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Nilima Bedekar
Rachana Dabadghav
(Editors)

Abstracts of Scientifica 2022

(12-13 March 2022)

Organized by

Sancheti Institute College of Physiotherapy, Pune, Maharashtra, India

Published by

AIJR Publisher, Dhaurahra, Balrampur, India 271604



Abstracts of Scientifica 2022
12-13 March 2022

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Conference Organizer

Sancheti Institute College of Physiotherapy, Pune, Maharashtra, India

Conference Venue

Sancheti Institute College of Physiotherapy

ISBN: 978-81-954993-8-0

DOI: <https://doi.org/10.21467/abstracts.130>

Type

Abstract Book

Series

AIJR Abstracts

Published

19 August 2022

Number of Pages

140

Copyeditor

Abhishek

Imprint

AIJR Books

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Published by



AIJR Publisher, Dhaurahra, Balrampur, India 271604

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Scientifica 2022

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Scientifica 2022

About Scientifica

Scientifica is one of its kind research oriented conference for students, which was held on 12th and 13th March 2022. It was organized online on virtual platform due to the pandemic. This is a yearly conference Organized by Sancheti Institute College of physiotherapy, Pune, India, wherein the Organizers try to achieve new horizons by adding array of topics in Physiotherapy. This makes the conference unique as it includes a segment for paper presentations for students. This conference helps bring researchers together across the globe on one platform help benefit the young researchers. There were six invited talks from different fields of Physiotherapy and seven panel discussions including over thirty speakers across the globe which made the conference interesting due to a diversity of topics covered during the conference.

Scientifica, a research conference was started for Students of Physiotherapy. The whole idea of the conference was to inculcate the culture of research in Students. The conference was started in 2008, with the view of introducing Research methodology amongst the undergraduate, postgraduate students of physiotherapy. From there the Conference has entered its 12th Year in 2022 and had grown on a global platform. Now the conference not only includes the young researchers, but also include professionals around the globe. The USP of the conference is a section wherein the young researcher gets a platform for presenting their researches.

This year the conference included more than 100 paper presentations in various categories including musculoskeletal physiotherapy, neurophysiotherapy, cardiovascular, community, COVID-19 physiotherapy and Innovations. This year the conference had more than 700 delegates attending the conference all over India.

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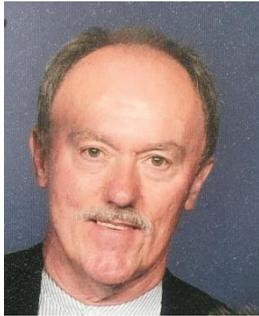
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About the Editors

Dr Nilima Bedekar has a diverse working experience in the field of Physiotherapy. Currently she is working as Professor and HOD of Musculoskeletal Physiotherapy department in Sancheti Institute College of Physiotherapy Pune. Her academic and research experience is spanned over 22 years and she also has a clinical experience of over 15 years. She herself completed her PhD in Physiotherapy in 2010 from University of Pune and is a recognized PhD guide since 2013. She has over 30 publications in national and international peer reviewed journals. She was also the Chairman of board of Secretary of Allied Health Faculty in MUHS (Nashik). She has received several awards by National and International organizations for her work in Physiotherapy.

Dr Rachana Dabadghav (PT) is currently working as a Research Coordinator in Sancheti Institute College of Physiotherapy. Along with the clinical experience, she also has an experience of 10 years in the field of Research. She completed her Masters in Sports Physiotherapy from Sheffield Hallam University (UK) in 2011. Her research interests lie in sports physiotherapy and musculoskeletal physiotherapy. She has over 15 publications in National and International peer reviewed Journals. She also has a book chapter publication on ankle rehabilitation in Essentials of Hip and ankle by IntechOpen (UK). She has successfully guided the Undergraduate students of Physiotherapy with their research projects.

Invited Talks



“Working from Home: Old Wine in New Bottle!”

Dr Robert S Bridger (UK)

Dr RS Bridger is past president of the Chartered Institute of Ergonomics and Human factors in the United Kingdom. He is an experienced consultant and educationalist in human factors and Ergonomics and has supported safety investigations in the UK in Health Care and in the Maritime sector. He offers on-line training in many areas of human factors and ergonomics via his company, ‘Knowledge Sharing Events Ltd.’ He is the author of several books: the textbook, ‘Introduction to Human factors and Ergonomics’, now in its fourth edition; and ‘A Guide to Active Working in the Modern Office’ both published by CRC Press. His latest book “Introduction to Human Factors in Accident Investigation” is available on Amazon worldwide and for universities via Kortext.



“Paediatric Shoulder Instability”

Nanette Oakes (UK)

Nanette Oakes is a qualified physiotherapist from Sheffield Hallam University and completed her Master’s Degree in Advanced Physiotherapy (1st Class) in 2015. She is a basic grade trainer at the Sheffield Teaching Hospitals Trust before specialising in musculoskeletal physiotherapy in 2005. She is a specialized physiotherapist for upper limb injuries and has been practicing in Chesterfield Royal Hospital, since 2012. Her more focused work has been in assessment and management of shoulder instability (structural and non- structural) both in children and adults, and have additional experience in the management of chronic pain. She is a member of the British Elbow & Shoulder society and was awarded the BESS travelling Fellowship in 2015. She has presented her research work both locally and nationally, and also have co-authored a chapter in an orthopaedic textbook on shoulder assessment and have been involved in research published in peer reviewed journals.



“Water Specific Therapy: From function to health in children and adolescents with cerebral palsy”

Rosane Barroso Caetano (Brazil)

Rosane is an Aquatic Physiotherapist at Instituto Prado and Member of the board of the Brazilian Association of Aquatic Physiotherapy. Specialist in Muscle Diseases and Aquatic Physiotherapy, she also is an International Halliwick Concept Instructor recognized by the IHA (International Halliwick Association from 2007 to 2016), WSTN, and IATF. She has received a multiple recognition Awards for the best work presented in Spain, 2004, and Brazil 2016. She has also been a guest professor in Postgraduate courses in São Paulo. Apart from being a Speaker of classes and courses in Brazil, Latin America, and Europe she is also a Trainer in Bobath Concept (Babies, Children, and Adults), GMFM, Balance, Bad Ragaz, Watsu among others.



“Management of ROM deficits in Orthopaedics”

Anil Bhawe (USA)

Anil Bhawe, is the Clinical Director of Orthopedic Rehabilitation and Director of the Wasserman Gait Laboratory at the Rubin Institute of Orthopedics (RIO), at Sinai Hospital. A practicing physical therapist for 40 years, he evaluates and treats patients with extremity dysfunctions (e.g., stiffness, weakness, joint contractures) that result from conditions such as total joint replacement, limb -lengthening surgery, and trauma, and he has developed and patented dynamic casting and bracing techniques for treatment of stiffness and contractures. Anil is certified in various techniques such as Astym, Dry Needling, Kinesiomyography (EMG), and Blood Flow Restriction Therapy (BFRT). An accomplished researcher and lecturer, Anil has published significant works, up to 100 in peer -reviewed journals and delivered more than 300 lectures nationally and internationally. He is a recipient of prestigious awards such as the Jacqueline Perry, MD, award of the American Academy of Orthopedic Surgeons (AAOS) and the Lynn Staheli, MD, award of the Pediatric Orthopedic Society of North America.



“Cardiac Rehab in the Home Setting: Are we doing enough?”

Shweta Gore (USA)

Shweta Gore is an Associate Professor in the Department of Physical Therapy at MGH Institute of Health Professions, Boston, USA. Dr. Gore completed her Masters in Physiotherapy from Manipal University, followed by a post professional DPT, and a PhD in Physical Therapy from University of Michigan-Flint, USA. She is a Board certified Geriatric Clinical Specialist by the American Board of Physical Therapy Specialties, and a Certified Lymphedema Therapist. Dr. Gore has worked in a variety of clinical settings and her primary clinical interests are in cardiovascular and pulmonary physical therapy and acute/critical care. She also teaches cardiovascular and pulmonary PT and critical care management courses to Doctor of Physical Therapy students at MGH.



“Innovations in Physiotherapy: From Dream to Reality”

Sandeep Bhagwat (India)

Sandeep Bhagwat completed his Bachelor in Physiotherapy from Government Medical College Nagpur and Masters in Physiotherapy from Maharashtra University of health science (M.U.H.S.) Nashik. He is the director of ‘Niramay institute of Rehabilitation at Solapur since 2004 with special focus on rehabilitation of Neurological and orthopaedic disabilities. His center has been an approved by Endolite India Ltd. For High Technology Artificial Prosthesis. He is the pioneer to get many German therapies like Matrix Rhythm Therapy, Mentamove, Magnetodyn Lipokontur from Germany to India. Mr Bhagwat is certified Instructor and conducts workshops on Matrix Rhythm Therapy (Germany) throughout India & has trained Physiotherapists from various parts of country. He has presented many papers at national and international conferences. He also has Memorandum of

understanding (MOU) with engineering colleges like RIT Islampur and Orchid College of Engineering Solapur wherein has patented several ideas to his credit. His idea of back bending bench and Stair climbing wheel chair has received award at national level and will soon come into market as a product. One of his ideas of low-cost Gate Analysis was appreciated at international conference of Bio-Mechanics at Brisbane Australia in July 2017. His idea of stair climbing wheel chair is been selected for BIRAC Innovation challenge award SOCH (Solutions for community Health) Project by Government of India held at Bangalore. Mr Bhagwat is nominated by the Government of Maharashtra to state Council and is the Vice President of Maharashtra State Council for Physiotherapy Mumbai.

Panel Speakers

“Challenges in Setting a Private Practice for Cardiorespiratory Rehabilitation”



Asawari Page

Consultant And Director Aloha Lifestyle Reversal Studio, Pune



Poorvi Devani

Chief Physiotherapist,

Pratibha Prabhakar Pulmonary Rehabilitation Center, Mumbai



Sejal Bheda

Founder of CaRe Physio & Rehab: A Speciality Clinic for Cardio Pulmonary Rehabilitation, Sion, Mumbai.



Sheral Kachpile

Founder & Director of Heart Lung Care Physio & Rehab- Pulmonary, Cardiovascular & Diabetes Rehabilitation Centre, Vasai



D. Anandhi (Chair)

Professor, SRM College of Physiotherapy, SRM Institute of Science and Technology, Kattankulathur Campus, Chennai

“Onco Rehabilitation”



Dr. Chakor Vora

Medical Oncologist, Sassoon General Hospital, Pune



Anuradha Daptardar

Head Of Rehabilitation, Tata Memorial Hospital Mumbai



Sherron Furtado

Sr Sarcoma Research Physiotherapist, Rnoh, UK



Sakshee Jain

Founder, Lymphbreath Physiotherapy Clinic



T. V. Gnanasekar (Chair)

Onco Physiotherapist & Certified Lymphedema Therapist

“Role of Mirror Neurons in Neurorehabilitation”



Vijaya Kumar

Associate Professor, Department of Physiotherapy, Kasturba Medical College, Mangalore Karnataka, India



Uthra Mohan

Neuro-physiotherapist at Physiotherapy OPD, ARH Centre, Mumbai
Founder and director at Physio Finesse Clinic, Thane, Mumbai



Dorcas Gandhi

Associate Professor at College of Physiotherapy Christian Medical College and Hospital, Ludhiana, India



Laxmiprabha Rangarajan (Chair)

Assistant Professor at Seth GS Medical College and KEM Hospital, Parel, Mumbai

Chronic Low Back Pain: What Is The Evidence And How Should We Tackle It?



Asha Menon

Accredited trainer for Mckenzie, Diploma in Mechanical Diagnosis and Therapy, Otago University, New Zealand, Clinically trained at NHS, UK



Hemakshi Basu

Accredited trainer for Kinetic Control, Physiotherapist & Movement Specialist



Prakkash Sharoff

Senior Lecturer – Physiohealth Research & Teaching Institute, Panel Doctor for Olympic Quest, Lecturer (First in Asia) for Neuro Orthopaedic Institute, Australia



Hamza Godhrawala

Trained in Cognitive Behavioral Therapy, Specialist Physiotherapist & Expert Witness Physician Associate Aberdeen, Scotland



Kiran Satpute

Accredited Mulligan Manual Therapy Concept Teacher, Head of Musculoskeletal Physiotherapy Department, Smt. Kashibai Navale College of Physiotherapy, Pune



Prashant Mukannavar (Chair)

Professor, SDM College of Physiotherapy, SDM University, Sattur, Dharwad

“Facilitators and Barriers of Conducting Health Research in India”



Dr John Solomon

HOD of Physiotherapy, Manipal College of Health Professions, MAHE, Manipal, India



Dr Ramakrishna Mani

Senior Lecturer, Director Pain@Otago Research Theme, University of Otago, New Zealand



Dr Saumen Gupta

Associate Professor Faculty of Geriatric and Paediatric Rehabilitation Sikkim
Manipal College of Physiotherapy Sikkim Manipal University Sikkim, India



Dr Sudha Srinivasan

Assistant Professor, Physical Therapy program, Department of Kinesiology,
University of Connecticut, Storrs, USA.



Dr. Saurab Sharma (Chair)

Postdoctoral Fellow University of New South Wales; Neuroscience Research
Australia, Sydney, Australia

Disability Management in Low and Medium Income Countries Using ICF



Catherine Sykes

Honorary Senior Research Fellow with the Faculty of Health Sciences, University of Sydney, Australia.



Suvarna Ganvir

Professor And Head, Dept of Neurophysiotherapy, DVVPP'S College of Physiotherapy, Ahmednagar. India
State Coordinator, Maharashtra Branch of IAPWC.



Thomas Maribo

Professor In Rehabilitation at Aarhus University, Denmark And Research Manager at The Department Public Health and Rehabilitation Research, Central Denmark.



Soraya Maart

Associate Professor, Division of Physiotherapy in the Faculty of Health Sciences, University of Cape Town, South Africa



Apurv Shimpi (Chair)

Principal & Professor Sancheti Institute College of Physiotherapy, Pune, India
Chairman of IAP Research Committee (West Zone)

Management of Chronic Ankle Instability



Ajit Mapri,

Masters in Sports & Exercise Medicine, University of Exeter, Devon,UK; Director at ISSRA (Integrated Sports Science Research Association) & IRBF (International Roll Ball Federation) and founder of Fit2Sport, Pune



Madhan Ramanathan,

(MCSP,ACPSEM) Consultant Sports Physiotherapist, Team Physiotherapist Northamptonshire County Cricket, UK



Vaibhav Daga

D.P.T, B.P.Th, PG Cert(Sports Physiotherapy, UK), MPT(Sports) Head, Sports Science and Rehabilitation; Consultant, Sports Medicine, Kokilaben Dhirubhai Ambani Hospital



Claire Hiller (Chair)

Associate Professor- Medicine and Health at the University of Sydney, Australia; Researcher and developer of “Cumberland Ankle Instability Tool”

Program Schedule

12th March 2022 (Day 1)				
Sr No	Time (IST)	Program (Audi)	Hall 1	Hall 2
1	11:00 am-11:45am	Inauguration	Inauguration	Inauguration
2	11:50am -12:20pm	Invited Talk: Cardiac Rehab in the Home Setting: Are we doing Enough?	MSK papers (12:00 pm-4:30 pm)	Community papers (12:00 pm-4:30 pm)
3	12:35 pm- 1:05pm	<i>Invited Talk: Innovations in Physiotherapy: From Dream to Reality</i>	MSK papers (12:00 pm-4:30 pm)	Community papers (12:00 pm-4:30 pm)
4	1:15 pm-2:15 pm	<i>Panel: Disability Management in Low and Medium Income Countries using ICF Framework</i>	MSK papers (12:00 pm-4:30 pm)	Community papers (12:00 pm-4:30 pm)
5	2:30 pm - 3:00 pm	<i>Invited Talk: Working from Home: Old Wine in New Bottle!</i>	MSK papers (12:00 pm-4:30 pm)	Community papers (12:00 pm-4:30 pm)
6	3:15 pm -4:15pm	<i>Panel: Chronic Low Back Pain: What is the evidence and How should we tackle it?</i>	MSK papers (12:00 pm-4:30 pm)	Community papers (12:00 pm-4:30 pm)
7	4.30 pm to 6.15 pm	Student's forum UG + PG Quiz	Student's forum UG + PG Quiz	Student's forum UG + PG Quiz
8	6.15 pm to 6.30 pm	Book launch	Book launch	Book launch
9	6.30 pm to 7.30 pm	Student's forum MadAds	Student's forum MadAds	Student's forum MadAds
10	7:45 pm - 8:15 pm	<i>Invited Talk: Water Specific Therapy: From Function to Health in Children and Adolescents with</i>	MSK papers (7:30 pm-8:30 pm)	
11	8:20 pm - 8:50 pm	<i>Invited Talk: Management of ROM deficits in Orthopaedics</i>		

13th March 2022 (Day 2)				
Sr No	Time	Program (Audi)	Hall 1	Hall 2
1	9:00 am - 10:00 am	<i>Panel: Facilitators and Barriers of Conducting Health Research in India</i>	Neuro papers (10:00 am-1:00 pm)	Cardio papers (10:00 am- 1:00 pm)
2	10:15 am - 11:15 am	<i>Symposium: Onco Rehabilitation</i>	Neuro papers (10:00 am-1:00 pm)	Cardio papers (10:00 am- 1:00 pm)
3	11:30am -12:30 pm	<i>Panel: Chronic Ankle Instability</i>	Neuro papers (10:00 am-1:00 pm)	Cardio papers (10:00 am- 1:00 pm)
4	12:45 pm - 1:45 pm	<i>Panel: Challenges in Setting up Private Practice in Cardiopulmonary Rehabilitation</i>	Break (1:00 pm-1:30 pm)	Break (1:00 pm-1:30 pm)
5	2:15 pm - 3:15 pm	<i>Panel: Role of Mirror Neurons in Neurorehabilitation</i>	COVID papers (1:30 pm-3:30 pm)	Innovations (1:30 pm-2:30 pm)
6	3:30 pm - 4.00 pm	<i>Invited Talk: Paediatric Shoulder Instability</i>	COVID papers (1:30 pm-3:30 pm)	
7	4:00 pm - 5:00 pm	Valedictory		

Acknowledgement

We would like to thank our Founder President, Dr K H Sancheti, Chairman, Dr Parag Sancheti and our Executive Director, Mrs Manisha Sanghavi for their constant support and motivation. In addition, we would also like to thank our speakers and panelists without their participation the conference would not have been a success.

Finally, we would like to thank our delegates for making the conference a great success as their full participation in all the session have made the conference a huge success.

Scientifica 2022



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Abstracts of Scientifica 2022

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Organized by

Sancheti Institute

College of Physiotherapy,
Pune, Maharashtra, India

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ISBN 978-81-954993-8-0



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