

## CURRICULUM VITAE

Kirubakaran Krishnamoorthy Gunasekaran.

Lecturer

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### EDUCATIONAL QUALIFICATION

<b>COURSE</b>	<b>UNIVERSITY</b>	<b>YEAR OF PASSING</b>
Master of Physiotherapy (M.P.T) (Musculoskeletal)	Rajah Muthiah Medical College & Hospital, Annamalai University	August 2001
Bachelor of Physiotherapy (B.P.T)	Rajah Muthiah Medical College & Hospital, Annamalai University	August 1998

### EXPERIENCE

<b>Institution</b>	<b>Designation</b>	<b>Duration</b>
Dept. of Physical Therapy and health Rehabilitation. Jouf University Kingdom of Saudi Arabia	Lecturer	Sep. 2012 to till date
The Oxford College of Physiotherapy, Bangalore, India	Associate Professor	Sep. 2007 to Feb 2012
Ibn-sina teaching hospital, Al-thadi University. Sirte, Libya	Lecturer	Oct. 2006 to Sep. 2007
The Oxford College of Physiotherapy, Bangalore, India.	Lecturer	Nov. 2001 to Sep. 2006

### DUTIES AND RESPONSIBILITIES

- Handling subjects for Under Graduate students.
- Students are monitored, guided and supported in their learning through formative assessment, and keep record of progress
- Designing and planning students assessment through assignments and tests specific to the subjects

- Guiding the students in their clinical practice and also conducting Theory and demonstration classes.
- Involved in guiding in research.
- Organizing awareness camps and provides community based physiotherapy service.

### **EXPERIENCE AND RESEARCH PROJECTS IN YOUR FIELD**

Effect of Short Arc quadriceps exercise in patella-femoral dysfunction with and without Biofeedback”.

“Efficacy of Tibio-fibular Joint Mobilizations in enhancing the range of motion of the knee and ankle in unilateral osteoarthritis of knee”.

“Efficacy of progressive strengthening with stretching exercises versus transcutaneous electrical nerve stimulation for chronic lateral epicondylitis”

“Efficacy of pressure biofeedback on transverses abdominis strengthening to reduce low back pain”.

“A comparative study of elastic taping versus compression bandage in acute grade II ankle sprain”.

“The time period required for recovery of fatigue induced temporary loss of proprioception of knee joint in healthy young individuals” – An experimental study

“A study on the comparison of VMO activity between terminal knee extensions vs. knee extension combined with isometric hip adduction in open kinematics chain in healthy young adults”.

“Effect of core stabilization exercises on low back ache in postnatal women”.

“Efficacy of ventilatory muscle training on pulmonary function test values in normal healthy individuals”.

“Efficacy of High TENS verses low TENS in reducing pain following DOMS”.

“Effectiveness of Laser Therapy (904nm GaAs laser) in the management of pain in patients with acquired temporomandibular joint disorders”

“Efficacy of aerobic Exercise for pre menstrual syndrome in adolescent Girls.

“To Investigate the Most appropriate position of the iliotibial band stretching.

“A study to evaluate acute effect of various stretching in warm up routines on vertical jump performance in Amateur Basketball players.

Effect of hip abductors strengthening on the functional activity in patients with Grade-I Osteoarthritis of knee joint

“Effect of Antenatal Pelvic Floor Muscle Training on Postnatal Incidence Of Stress Urinary Incontinence in Primigravida- An Experimental Study.”

Comparison of supervised and Unsupervised Physical therapy in Total Knee Replacement  
Range of motion of dorsiflexion at ankle and plantar fascial pain in patients with plantar fasciitis – a correlation study

Study to analysis the effect of Post isometric Relaxation technique and Static stretching for Hamstring muscle tightness in young males”

“A Comparative Study of Aerobic Fitness (Vo2 Max) among Sedentary and Active Young Males by Step Test”

A Study to evaluate the effect of Fatigue on Knee joint position sense in healthy Individuals”

“Immediate effect of dynamic and ballistic stretch as a warm up routines on the muscular performance among the normal subjects”

### **CONTINUOUS MEDICAL EDUCATION PROGRAM ATTENDED:**

- Certified for ‘First Aid – Senior level by St. John Ambulance Association’
- Attended the pre-conference course on ‘Basics in Spinal Mobilization – A trends on approach’.
- Attended a one day workshop on ‘Management of low back pain’ presented by Richard Bartley, Chartered Physiotherapist, Wales, U.K.
  
- Participated in a ‘Challenges in the new millennium international standards in the treatment of sports injuries’ Chennai.
- Participated in a workshop on ‘Introduction to taping techniques and level II taping techniques in sports injuries’ conducted by Department of physiotherapy, Manipal Academy of Higher Education, Manipal.
- Participated in two day Workshop on ‘Developmental Aids for children with Developmental delay’ organized by Mobility India, Bangalore.
- Participated in ‘Rheumatology Update’ conducted by Chanre Rheumatology & Immunology Center & Research.
- Participated in the workshop on ‘Research Methodology, Bio-Statistics and Ethical aspects of Research’ conducted by Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore.
- Participated in the conference on ‘Advanced Rehabilitation Technologies, Motorized Hand and Gait Analysis’ at Rajah Muthiah Medical College & Hospital, Annamalai University, Chidambaram
- Participated in CME on Preventive Cardiology & Cardiac Rehabilitation at Narayana Hrudayalaya at Bangalore.
- Participated in the workshop ‘Clinical Trials: A Global Opportunity’ conducted by Institute of Bio-Informatics & Applied Bio-Technology, Bangalore.

- Participated in the workshop on ‘Manual Therapy in a Clinical Reasoning Perspective’ conducted by Federation of Indian Manual Therapists.
- Participated in the workshop on ‘I.C.U. Physiotherapy’ conducted by The Oxford College of Physiotherapy, J.P. Nagar, Bangalore.
- Workshop on “Spasticity Management”, by Prof. Dr. A.D. Pandiyan from Keele University, UK

### **PUBLICATION:**

Kirubakaran KG “Effect of wobble board training program for Athletes with functional unstable ankle joint.

**Journal-Medicine and Health** Med & Health 2015; 10(1): 17-22

### **PERSONAL INFORMATION:**

Nationality : Indian

Date of Birth : 11-11- 1975

Passport : No: K 0345783 Valid till 26.01.2022.

### **PROFESSIONAL REGISTRATION:**

Country : India.

Regulatory body : The Indian Association of Physiotherapists (I.A.P)

Registration number : L- 14642 (Life Member

### **DECLARATION**

I hereby declare that the above mentioned details are true to the best of my knowledge and belief.

**Date:** 22.01.2021

**Place:** Jouv University.

(K.G.Kirubakaran)