

CURRICULUM VITAE



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

DR. VIJAY BALGOUDA KAGE. MPT, PhD

PERSONAL DETAILS

- **Address:** A 10 JNMC Quarters Nehru Nagar, Belagavi, Karnataka
- **Date of Birth:** 28-03-1975
- **Gender:** Male
- **Religion:** Hindu
- **Nationality:** Indian
- **Languages known:** English, Hindi, Kannada, Marathi
- **E mail:** vijaykage@yahoo.in and vijaykage@kleipt.edu.in
- **Mobile Number:** +91 9845271899

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

- **Vice Principal:** KAHER Institute of Physiotherapy, Belagavi from 2nd March 2020.
- **HOD:** Department of Orthopaedic Physiotherapy KAHER Institute of Physiotherapy, Belagavi
- **Professor:** KAHER Institute of Physiotherapy, Belagavi from 16th August 2019
- **Associate Professor,** KAHER Institute of Physiotherapy, Belagavi
From August 1st 2015 to August 2019

- **Assistant Professor**, KAHER Institute of Physiotherapy, Belagavi
From 1st August 2010 to 2015.
- **Lecturer**, KLE Institute of Physiotherapy, Belagavi
From May 2006 to July 2010.
- **Junior Lecturer**, KLE Institute of Physiotherapy, Belagavi
From 1st May 2001 to April 2006.
- **Tutor/ Clinical Assistant**, Department of Physiotherapy, JNMC Belagavi
From 28th October 1999 to 30th April 2001.

Total teaching experience at UG level: 22 years 02 months

Total teaching experience at PG level: 15 years 06 months

AWARDS AND RECOGNITIONS

- Advisory member of Indian Journal of Physical Therapy and Research
- Resource person for Kannada Vaidikiya Sahitya Samelaan, Organized by RGUHS, Bangalore on 22 – 23 May 2021
- Recognized PhD Guide from 2020
- Institutional IQAC Co-Ordinator, KAHER Institute of Physiotherapy, Belagavi, 2019 till date
- Awarded 'Best Teacher Award' for the year 2018 by KAHER Institute of Physiotherapy, Belagavi.
- Conferred P.hD honors in the year 2017 by KAHER, Belagavi
- Resource person for National Conference on Sports Physiotherapy and Rehabilitation by Dr. D.Y.Patil University, Pune, 2012.
- 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

PUBLICATIONS

1. Miranda NS, Kage V. Effect of MaRhyThe versus myofascial mobility tool in female individuals with or without neck pain having forward head posture and buffalo hump – A randomized clinical trial. J Phys Ther Res 2020; 2:113-20
2. 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
3. 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
4. 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
5. 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
 6. Buffalohump & Non-Specific Neck Pain- A Correlation Study **Vijay Kage**, Nikita Shamane Miranda, International Journal of Current Advanced Research Volume 7; Issue 6(G); June 2018; Page No 13520-13524.
 7. 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 Sciences 2018, 7(3):35-39
 8. Effectiveness of Voodoo Floss Band Versus Crepe Bandage in Subjects with Post-Operative Lower Limb Pedal Edema, **Vijay kage**, Yogesh patil, International Journal of Applied Research, 2018; 7(6): 13498-13501.
 9. 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.
 10. 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
 11. 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
 12. 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.
 13. 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>.
 14. 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
 15. 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.
 16. 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.
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 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
 19. 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.
 20. 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.
 21. Effect of Mulligan's Two Leg Rotation Technique on Hamstring Flexibility in Subjects with Acute Non-Specific Low Back Pain: Clinical Trail. Pratik. Phansopkar, **Vijay Kage**, Journal of Medicine and Medical Research, vol 2, issue 6, September 2014, pg. 70-78.
 22. 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.
 23. 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
 24. 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.
 25. 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.
 26. "Effect of Translatory Mobilization on Chronic Neck Pain." A Case Study, Santosh Metgud, **Vijay Kage**, Aditya Tamboli, KLESH Lifeline XXVII, 2013, 61-63.
 27. "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.
 28. 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.
 29. 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.

30. 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.
31. 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.
32. 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
33. 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

SCIENTIFIC PAPER/POSTER PRESENTATIONS

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

CONFERENCES ATTENDED:

1. Kannada Vaidikiya Sahitya Samelaan, Organized by RGUHS, Bangalore on 22 – 23 May 2021
 2. 1st International Physiotherapy conference, MGM, Aurangabad 2019
 3. World Confederation of Physical Therapy Conference, Singapore, 2015.
 4. 51st Annual Indian Association of Physiotherapists' Conference, Goa, 2013.
 5. National Conference on Physiotherapy Update, Belagavi, 2012.
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6. National Conference on Sports Physiotherapy and Rehabilitation, Pune, 2012.
7. National Conference on Orthopaedic Manual Therapy & Physiotherapy Update, Belgaum, December 2011.
8. 48th Annual Conference of Indian Association of Physiotherapist, Mangalore, 2010.
9. IASM conference, Belagavi, 2008.
10. State Level Physiotherapy Conference, Karad 2007
42nd Annual Conference of Indian Association of Physiotherapist, Jaipur 2004

**CME / COURSE /
WORKSHOP
ATTENDED**

1. Be a stress-free teacher- A stress management session by UDEHP organized by KAHER Institute of Physiotherapy on 29th November 2021
2. Workshop on Explore the untapped within you by UDEHP organized by KAHER Institute of Physiotherapy on 16th March 2021
3. Workshop on Technology trends for developing e content organized by KAHER Institute of Physiotherapy on 8th July 2020
4. Workshop on Innovative Pedagogies for powerful teaching by UDEHP organized by KAHER Institute of Physiotherapy on 26th January 2020.
5. Canadian workshop on non-abrasive cupping and jade stone mobilization January 2020.
6. Kinetic chain soft tissue manipulative technique Organized by dept. of Orthopedic Physiotherapy July 2019
7. Functional movement assessment and correction for SI joint and lumbar spine Organized by dept. of Orthopedic Physiotherapy June 2019
8. Outcome based Education UDEHP & KAHER, Institute of Physiotherapy, Belagavi, April 2019.
9. Classroom Management, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, July 2018.
10. Workshop on Neural Flossing Organized by dept. of Orthopedic Physiotherapy July 2018
11. Technology Trends for future learning, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, March 2018.
12. Basic and Advance certificate course in Matrix Rhythm Therapy by MaRhyThe, Germany at Belagavi November 2017.
13. Certificate Course in Clinical Pilates Back Care Module 1 by Revive Physical Health and wellness, Belagavi November 2017.
14. Hydrotherapy – The stress Buster, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, August 2017.
15. Outcome based Evaluation, UDEHP & KAHER, Belagavi, June 2017.
16. Work Ethics, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, April 2017.
17. Physiotherapy in Women's Health, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, December – 2016
18. Certificate Course in Orthopaedic Manual Therapy (COMT) including complete Mulligan Concept by Capri Institute of Manual Therapy, Belagavi

November 2016.

19. Management Skills, UDEHP & KAHER, College of Pharmacy, Belagavi, August- 2016.
20. Stress Management and Relaxation, UDEHP & KAHER, Institute of Physiotherapy, Belagavi, June- 2016.
21. M2T – Blade, Instrument Assisted Soft Tissue Mobilization, International workshop. Belagavi May 2016.
22. Workshop on Surface and functional anatomy for physiotherapist on 21 & 22nd Jan 2016.
23. 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.
24. Attended workshop on Neural Mobilization, 28th & 29th March 2014, Belagavi.
25. Attended workshop on Personality Development and Emotional Quotient, 22nd & 23rd November 2013, Belagavi.
26. Attended workshop on Dry Needling in Myofascial Pain Syndrome of Shoulder Joint, 29th & 30th May 2013, Belagavi.
27. Attended workshop on Student Assessment, 5th & 6th March 2013, Belagavi.
28. Attended workshop on Pedagogic and Personal Effectiveness, 21st & 22nd December 2012, Belagavi.
29. Attended Pre-Conference workshop on “Musculoskeletal Manipulative Therapy- An Australian Clinical Approach.”, 12th & 13th December 2012, Belagavi.
30. Attended workshop/CME on MCQ writing and validation, 1st October 2012, Belagavi.
31. Attended workshop on OSCE- OSPE, 17th & 18th March 2012, Belagavi.
32. Attended workshop on Taping Techniques 7th & 8th December 2011, Belagavi.
33. Attended Workshop on Pulmonary Rehabilitation, 4 & 5 Oct 2010, Belagavi.
34. Attended Workshop on CYRIAX MET, PRT, 5 & 6 Dec 2010, Belagavi
35. Attended Workshop on Sensory Integration, 29th & 30th Jan 2010, Belagavi.
36. Attended Workshop on cardiac Rehabilitation. Feb 2010
37. Attended Workshop on E learning, Feb 2010
38. National Update on Neuro Physiotherapy, December 2009, Belagavi.
39. Active Participation during “World Diabetes Day” 14th Nov 2009
40. Attended CME on “World Osteoporosis Day” on 20th October 2009.
41. Attended CME on World Arthritis Day on 12th October 2009.
42. Workshop on Evidence Based Physiotherapy by Arun Mayia, 2009
43. Hand surgery course Belagavi 2008
44. Arthroscopy course Belagavi 2008
45. Team physician development course, Belagavi 2008
46. Sports massage therapy, Belagavi 2008
47. Antidoping course, Belagavi 2008
48. Rehabilitation course, Belagavi 2008

49. Course on clinical research workshop and ICH GCP guidelines by CAMS of KLEDPK hospital and MRC, Belagavi
 50. Workshop on Teaching Methodology by Dr. Ramnarayan and Dr Sudhakar Rao, 2008
 51. CME on Trauma Management JNMC, Belagavi
 52. Workshop on management of cerebral palsy By Dr. Girish Dattar
 53. Workshop on Sports fitness by Dr. Ali Irani
 54. Workshop Manual Therapy on Cervical Spine by Dr. A.S. Dandapani
 55. Short course on Manipulation of Vertebral Column by university of Melbourne (Australia) on December 2005 held at KLE Society's Institute of Physiotherapy Belagavi.
 56. Workshop on Management of cerebral palsy held by KLE Society's Institute of Physiotherapy Belagavi.
 57. Workshop on Management of low back pain held at Department of Physiotherapy at J.N. Medical College Belagavi.
 58. Early intervention in high risk babies, held on 25th & 26th September 1999 at J.N. Medical College Belagavi.
 59. Rehabilitation of patients following CABG & MI, held on 18 July 1999 at J.N. Medical College Belagavi.
 60. Management of back pain due to spine & spinal cord related causes, held on 17th September 1998 at J.N. Medical College Belagavi.
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NSS ACTIVITIES

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

13. Attended free Physiotherapy Camp at Bailhongal, Belgaum organized by KLE Society's Institute of Physiotherapy Belagavi.
 14. Attended free Physiotherapy Camp at P.H.C. Khanapur, Belgaum organized by Department of Physiotherapy at J.N. Medical College Belgaum.
 15. Attended Orthopedics Camp organized by Dept. of Orthopedic, at J.N. Medical College at Khanapur Belgaum.
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OTHER ACTIVITIES

- Advisory member Indian Journal of Physical Therapy and Research, August 2021
- BOS member, 2014-2015 and 2020-2021
- Institutional NAAC Co-Ordinator, KAHER Institute of Physiotherapy, Belagavi, 2019 till date
- Clinical in-charge department of Physiotherapy at KLES Prabhakar Kore Hospital and MRC, Belagavi, 2019 till date
- Institutional administrative member, KAHER Institute of Physiotherapy, Belagavi, 2019 till date
- In-charge Institutional Exam section 2018 till date
- Treasurer- Alumni, KAHER Institute of Physiotherapy, Belagavi
- Anti-Ragging Committee member, 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