

Srinivas University

Mangalore - India



Atomic Research Centre (ARC)

Cardiopulmonary Physiotherapy for Dysmenorrhea – Preventive and Education Domain



M.Premkumar

Associate Professor

Institute of Physiotherapy

1. Purpose of ARC:

To create an innovative and advanced Cardiopulmonary Physiotherapy for Dysmenorrhea – Preventive and Education Domain

2. Objectives of ARC:

- The objective of this research centre is to provide a scientific communication medium to discuss the utmost advancements in the form of Cardiopulmonary Physiotherapy for Dysmenorrhea – Preventive and Education Domain.
- To update and inculcate all advanced methods of Cardiopulmonary Physiotherapy for Dysmenorrhea – Preventive and Education Domain.
- To train UG, PG students and Research scholars Cardiopulmonary Physiotherapy for Dysmenorrhea – Preventive and Education Domain.

3. Description on Proposed Research:

Analysis of Cardiopulmonary Physiotherapy for Dysmenorrhea – Preventive and Education Domain.

4. Expected Outcomes:

There will be improvement in cardio respiratory parameters for Dysmenorrhea – Preventive and Education Domain.

5. List of the Team Members:

Dr. M. Premkumar
Dr. Tamilalagan
Dr. Aishwarya Sonwane
Dr. Divya Patel

6. List of Working Papers:

- (1) Combined Effect of Constraint Induced Movement Therapy and Neural Mobilization Technique on Upper Extremity Function in Spastic Hemiplegic Patient – A Single Case Study
- (2) Comparison of Spencer Technique versus Myofascial Release on Pain and Range of Motion in Periarthritis Shoulder
- (3) Comparative Study on Active Release Technique versus Myofascial Release Technique for Upper Trapezius Muscle Spasm
- (4) Effect of modified constrained induced movement therapy on improving arm function in children with obstetric brachial plexus injury – a case study

7. List of related Published Papers in Journals, Proceedings, Book Chapters, Magazines by Coordinator & his/her Group year wise in APA format.

- (1) M. Premkumar, Amit Kiran, S. Rajasekar, & Ajay Kumar. (2022). Effect of Smartphone Assisted Cardiac Rehabilitation Self-Management (SACRSM) on Talk Test Value and Six Minute Walk Test Distance in Uncomplicated Cardio Vascular Disease (CVD) Patient – Single Case Study. *International Journal of Health Sciences and Pharmacy (IJHSP)*, 6(1), 62–71. <https://doi.org/10.47992/IJHSP.2581.6411.0081>
- (2) Parikh, H. (2021). Effect of Abdominal Resisted Exercises on Pulmonary Function Test Values in Different Temperatures During Summer and Winter Season in Healthy Female Subjects-Longitudinal Study. *Indian Journal of Physiotherapy & Occupational Therapy*, 15(3).
- (3) M.Premkumar, S.Jeya Preethi Angela, S.Kavitha, Benefit of stability exercise on swiss ball exercise along with treadmill walking in physiotherapy college girl students with PCOS symptoms – single group pre post design - IJPOT journal – accepted and in process of publication
- (4) M. Premkumar, Amit Kiran, S. Rajasekar, & Ajay Kumar. (2022). Cost Effectiveness and Functional Outcomes of Smartphone Cardiac Rehabilitation Assisted self-Management in

Coronary Artery Disease Patients (SCRAM) – Systematic Review Protocol – wwjmrd journal – accepted and in process of publication

(5) R.Shyam Sundar, M.Premkumar, K. Kartheeswari, Mohammed Ameer Hussain. Effect of Constrained Induced Movement Therapy on Functional Arm Reach Distance on Adult Hemiplegic Patients – A Pilot Study - IJPOT journal – accepted and in process of publication

(6) Mohammed Ameer Hussain, M. Premkumar, S. Kavitha. Comparison of Spencer Technique Versus Myofascial Release on Pain and Range of Motion in Periarthritis Shoulder - wwjmrd journal – accepted and in process of publication

(7) Tamilalagan, M.Premkumar, K.Sangeetha , S.Kavitha. Telerehabilitation as a Tool Given on Physical Fitness and Quality of Life In Overweight And Obese College Students Amidst Covid 19 Pandemic – Single Group Pre Post Design - IJPOT journal – accepted and in process of publication

(8) Madhuripu, M.Premkumar, Radhika Gopal.S, S.Kavitha. Effect of IFT With Anterior Glide versus Posterior Glide Joint Mobilisation Technique On Shoulder External Rotation Rom In Patients With Adhesive Capsulitis - Comparative Study - IJPOT journal – accepted and in process of publication

(9) B. Pradeep Kumar, M.Premkumar. Comparative Study on Active Release Technique versus Myofascial Release Technique For Upper Trapezius Muscle Spasm - wwjmrd journal – accepted and in process of publication

(10) R. Muthupandikumar, R. Shyam Sundar, M.Premkumar, Mohammed Ameer Hussain. Effect of Flexibility Exercises with Muscle Energy Techniques in Improvement of Gait in Parkinson Patients – A Pilot Study - wwjmrd journal – accepted and in process of publication

(11) R. Muthupandikumar, R. Shyam Sundar, M.Premkumar, Mohammed Ameer Hussain. Effect Of Modified Shoe with Motor Relearning Programme on Timed Up And Go Test Values and Gait Parameters in Chronic Stroke Patients – Comparative Study - IJPOT journal – accepted and in process of publication