**, Aditya Tamboli, KLESH Lifeline XXVII, 2013, 61-63.
9. Stress Level in Undergraduate Physiotherapy Students: An Observational Study. **Vijay Kage**, Pratik P. Phansopkar, Romanian Journal of Physical Therapy, vol 19, issue 32, 2013, pg 43-47.
10. Post-Operative Floating Shoulder Rehabilitation: A Rare Case. **Vijay Kage**, Rakhi Ratnam, Journal of Medical Science and Clinical Research, vol 2, issue 7, July 2014, pg 1751-1753.
11. Effects of Mulligan's Two Leg Rotation Technique in Hamstring Flexibility: Pre-Post Experimental Study. Pratik. A. Phansopkar, **Vijay Kage**, Romanian Journal of Physical Therapy, vol 20, issue 34, 2014, pg28-33.
12. Immediate Effect of Active Release Technique versus Mulligan Bent Leg Raise in Subjects with Hamstring Tightness: A Randomized Clinical Trial. **Vijay Kage**, Rakhi Ratnam, International Journal of Physiotherapy and Research, vol 2, issue 1,2014, pg .301-304.
13. Effect of Mulligan's Two Leg Rotation Technique on Hamstring Flexibility in Subjects with Acute Non-Specific Low Back Pain: Clinical Trail. Pratik .A. Phansopkar, **Vijay Kage**, Journal of Medicine and Medical Research, vol 2, issue 6, September 2014, pg.

- 70-78.
14. Screening of Lateral Epicondylitis in Sweepers Using Patient Rated Tennis Elbow Evaluation Questionnaire. **Vijay Kage**, Shamika Dessai, Samia Banu, Romanian Journal of Physical Therapy, vol 20, issue 34, 2014,pg 74-80.
 15. Efficacy of Mulligan's Two Leg Rotation and Bent Leg Raise Techniques in Hamstring Flexibility in Subjects with Acute Non-Specific Low Back Pain: Randomized Clinical Trial. Pratik .A. Phansopkar, **Vijay Kage**, , International Journal of Physiotherapy and Research, vol2, issue 5, 2014, 733-741.
 16. Effectiveness of Medial Mulligan Glide Versus Internal Rotation Mulligan Glide in Knee Osteoarthritis-A Randomized Clinical Trial. Dharmesh Solanki, **Vijay Kage**, Romanian Journal of Physical Therapy, vol 21, issue 35, 2015, pg. 5-15.6
 17. Effect of Iliotibial Band Stretching Versus Hamstring and Abdominal Muscle Activation on a Positive Ober's Test in Subjects with Lumbopelvic Pain- A Randomized Clinical Trial. **Vijay Kage**, Saitej Kolukula Naidu, International Journal of Therapies and Rehabilitation Research, vol 4, issue 4, July 2015, pg. 111-116.
 18. Effectiveness of stretching and strengthening exercises (Janda's Approach) in subjects with postural backache –RCT. **Vijay Kage**, B.B.Putti, International Journal Of Physiotherapy and Research, vol3, issue 6, December 2015, pg 1301-06.
 19. Effect of Seven Sessions of Posterior-to-Anterior Spinal Mobilisation versus Prone Press-ups in Non-Specific Low Back Pain – Randomized Clinical Trial, shlesha shah, **vijay kage**, Journal of Clinical and Diagnostic Research. 2016 Mar, Vol-10(3): YC10-YC13.
 20. To compare the effects of deep neck flexors strengthening exercise and McKenzie neck exercise in subjects with forward neck posture: a randomised clinical trial International **Vijay Kage** , Nishita Y. Patel , Mangala P. Pai,Journal of Physiotherapy and Research, Int J Physiother Res 2016, Vol 4(2):1451-58. ISSN 2321-1822
 21. Immediate Effects Of Triplanar Myofascial Release Vs Suboccipital Release In Subjects With Non-Specific Neck Pain: A Clinical Trial .**Vijay Kage**, Pavan Joshi, Int J Physiother Res 2017, Vol 5(3):2056-60. DOI: <https://dx.doi.org/10.16965/ijpr.2016.204>.
 22. Effect of Bowen Technique versus Muscle Energy Technique on Asymptomatic Subjects with Hamstring Tightness: A Randomized Clinical Trial **Vijay Kage**, Farhana Bootwala and Gayatri Kudchadkar. International Journal of Medical Research & Health Sciences, 2017, 6(4): 102-108.
 23. Effect of neural flossing technique on pain, cervical range of motion

- and functional ability in subjects with acute, sub-acute trapezitis. **Vijay Kage** , Gayatri Gurav, International Journal of Applied Research, 2017;3(7) : 818-82
24. Effect of Strain-Counter strain technique on the Craniovertebral angle in subjects with forward head posture: An Experimental Study, **Vijay Kage** and Nischita Sooji. International Journal Of Sciences and Applied Research, 2017 , 4(8) ;46-54
 25. Effectiveness of Myofascial Release with Foam Roller Versus Static Stretching in Healthy Individuals with Hip Adductor Tightness: A Randomized Clinical Trial **Kage Vijay** and D'Silva Pamela V *International Journal of Medical Research & Health Sciences, 2017, 6(12): 35-41.
 26. Effectiveness of Voodoo Floss Band Versus Crepe Bandage in Subjects with Post-Operative LowerLimb Pedal Edema, **Vijay kage** , Yogesh patil, International Journal of Applied Research, 2018;7(6) : 13498-13501.
 27. Effect Of Weight And Non-Weight Bearing Quadriceps Exercises Versus Weight -Bearing Quadriceps Exercises On Patellofemoral Pain, Quadriceps Strength And Functional Ability : A Randomized Clinical Trial .Saitej Kolukula Naidu1 And **Vijay Kage** 2, International Journal of Medical Research & Health Sciences2018,7(3):35-39
 28. Buffalohump And Non-Specific Neck Pain- A Correlation Study **Vijay Kage** 1 And Nikita Shamine Miranda 2, International Journal Of Current Advanced Research Volume 7; Issue 6(G); June 2018; Page No 13520-13524.
 29. Effects of Shoulder Proprioceptive Exercises On Non Specific Neck Pain With Forward Head Posture: A Randomized Controlled Trial. **Dr Vijay Kage**, Dr Munpreet Singh, International Journal Of Current Advanced Research. Volume 7; Issue 6(E); 2018; Page No. 13390-13395
 30. Immediate Effect Of Pain Release Phenomenon Versus Positional Release Technique On Trapezius Muscle Trigger Points: A Randomized Clinical Trial. **Dr Vijay Kage**, Dr Kavita Sawardekar. International Journal Of Current Advanced Research. Volume 7; Issue 6(E); June 2018; Page No. 13410-13413
 31. Efficacy Of Mckenzie's Method Of Therapy In Subjects With Temporomandibular Joint Disorders: An Experimental Study. **Dr Vijay Kage**, Dr Rohan Kalekar. International Journal Of Current Advanced Research. Volume 7; Issue 6(E); July 2018; Page No. 14344-14347
 32. Compression, Myofascial release and Bowens Technique in Non-

Specific neck pain- A randomized clinical trial. Pranata Dalal, **Vijay Kage**. Indian Journal of applied research. 2020

**SCIENTIFIC
PAPER/POSTER
PRESENTATIONS**

1. Effect of Active Release Technique versus Myofascial Release on Subjects with Plantar Fasciitis: A Randomized Clinical Trial. WCPT, Singapore, 2015.
 2. Efficacy of Ultrasound versus Ultrasound and Deep Friction Massage on Supraspinatus Tendinitis- RCT. Belgaum, Dec 2012.
 3. Effectiveness of Janda's Approach on Lower Crossed Syndrome in Subjects with Postural Back Ache: RCT. Pune, Feb 2012. (Presented
 4. Comparative Effectiveness of Active Release Technique and Roling Soft Tissue Manipulation in Normal Subjects with Hamstring Tightness- A Randomized Clinical Trial. Belgaum, Dec 2012.
 5. A Comparative Study on Immediate Effect of Adductor Stretch MWM Versus MET in Subjects with Hip Adductor Tightness- A Randomized Clinical Trial. Belgaum, Dec 2012
 6. Buffalo Hump and Non Specific Neck Pain- A Correlation Study. Pune March 2018
 7. Effectiveness of Voodoo Floss Band VS Crepe Bandage in Subjects with Operated Lower Limb Edema. RCT. Pune March 2018
 8. Effect of Gongs mobilization Vs Maitland Mobilization in subjects with adhesive capsulitis. MGM 1st International Conference 2019
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CONFERENCES

ATTENDED :

1. 42nd Annual Conference of Indian Association of Physiotherapist, Jaipur 2004.
 2. State Level Physiotherapy Conference, Karad 2007
 3. IASM conference, Belagavi, 2008.
 4. 48th Annual Conference of Indian Association of Physiotherapist, Mangalore, 2010.
 5. National Conference on Orthopaedic Manual Therapy & Physiotherapy Update, Belgaum, December 2011.
 6. National Conference on Sports Physiotherapy and Rehabilitation, Pune, 2012.
 7. National Conference on Physiotherapy Update, Belagavi, 2012.
 8. 51st Annual Indian Association of Physiotherapists' Conference, Goa, 2013.
 9. World Confederation of Physical Therapy Conference, Singapore,
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2015.

10. 1st International MGM conference Aurangabad 2019

**CME / COURSE /
WORKSHOP
ATTENDED**

1. Management of back pain due to spine & spinal cord related causes”, held on 17th September 1998 at J.N. Medical College Belagavi.
2. “Rehabilitation of patients following CABG & MI”, held on 18 July 1999 at J.N. Medical College Belagavi.
3. “Early intervention in high risk babies”, held on 25th & 26th September 1999 at J.N. Medical College Belagavi.
4. Workshop on “Management of low back pain” held at Department of Physiotherapy at J.N. Medical College Belagavi.
5. Workshop on “Management of cerebral palsy” held by KLE Society’s Institute of Physiotherapy Belagavi.
6. Short course on “Manipulation of Vertebral Column” by university of Melbourne (Australia) on December 2005 held at KLE Society’s Institute of Physiotherapy Belagavi.
7. Workshop “Manual Therapy On Cervical Spine” By Dr. A.S. Dandapani
8. Workshop on “Sports fitness” by Dr. Ali Irani
9. Workshop on “management of cerebral palsy” By Dr.Girish Dattar
10. CME on “Trauma Management” JNMC, Belagavi
11. Workshop on “Teaching Methodology ” By Dr.Ramnarayan and Dr Sudhakar Rao,2008
12. Course on clinical research workshop and ICH GCP guidelines by CAMS Of KLEDPK hospital and MRC, Belagavi
13. Rehabilitation course, Belagavi 2008
14. Antidoping course, Belagavi 2008
15. Sports massage therapy, Belagavi 2008
16. Team physician development course ,Belagavi 2008
17. Arthroscopy course Belagavi 2008
18. Hand surgery course Belagavi 2008
19. Workshop on “Evidence Based Physiotherapy” By Arun Mayia,2009
20. Attended CME on “World Arthritis Day” on 12th October 2009.
21. Attended CME on “World Osteoporosis Day” on 20th October 2009.
22. Active Participation during “World Diabetes Day” 14th Nov 2009
23. National Update on Neuro Physiotherapy, December 2009, Belagavi.

24. Attended Workshop on E learning, Feb 2010
25. Attended Workshop on cardiac Rehabilitation. Feb 2010
26. Attended Workshop on Sensory Integration, 29th & 30th Jan 2010, Belagavi.
27. Attended Workshop on CYRIAX MET, PRT, 5 & 6 Dec 2010, Belagavi
28. Attended Workshop on Pulmonary Rehabilitation, 4 & 5 Oct 2010, Belagavi.
29. Attended workshop on Taping Techniques 7th & 8th December 2011, Belagavi.
30. Attended workshop on OSCE- OSPE, 17th & 18th March 2012, Belagavi.
31. Attended workshop/CME on MCQ writing and validation, 1st October 2012, Belagavi.
32. Attended Pre-Conference workshop on “Musculoskeletal Manipulative Therapy- An Australian Clinical Approach.”, 12th & 13th December 2012· Belagavi.
33. Attended workshop on Pedagogic and Personal Effectiveness, 21st & 22nd December 2012, Belagavi.
34. Attended workshop on Student Assessment, 5th & 6th March 2013, Belagavi.
35. Attended workshop on Dry Needling in Myofascial Pain Syndrome of Shoulder Joint, 29th & 30th May 2013, Belagavi.
36. Attended workshop on Personality Development and Emotional Quotient, 22nd & 23rd November 2013, Belagavi.
37. Attended workshop on Neural Mobilization, 28th & 29th March 2014, Belagavi.
38. Attended workshop on Self-Management Skills, 17th & 18th November 2014, Belgaum. Fitness evaluation and Prescription for Health Professionals by UDEHP & KAHER, Institute of Physiotherapy, Belagavi, November 2015.
39. Workshop on Surface and functional anatomy for physiotherapist on 21 & 22nd Jan 2016.
40. M2T – Blade, Instrument Assisted Soft Tissue Mobilization, International workshop. Belagavi May 2016.
41. Stress Management and Relaxation, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, June- 2016.
42. Management Skills, UDEHP & KAHER, College of Pharmacy,

- Belagavi, August- 2016.
43. Certificate Course in Orthopaedic Manual Therapy (COMT) including complete Mulligan Concept By Capri Institute of Manual Therapy, Belagavi November 2016.
 44. Physiotherapy in Women's Health, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, December – 2016
 45. Work Ethics, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, April 2017.
 46. Outcome based Evaluation, UDEHP & KAHER, Belagavi, June 2017.
 47. Hydrotherapy – The stress Buster, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, August 2017.
 48. Certificate Course in Clinical Pilates Back Care Module 1 by Revive Physical Health and wellness, Belagavi November 2017.
 49. Basic and Advance certificate course in Matrix Rhythm Therapy by MaRhyThe, Germany at Belagavi November 2017.
 50. Technology Trends for future learning, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, March 2018.
 51. Workshop on Neural Flossing Organized by dept. of Orthopedic Physiotherapy July 2018
 52. Classroom Management, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, July 2018.
 53. Outcome based Education UDEHP & KAHER, Institute of Physiotherapy, Belagavi, April 2019.
 54. Functional movement assessment and correction for SI joint and lumbar spine Organized by dept. of Orthopedic Physiotherapy June 2019
 55. Kinetic chain soft tissue manipulative technique Organized by dept. of Orthopedic Physiotherapy July 2019
 56. Canadian workshop on non-abrasive cupping and jade stone mobilization January 2020

NSS

ACTIVITIES

1. Attended Orthopaedics Camp organized by Dept. of Orthopaedic, at J.N. Medical College at Khanapur Belgaum.
2. Attended free Physiotherapy Camp at P.H.C. Khanapur, Belgaum organized by Department of Physiotherapy at J.N. Medical College Belgaum.
3. Attended free Physiotherapy Camp at Bailhongal, Belgaum organized

- by KLE Society's Institute of Physiotherapy Belagavi.
4. Participated in World arthritis day, Belagavi 2008
 5. Participated in World osteoporosis day, Belagavi 2008
 6. Attended free Physiotherapy camp from 28th to 30th Dec at KLES Prabhakar Kore Hospital and MRC, Belagavi.
 7. Organized free physiotherapy camp for LBA, Uchagaon, under NSS unit, Jan 2011
 8. Guest speaker for 'NSS Special Camp" Kakati, Belagavi, 25th Feb- 2nd March 2012.
 9. Free physiotherapy camp, UHC, Rukmini Nagar Belagavi, April 2013.
 10. NSS camp, February 2014.
 11. Camp at Hindustan Latex limited, Kanagala, May 2014
 12. NSS Camp, February 2015.
 13. Free physiotherapy camp at Ankali BELAGAVI 2017
 14. NSS Camp, February 2018
 15. Free musculoskeletal assessment and treatment camp VTU 2019
 16. NSS Camp, February 2020
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**OTHER
ACTIVITIES**

- BOS member, 2014-2015
 - NAAC Co-ordinator, KAHER Institute of Physiotherapy, Belagavi
 - Treasurer- Alumni, KAHER Institute of Physiotherapy, Belagavi
 - Anti-Ragging Committee member, KAHER, Belagavi
 - IQAC coordinator, KAHER, Belagavi
 - Treasurer, "TRINITY 2016" KAHER, Belagavi
 - Vice President, Student Council, 2018-2020, Institute of Physiotherapy, KAHER, Belagavi.
 - Member Secretary for Institutional Parents- Teachers Association, KAHER Institute of Physiotherapy, Belagavi.
 - Member , Board of extra Mural studies , KAHER Belagavi
 - In charge, Institutional Examination Section. KAHER IPT, Belagavi
 - Member secretary BOS – 2019
 - Clinical incharge of Physiotherapy OPD 2020
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PERMANENT Dr. Vijay Kage
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