

Srinivas University

Mangalore - India



Atomic Research Centre (ARC)

RESEARCH CENTRE IN MUSCULOSKELETAL PAIN AND SPORTS REHABILITATION



Dr. Rajasekar. S

Professor and Dean

Institute of Physiotherapy

1. Purpose of ARC:

To create an innovative research in the field of Musculoskeletal Pain and Sports Rehabilitation.

2. Objective of ARC:

- i) Create a preeminent centre for learning and discovery in musculoskeletal and sports rehabilitation science at the doctoral level
- ii) Research centre focuses on integration of implementing best research with clinical expertise and patient values
- iii) Possess a breadth of knowledge in the musculoskeletal and sports rehabilitation specialty areas as they relate to impairment, functional limitation and disability
- iv) Designed to advance the student's abilities to independently develop and carry out research projects that strive to establish the scientific basis for the prevention, evaluation and treatment of impairments, functional limitations and disability.

3. Description on Proposed Research:

Protocols are released.

4. Expected Outcome:

Research Protocols may provide a better understanding of assessment and Rehabilitation methods in various Musculoskeletal Pain conditions.

5. List of the Team Members:

- ❖ Carolin Menezes
- ❖ Harsha
- ❖ Vidhya Krishna

6. List of Working Papers:

- ❖ Interrater reliability of scapular retraction test in rotator cuff related shoulder pain
- ❖ Effect diaphragm muscle energy technique on flexibility of posterior chain muscle kinematics and rib cage excursion in asymptomatic individuals: a randomized sham controlled trial.
- ❖ Comparing the effectiveness of single leg decline squat with stretching vs single leg decline squat with hip extensor strengthening & stretching on patellar tendinopathy: a randomized clinical trial.

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

1. Acharya Upasana Gayathri, Ajay K, Rajasekar S, Samuel AJ. Reliability and validity of Kannada version of Victorian Institute of Sports Assessment for patellar tendinopathy (VISA-P-K) questionnaire. *Journal of Clinical Orthopaedics and Trauma*. 2018 August
2. Rajasekar S, Kumar A, Patel J, Ramprasad M, Samuel AJ. Does Kinesio taping correct exaggerated dynamic knee valgus? A randomized double blinded sham-controlled trial. *Journal of Body work and Movement therapy*. 2018 July;22:72-732.
3. Nair R, Rajasekar S, Abraham A, Samuel AJ. Awareness among Indian professional football players about injury prevention strategies: A national survey. *Journal of Clinical Orthopaedics and Trauma*. 2018 March;9:76-79.
4. Rajasekar S, Bangera RK, Sekaran P. Inter-rater and intra-rater reliability of a movement control test in shoulder. *Journal of Body work and Movement therapy*. 2017 July;21:739-742.
5. Shwetha S, Hrishikesh Yadav, Ranjith Anumasa, Makhecha Komal. Physical Therapy management in Myofascial pain syndrome of shoulder complex. *International Journal of Advanced Research*. 2017 May;5:1957-1962.
6. Rajasekar S, Marchand AM. Fascial Manipulation for persistent knee pain following ACL and meniscus repair. *Journal of Body work and Movement therapy*. 2017 April;21:452-458.
7. Ilona Gracie De Souza, Rathish M, Thrishala N. Substantial aspects of balance in patients with Diabetic Neuropathy: A Physical Therapist's perspective. *International Journal of Innovative Research in Medical Science* in 2017 February;1:389-394.

8. Shwetha S., Hrishikesh K, Ranjitha A, Komal M, Naga Sumanth G, Sateesh K. Physical therapy management in myofascial pain syndrome of shoulder complex. *International Journal of Advanced Research*. 2017 May;5(5):1957-62.
9. N Mageswaran, Sharan, Nancy N. A Study on effect Of the Lumbar Stabilization Exercises for improving the Endurance of Back Muscles in School Volleyball Players in an *International Journal of current Research and Development*. 2017 January;5:84-90.
10. N Mageswaran, E Prasad. Effectiveness of movement impairment correction on classified movement impairment syndromes in knee osteoarthritis. *International Journal of Current Research and Development*. 2016 July;4:202-213.
11. Girishchandra Shah Jalpa & Rajasekar Sannasi, Shah Sanket. Development and analysis of validity and reliability of the Kannada version of Oswestry Disability Index. *Indian Journal of Rheumatology*. 2016 April;11:91-96.
12. Allan Abraham, Rajasekar Sannasi, Rohit Nair. Normative values for the functional movement screening in adolescent school aged children. *International Journal of Sports Physical Therapy*. 2015 February;10:29-36.