

RESUME

CAREER OBJECTIVE:

To obtain a challenging position where hard work, proven results will be recognized & appreciated and to create an enjoyable environment conducive for learning, all-round development of co-workers where I can enhance my skills & strengths in conjunction with the organization goals & objectives.

Name : BASAVARAJ MOTIMATH

Father's Name : Shashidhar Motimath

Sex : Male

Date of Birth : 21/10/1981

Permanent Address : Plot No.12,

RAMTEERTHA NAGAR,

BELGAUM – 590016

Karnataka –

India

MOBILE : 9886100461

Educational Qualification :

- Bachelor of Physiotherapy in October 2004 From K.L.E.'s Institute of Physiotherapy ,Belgaum. Affiliated to Rajiv Gandhi University of Health Sciences
- Master of Physiotherapy in September 2007 (Musculoskeletal Trauma and Sports Injuries) From K.L.E.'s Institute of Physiotherapy ,Belgaum. Affiliated to Rajiv Gandhi University of Health Sciences

Presently: Registered for Ph.D. at KLE University, Belgaum

Additional qualifications:

Certified in Manual therapy, Melborune university, Australia

Certified in orthopedic manual therapy practitioner

Certified Functional Myofascial Practioner & Certified in IASTM.

Certified neurodynamics practitioner

Certified high velocity thrust manipulation therapist

Certified Pilates Practitioner
Certified taping techniques practitioner
Certified Strength and Conditioning Therapist
Certified Matrix-Rhythm-Therapy Practitioner

Work Experience :

Worked as Tutor in KLES Institute of Physiotherapy from July 2006,

Lecturer, KLES Institute of Physiotherapy from April 2008-october 2010

Assistant professor, from October 2010

in charge department of Sports Physiotherapy August 2011

At Present :

Working as an Associate professor and HOD department of Sports Physiotherapy January 2015- till date

TOTAL EXPERIENCE: 13 years 11 months

Resource person:

1. State level conference of physical education teachers, held at RLS institute, Belagavi February 2012
2. Lecture on common sports injuries and their prevention, at MLIRC Belagavi
3. Lecture on “posture in sports” at trends in physical education and sports in march 2013.
4. Lecture on musculoskeletal disorders at HLL factory, Belagavi, december 2013
5. Research methodology, held at KLE University Institute of physiotherapy 2013/14/2016
6. Research methodology workshop Resource person on 3-5th October 2016
7. Research Methodology workshop Resource person on 22nd-23rd September 2017,2018 & 2019,
8. Lecture for personal fitness trainer course on several occasions
9. Lecture on evidence based practice in Matrix Rhythm Therapy 28th July 2019

Work Shops attended :

- 1) Workshop on “Explore the untapped within you”- 16th March 2021
- 2) Advance Matrix Rhythm Therapy workshop – 1st & 2nd March 2020
- 3) Innovative pedagogies for powerful teaching – 26th February 2020

- 4) “Outcome based education” - 8th April 2019
- 5) Technology trends for future learning- March 2018
- 6) Work ethics and culture – April 2017
- 7) Effective mentorship - To reach out may 2016
- 8) Effective scientific writing skills – July 2016
- 9) Fitness Evaluation and Prescription for health professionals – Nov 2015
- 10) Art of exercise prescription January 2015
- 11) Workshop on self management skills November 2014
- 12) Research methodology – september 2014
- 13) Workshop on strength and conditioning – september 2014
- 14) Workshop on neural mobilization- march 2014
- 15) Personality development and emotional quotient November 2013
- 16) Workshop on research methodology-august 2013
- 17) Workshop on shoulder joint- May 2013
- 18) Workshop on personal and pedagogic effectiveness- Dec 2012
- 19) Preconference workshop on musculoskeletal manipulative therapy –Dec 2012
- 20) Workshop on orientation for newly recruited faculty –Aug. 2012
- 21) Workshop on Pilates – 2010
- 22) Workshop on OSCE-OSPE – march 2012
- 23) National seminar –Jan 2012
- 24) Workshop on microteaching – June 2012
- 25) Workshop on orientation course for newly recruited faculty-Aug. 2012
- 26) Workshop on MCQ writing and validation – Oct 2012
- 27) Pre conference workshop on tapping – Dec 2011
- 28) Workshop on qualitative research and bio ethics – may 2010
- 29) Workshop on sports physiotherapy –sept 2010
- 30) Workshop on cyriax muscle energy tech and positional release – Dec 2010
- 31) Workshop on teaching methodology June 2009
- 32) Workshop on teaching methodology January 2008
- 33) Workshop on team physician development course November 2008
- 34) Workshop on Myofascial trigger point therapy, May 2007
- 35) Clinical research workshop and ICH-GCP guidelines on july 2008
- 36) Workshop on Lumbar spinal mobilization, May 2006
- 37) Workshop on neurodevelopmental therapy, January 2005
- 38) Workshop on management of cerebral palsy, October 2005
- 39) Workshop on stroke rehabilitation, june 2005

Conferences Attended :

- International Conference of Physiotherapy and Sports Science October 2007 at Patiyala
- 30thAnnual Conference of Indian Association of Sports Medicine, Belgaum. november 2008

- ICON sports-2010 International conference, at Banaras Hindu University, Varanasi.
- National update on neurophysiotherapy 2009, at Belgaum
- 2nd National update on neurophysiotherapy 2010, at Belgaum
- National conference on sports physiotherapy and rehabilitation 2012, at Pune
- 9th international conference on geriatric care 2012, Belgaum
- 43rd Annual conference of IAP, Shimla 2015
- 57th Annual conference of IAP, Bangalore February 1st & 2nd 2019, Bangalore
- 11th NCHPE conference held on 21&22nd November 2019

Paper Presented :

- Detection of Tibial Stress Fracture with Insonation

(International Conference of Physiotherapy and Sports Sciences)

- Site Specificity of Sports Injuries Seen During Interschool Competitions Held at Belgaum – An Observational Study

(30th Annual Conference of IASM) november 2008

- Detection of Tibial Stress Fracture with Insonation

(30th Annual Conference of IASM)

- Effect of 4 week plyometric exercise on agility training on agility in KHO-KHO athletes- A RCT
- Exercise addiction in middle aged individuals of Belgaum city- an exploratory study

Awards/ Recognition:

- 2nd best scientific paper award at the 30th Annual Conference of IASM

(Site Specificity of Sports Injuries Seen During Interschool Competitions Held at Belgaum – An Observational Study)

- Co-chairperson for scientific paper presentation session at 30th Annual Conference of IASM
- Scientific committee member UG-PG poster presentations at karnataka state level conference held in may 2012
- Chairperson for scientific sessions at 9th international geriatric care 2012, in October 2012
- 2nd prize in debate held on Teachers day at KLE university, September 2012, Belagavi
- **Best Teacher** award of KAHER 2018
- Chairperson for the scientific session at 57th Annual conference of IAP, Bangalore February 1st & 2nd 2019, Bangalore
- **Member, Affiliation Inquiry Committee Goa medical college, 2016, 2017 & 2018**
- **Member, Monitoring Committee of Sports, KAHER.**
- **Member, NAAC reaccreditation committee**

Publications:

year	Sr no	Title	author
2020	1	Average heart rate recovery in marathon runners: An observational study : The Journal of Indian Association of Physiotherapists. Year : 2020 , Volume : 14 , Issue : 2 , Page : 89-92	Basavaraj Motimath, Merlin rajan
	2	Effect of Wobble Board Exercises on Star Excursion Balance Test in Athletes of Belagavi- An Experimental Study. : Indian Journal of Physiotherapy & Occupational Therapy . Jan-Mar2020, Vol. 14 Issue 1, p49-54.	Motimath, Basavaraj; Koyande, Sadhvi
2019	1	A Comparison between Kinesio Taping and Medial Arch Support Combined with Exercises in Adult Flatfoot-An Experimental Study Indian Journal of Physiotherapy and Occupational Therapy - An International Journal Year : 2019, Volume : 13, Issue : 4	Basavaraj1,* , Parveen Sarwath2,**, Chivate Dhaval3,***

	2	40 Yard Dash Test in Young Athletes of Belagavi City-An Exploratory Study. Source: Indian Journal of Physiotherapy & Occupational Therapy . Jan-Mar2019, Vol. 13 Issue 1, p12-16. 5p.	Motimath, Basavaraj; Kulkarni, Anirudha A.; Chivate, Dhaval
	3	Effect of Sports Activity Dependent Antagonist Muscles Strengthening (Sadams) on Performance Parameters in Competitive Roller Skaters: An Experimental Study. Indian Journal of Physiotherapy & Occupational Therapy . Apr-Jun2019, Vol. 13 Issue 2, p144-149. 6p	Nikam, Prasannajeet P.; Motimath, Basavaraj; Chivate, Dhaval
	4	One Minute Sit-Up Test in Athletes of Belagavi: An Exploratory Study. Indian Journal of Physiotherapy & Occupational Therapy . Jan-Mar2019, Vol. 13 Issue 1, p77-81. 5p	Motimath, Basavaraj; Sah, Manish Kumar; Chivate, Dhaval
	5	Wearing Out Pattern of Sports Shoes and Muscle Imbalance in Lower Limb among Athletes-A Correlation Study Indian Journal of Physiotherapy and Occupational Therapy - An International Journal Year : 2019, Volume : 13, Issue : 4	Motimath Basavaraj, Neelgund Vivekanand B2,*, Chivate Dhaval3
	6	Age and Gender Related Differences in Push Up Test in Athletes of Belagavi--A Cross Sectional Study. Indian Journal of Physiotherapy & Occupational Therapy . Apr-Jun2019, Vol. 13 Issue 2, p166-169. 4p.	Motimath, Basavaraj; Koyande, Sadhvi; Chivate, Dhaval
	7	Shuttle Run Test in Athletes of Belagavi-An Exploratory Study. Indian Journal of Physiotherapy & Occupational Therapy . Jan-Mar2019, Vol. 13 Issue 1, p123-127. 5p	Motimath, Basavaraj; Fondekar, Raunak L.; Chivate, Dhaval
2018	1	Impact of Circuit Training Exercises on land Versus in Water in Overweight Females--A Randomized Clinical Trial. Indian Journal of Physiotherapy & Occupational Therapy . Jul-Sep2018, Vol. 12 Issue 3, p93-96. 4p	Motimath, Basavaraj; Pillai, Haritha; Motar, Pooja; Pradhan, Smruti
	2	Effect of core muscle strengthening on roller skating speed in competitive teenage skaters: An experimental study Saudi journal of sports medicine	Nabeel Ahammed, Basavaraj Motimath, Dhaval Chivate
	3	Impact of Circuit Training Exercises on land Versus in Water in Overweight Females--A Randomized Clinical Trial. : Indian Journal of Physiotherapy & Occupational Therapy. Jul-Sep2018	Motimath, Basavaraj; Pillai, Haritha; Motar, Pooja; Pradhan, Smruti
2017	1	Correlation between core stability and scapulohumeral rhythm in badminton player-An observational study International Journal of Applied Research 2017; 3(7): 328-332	Dr. Basavaraj Motimath, Manjiri V Mahajan and Dr. Dhaval Chivate
	2	Immediate effect of instrument assisted soft tissue mobilization (Iastm) With M2T blade technique in trapezitis: An experimental study	Dr. Basavaraj Motimath, Nabeel Ahammed and Dr.

		International Journal of Applied Research 2017; 3(5): 527-529	Dhaval Chivate
	3	Comparative study on effectiveness of trigger point release versus cervical mobilization in chess players with mechanical neck pain	Dr. Basavaraj Motimath and Dr. Nabeel Ahammed
	4	Comparative effect of Myofascial Release with Foam Roller, Mulligans Bent Leg Raise Technique and Proprioceptive Neuromuscular Facilitation Stretching on hamstring flexibility in athletes – A randomized clinical trial 2017, vol2 issue 8	Basavaraj Motimath , Andrea Ramesh Hegde , Dr. Dhaval Chivate
	5	Effect of Three Weeks Lower Limb Strength Training on Swimming. Jmscr February 2017	Dr Basavaraj Motimath M.P.T, Dr Nikita Shamine Miranda B.P.Dr Nishi Mayur Sawkar B
	6	Immediate Effects Of Tendoachilles Stretch On Balance In Geriatric Population - An Experimental Study Jmscr February 2017	Dr Basavaraj Motimath M.P.T, Dr Nikita Shamine Miranda B.P.Dr Nishi Mayur Sawkar B
2015	1	Flat Foot and Posterior Tibial Tendon Length- A Correlational Study Indian Journal of Physiotherapy and Occupational Therapy	Anil R Muragod , Neelam J Patel , Basavaraj Motimath
	2	COMPARATIVE STUDY OF 4 WEEKS OF DYNAMIC BALANCE TRAINING PROGRAM IN COLLEGIATE FOOTBALL PLAYERES: RANDOMIZED CLINICAL TRIAL. JEBMH	Nisha Joshi, Arati Mahishale, Basavraj Motimath
	3	Effect of Short duration Targeted Manual Therapy Approach in Plantar Fascitis – a Randomized Control Trial Indian Journal of Physiotherapy and Occupational Therapy - An International Journal Year : 2015, Volume : 9, Issue : 1	Kumar Sanjiv, , Motimath Basavaraj,
2014	1	FLEXIBILITY AND AGILITY AMONG CHILDREN AND ADOLESCENT ATHLETES: AN OBSERVATIONAL STUDY International Journal of Physiotherapy and Research, Int J Physiother Res 2014, Vol 2(4):653-56. ISSN 2321-1822	Deepmala Thakur , Basavaraj Motimath .
	2	. Effect of resistance tube exercises on kicking accuracy, vertical jump and 40-yard technical test in competitive football players—an experimental study	Tirumala A, Motimath B
	3	OPEN KINEMATIC CHAIN EXERCISES FOR SICK SCAPULA IN COMPETITIVE ASYMPTOMATIC OVER HEAD ATHLETES FOR 3 WEEKS	Patel Neelam Jayesh , Anil R. Muragod , Basavaraj Motimath

		International Journal of Physiotherapy and Research, Int J Physiother Res 2014, Vol 2(4):608-15. ISSN 2321-1822	
	4	Effect Of Lower Extremity Strengthening On Upper Extremity Performance In Competitive Tennis Players-An Experimental Study	Patil VR. Basavaraj motimath
2010	1	Site specificity of sports injuries seen during the interschool competations held at belgaum an observational study Indian Journal of Physiotherapy and Occupational Therapy. January - March 2010, Vol. 4, No.1	Motimath B.S., Ganesh B.R., Murakibhavi V.G.

Given physiotherapy service for (only few mentioned here)

- State Team selection matches held at Belgaum in 2007
- State Team Camp in 2007 held at Belgaum
- Various events held at Benon- Smith college of Physical Education Ground, Belgaum, in the months of July & August 2007 { details enclosed}
- Football coaching camp held at phoenix residential school, Belgaum
- Under 14 cricket tournament held at union gymkhana Belgaum
- Interschool football Tournament 2008
- Interschool West Zonal Matches, Belgaum 2008
- Karnataka State Cricket Association approved Belgaum premier league
- Fitness training and rehabilitation of Belgaum Sports club (2010)
- KSCA approved coaching camp conducted at Belgaum 2010
- World ranking tennis tournament held at VTU, Belagavi decemebr 2012
- Unique world records, non stop speed saking relay marathon by 315 particiapnts. At Shivganga skating club, May 2015
- 120 hrs of non stop skating relay, world recoed attempt at Shivganga roller skating club, June 2015
- Asia book of records for longest relay skating attempt at shivngga roller skating club June 2015
- All India University Cross Country (Men & Women) Championship at VTU, Belagavi - October 2017
- 48th KVS National Sports Meet, Belagavi - 2017
- Guinness Attempt for Longest Cookie Dunking Relay, at Shivganga Roller Skating Club – 2017
- **Children Records, National Records, Extreme Records, Asia Pacific Records** for most participants performing largest Khelo India Multi-Activities Skating Marathon (72 hours) – 2018
- 9th late Shri Narayanji Kasat memorial roller skating championship 2019, affiliated byneharu Yuva Kendra Belgavi and youth services & sports department, Belagavi

- **Worked as a Physiotherapist for Indian Roll ball team, 3rd Asian Roll Ball Championship, 21st & 24th February 2019**
- Most skaters performing 96 hours for promoting Ek Bharat Attempt for 8 books of records (**Indian achievers, best India,**
- **India book of records, Asia book of records, Aisa Pacific records, Global records, National records, Children records)**
- Mini-triathlon 2019, 2nd edition, organized by Rotary club Venugram- Belgaum on 9th June 2019
- Worked as physiotherapist for **Goa state Cricket Association** on several occasions

Camps attended/ organised

Orthopedic physiotherapy camp, Bailhongal

Orthopedic physiotherapy camp, Nipani

Neonatal screening camp at B.M.K Ayurved hospital Belgaum

Orthopedic physiotherapy camp BMK Ayurved hospital, Belagavi

Musculoskeletal screening camp for athletes

Given physiotherapy awareness lectures at:

Union gymkhana Belgaum

Primary Health Centre, Kinaye

Gogte College of commerce

Subjects taught:

Orientation to physiotherapy

Biomechanics,

Electrotherapy,

Community based rehabilitation

Physiotherapy in orthopedics

Research methodology

Exercise therapy

Internal examinations:

Question paper setting and evaluation

University examinations:

Invigilator for RGUHS examinations

Expert assistant for practical examinations

External examiner for RGUHS practical examination (Sridevi College of Physiotherapy, Tumkur April 2009)

External examiner for MUHS Nasik

External examiner for Goa University

Nationality : Indian

Languages Known : English , Kannada, Hindi & Marathi .

Declaration

I hereby declare that the information furnished above is true to the best of my knowledge.

Date :

Place: Belgaum

(Basavaraj S. Motimath)