

## CURRICULUM VITAE

**Saurabhi Sanjay Purandare**

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### **OBJECTIVES:**

To work with a centre of therapy that give a chance to improve knowledge and skills as a Physiotherapist and climb up the ladder of success along with taking my organization to heights of popularity and respect.

To secure position as Bio mechanist or Physiotherapist in recognised organization, which focuses on in depth evaluation of an individual of their task specific analysis, gait analysis and other advances in field of physiotherapy. I would like to benefit organization with my sound knowledge about movement analysis, gait analysis, isokinetic training and other biomechanics measures which will enhance diagnosis and rehabilitation of the individual patient progress. Providing athletes in proper mechanics of particular sports that will prevent risk of injuries and enhance sports performance as well as decision and tailor made exercise protocol according to individual's rehabilitation needs .

### **SKILLS:**

- Biomechanical analysis
- Gait analysis
- Movement analysis
- Strong evaluation skills
- Goal setting
- Task specific analysis
- Isokinetic testing and training
- Ergonomical analysis
- Decision making
- Neuro-rehabilitation
- Tailor made exercise protocols for each individual

### **PROFESSIONAL EDUACTION:**

<b>DEGREE</b>	<b>YEAR</b>	<b>INSTITUTION</b>	<b>RESULTS</b>
<b>Masters in Biomechanics, physical and functional diagnosis</b>	2020-2022	KLE institute of physiotherapy Belagavi –Karnataka.	<b>65.5%</b>
<b>Bachelor of physiotherapy</b>	2016-2019	Tilak Maharashtra Vidyapeeth, college of physiotherapy, Pune	<b>65.25%</b>

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### **CLINICAL EXPERIENCE:**

Postgraduate student Biomechanics, physical and functional diagnosis, at KLE institute of physiotherapy Belagavi – Karnataka present from September 2020

### **INTERNSHIP (July 2019-Dec 2019):**

- Kamla Nehru Hospital Pune
- Shashwat Hospital Pune
- Sanjeevan Hospital Pune
- Rao Nursing Home Pune
- Apang Kalyan Hospital Pune
- We Care Hospital Pune
- Ranka Hospital (Multispecialty Hospital, Pune)
- Lokmanya hospital, Mitra Mandal chowk
- Apollo spectra, Sarasbag

### **ON FIELD SPORTS PHYSIOTHERAPIST:**

- Sports Physiotherapist appointed at Maharashtra Mandal Badminton Tournament held on 26th Jan – 3rd Feb 2019 at Maharashtra Mandal Sports Club, Tilak Road, Pune.
- Sports Physiotherapist appointed at Maharashtra Mandal Badminton Tournament held on 26th January 2020 – 2nd February 2020 at Maharashtra Mandal Sports Club, Tilak Road, Pune.

- 1. WORKED at Brahma Chaitanya Multispecialty hospital , Chinchwad-Pune from March 2020 to August 2020 (during pandemic)**
- 2. Worked at UAIMS Sangli from September 2022 to December 2022**
- 3. Presently working at Bharati Vidyapeeth Deemed University School of physiotherapy as a Assistant Professor since April 2023**

### **WORKSHOPS AND CONFRENCES:**

- National Conference on ‘Rehab for Specially Abled’ Organized by Department of Physiotherapy held at Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, India held on 30th March 2017
- International Conference on “Glimpses of Law and Medicine” Organized by Department of Law, Nursing and Physiotherapy on Saturday, 13 January 2018
- ‘Medinspire – 2019’ An International Multidisciplinary Medical Summit. Held on 14-17 February 2019
- Workshop on HVT Cervical, Thoracic and Lumbar
- Workshop on Kinesio taping in musculoskeletal conditions
- Workshop on Myofacial Release Therapy
- Certified Orthopaedic Manual therapy (COMT)
- Workshop on research and methodology.
- Attended THINKATHON conference on 4th June, 2022
- Hands on workshop on Movement analysis in Msk and Sports on 27<sup>th</sup> July 2022

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### DESERTATIONS:

#### **Bachelor of physiotherapy**

- Incidence of gluteus medius weakness and disability in patients with low back pain
- Effect of music with movement therapy on gait, balance and quality of life in Parkinson's disease

#### **Masters in biomechanics, physical and functional diagnosis**

- Effectiveness of 3 weeks NMCT on peak muscle torque, proprioception and lower limb alignment - clinical trial

### SCIENTIFIC PRESENTATIONS:

- Scientific Poster Presentation on “**Incidence of gluteus medius weakness in low back pain**” ‘Medinspire – 2019’ An International Multidisciplinary Medical Summit. Held on 14-17 February 2019 Mumbai
- Scientific Paper presentation on “**Effect of music with movement therapy on gait, balance and quality of life in Parkinson's disease**” at 3rd ICPT Janardan Rai Nagar Rajasthan Vidyapeeth, Udaipur, 2019.

### PUBLICATIONS:

- Aishwarya Ahiwale, Ujwal Yeole, Saurabhi S Purandare and Tushar Dhawale
- **Association of gluteus medius strength and disability in patients with chronic low back pain.**
- International Journal of Physical Education, Sports and Health 2019; 6(2): 17-20  
<https://www.kheljournal.com/archives/2019/vol6issue2/PartA/6-1-39-189.pdf>
- Virali Shah, Ujwal Yeole, Saurabhi S Purandare, Khushbu R Vishwakarma
- **Effect of Physical Therapy with Music Therapy on Gait, Balance and Quality of Life in Parkinson's Disease.**
- Vol. 11 No. 6 (2020): Indian Journal of Public Health Research & Development  
<https://medicopublication.com/index.php/ijphrd/article/view/9937>  
DOI: <https://doi.org/10.37506/ijphrd.v11i6.9937>

### CLINICAL HOURS:

As mentioned above, from more than 2 years I have undergone clinical postings as a part of curriculum at various Speciality, Multispeciality, Superspeciality, Nursing Homes, Rehabilitation Centres, Community Centres and Sports Club where learnt, assessed, diagnosed and managed medicine, surgical, orthopedic and neurological, gynaecological, obstetric and community based, geriatric, pediatric, pre and post-operative cases.

Have Done gait analysis using gait lab for various athletes and various orthopaedic conditions.

I have Advanced skills about the isokinetic machine trained in differed age groups and various condition.

Quality of experience in on field biomechanics examination in various sports club and department of sports physiotherapy of Dr Prabhakar Kore Hospital Belagavi Karnataka.

### DECLARATION:

It is certified that the above information is true to the best of my knowledge. I promise to satisfy my superiors to the best of my ability.

**REFERENCES**

**Tushar Dhawale, PT**  
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Assistant professor, KLE institute of physiotherapy, Belagavi Karnataka  
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