

# International Conference on Physical Therapy and Sports Medicine (ICPTSM-2023)

21<sup>st</sup> & 22<sup>nd</sup> September | Virtual

Organized by



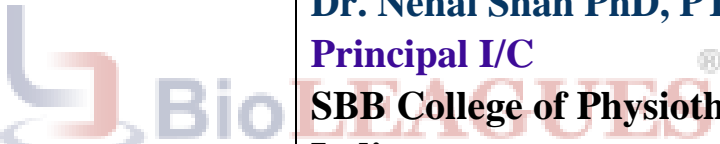
Research Partner



## CONFERENCE SCHEDULE

21.09.2023 – Day 1

TIME	EVENT	SPEAKERS
8:30 AM- 8:45 AM		<b>Inauguration</b>
8:45 AM- 8: 55AM	Welcome Address	<b>Mr. Rudra Bhanu Satpathy</b> <b>Founder and CEO</b> <b>Technoarete Group &amp; BioLEAGUES, India</b>
8:55 AM- 9: 05 AM	Inaugural Address	<b>Office Bearers</b>
9:05 AM- 9: 45AM	Keynote Lecture 1	<b>Dr. Ryan Martin</b> <b>Co-founder</b> <b>Advanced Musculoskeletal Ultrasound Center (AMSKU)</b> <b>Partner</b> <b>Modern Physical Therapy and Sports Medicine</b> <b>USA</b>
9:45 AM- 10:15 AM	Keynote Lecture 2	<b>Mr. Sam Kuhnert</b> <b>Executive Director</b> <b>NubAbility Athletics Foundation,</b> <b>USA</b>
10:15AM- 10: 45AM	Keynote Lecture 3	<b>Dr. Kannan Pugazhendi</b> <b>Director</b> <b>SPARRC</b> <b>Founder &amp; Chairman</b> <b>Indian Institute of Sports Medicine</b>

		<b>Founder Trustee</b> <b>SPARRC Trust</b> <b>India</b>
10: 45 AM - 11:15 AM	Keynote Lecture 4	<b>Prof. Dr. Priyanshu Rathod</b> <b>Professor</b> <b>School of Physiotherapy</b> <b>Director</b> <b>Internal Quality Assurance Cell (IQAC)</b> <b>Dean</b> <b>Faculty of Medicine</b> <b>RK University (RKU)</b> <b>India</b>
11: 15 AM – 11: 45 AM	 Keynote Lecture 5	<b>Dr. Nehal Shah PhD, PT</b> <b>Principal I/C</b> <b>SBB College of Physiotherapy</b> <b>India</b> <b>Distinguished Faculty Member</b> <b>American Academy of Clinical Electrodiagnosis</b> <b>USA</b>
12:00 PM onwards	Technical Session	<b>Paper Presentation</b>

## CONFERENCE SCHEDULE

22.09.2023 – Day 2

TIME	EVENT	SPEAKERS
8: 45 AM- 9: 25AM	Keynote Lecture 1	<b>Dr. GK Balaji PT, PhD</b> <b>Founder &amp; Director</b> <b>Synapse Physio Pvt. Ltd</b> <b>HOD Physiotherapy</b> <b>Fortis Hospital, Mohali</b> <b>S.L. Raheja (A Fortis Associate) Hospital, Mumbai</b> <b>Gleneagles Global Hospitals - Mumbai, Chennai &amp; Hyderabad</b> <b>India</b>
9: 25 AM- 10: 00 AM	Keynote Lecture 2	<b>Dr. Alston Choong</b> <b>Consultant Sports, Exercise &amp; Musculoskeletal Med</b> <b>Physician &amp; Senior Lecturer</b> <b>University of Malaya</b> <b>Vice President</b> <b>Malaysian Association of Sports Medicine - MASM</b> <b>Malaysia</b>
10: 00 AM- 10: 15 AM	Keynote Lecture 3	<b>Dr. Shrinath Vyas PT</b> <b>Head Physio</b> <b>West Lions United FC</b> <b>Founder</b> <b>Swift Health Solution Multispeciality Physiotherapy Clinic</b> <b>Physio Educator</b>

		<b>PhysioTrendz India</b>
<b>10:15 AM – 10:45 AM</b>	<b>Keynote Lecture 4</b>	<b>Dr. Sneha Chakreverty Department of Physiotherapy K R Mangalam University, Gurugram, Haryana India</b>
<b>10:45AM – 11:15 AM</b>	<b>Keynote Lecture 5</b>	<b>Remya K. Ravindranunni Graduate Assistant Dept. of Physical therapy Rehabilitation Science Doctoral Program University of Florida USA</b>
<b>11:30 AM onwards</b>	<b>Technical Session- I</b>	<b>Paper Presentation</b>

## Keynote Speakers



**Dr. Kannan Pugazhendi MBBS, MSM**  
**Director**  
**SPARRC**  
**Founder & Chairman**  
**Indian Institute of Sports Medicine**  
**Founder Trustee**  
**SPARRC Trust**  
**India**



**Remya K. Ravindranunni**  
**Graduate Assistant**  
**Dept. of Physical therapy**  
**Rehabilitation Science Doctoral Program**  
**University of Florida**  
**USA**



**Mr. Sam Kuhnert**  
**Executive Director**  
**NubAbility Athletics Foundation,**  
**USA**



**Dr. Ryan Martin, PT DPT RMSK**  
**Co-founder**  
**Advanced Musculoskeletal Ultrasound**  
**Center (AMSKU)**  
**Partner**  
**Modern Physical Therapy and Sports**  
**Medicine**  
**USA**



**Prof. Dr. Priyanshu Rathod**  
**Professor**  
**School of Physiotherapy**  
**Director**  
**Internal Quality Assurance Cell (IQAC)**  
**Dean**  
**Faculty of Medicine**  
**RK University (RKU)**  
**India**

LEAGU



**Dr. GK Balaji**  
**Founder & Director**  
**Synapse Physio Pvt. Ltd**  
**HOD Physiotherapy**  
**Fortis Hospital, Mohali**  
**S.L. Raheja (A Fortis Associate)**  
**Hospital, Mumbai**  
**Gleneagles Global Hospitals -**  
**Mumbai, Chennai & Hyderabad**  
**India**



**Dr. Alston Choong**  
**Consultant Sports, Exercise &**  
**Musculoskeletal Med**  
**Physician & Senior Lecturer**  
**University of Malaya**  
**Vice President**  
**Malaysian Association of**  
**Sports Medicine - MASM**  
**Malaysia**



**Dr. Nehal Shah PhD, PT**  
**Principal I/C**  
**SBB College of Physiotherapy**  
**India**  
**Distinguished Faculty Member**  
**American Academy of Clinical**  
**Electrodiagnosis**  
**USA**



**Dr. Sneha Chakreverty**  
**Ass. Prof. Department of**  
**Physiotherapy**  
**K R Mangalam University,**  
**Gurugram, Haryana**



**Dr. Shrinath Vyas**  
**Head Physio**  
**West Lions United FC**  
**Founder**  
**Swift Health Solution Multispeciality**  
**Physiotherapy Clinic**  
**Physio Educator**  
**PhysioTrendz, India**

## Day 1 – Main Hall

**Session Chair:** Dr. Zafar Azeem, Associate Professor, Department of Kinesiotherapy and Movement Sciences, Dr. D. Y. Patil College of Physiotherapy, Dr. D. Y. Patil Vidyapeeth, India

**September 21<sup>st</sup> 2023 | Time: 12:30 PM Onwards**

### Technical Session- I

S. No	Allotted Time (IST)	Abstract ID	Title of Paper	Author	Presentati on Type	Name of Organization
1	12:00 PM - 12:10 PM	ICPTSM_21304	Systematic Review of the Quality of the Cross-Cultural Adaptations of Michigan Hand Outcome Questionnaire (MHQ)	Neetu Mahapatra	Oral	MAEER'S physiotherapy college
2	12:10 PM - 12:20 PM	ICPTSM_23401	To Compare the Effectiveness of 4 week of Neuromuscular Training with Conventional strength training on the Physical Fitness of Adolescent Cricketers	Dr. Neeti Mishra	Oral	SPB Physiotherapy College
3	12:20 PM - 12:30 PM	ICPTSM_43102	Assessing the awareness of different methods of measuring quadriceps lag among Physiotherapists: A Cross-Sectional Observational Survey	Sapna Chaudhary	Oral	Marwadi University, Bharatimaiya college of Physiotherapy
4	12:30 PM - 12:40 PM	ICPTSM_34120	Comparison of Radial Nerve Conduction Parameters between Male Elite Badminton Players and Normal Healthy Controls	Aparna Bachkaniwala	Oral	SPB Physiotherapy College



5	12:40 PM - 12:50 PM	ICPTSM_20341	Relationship between Isometric Trunk Muscle Strength, Balance, and Forward Reaching Ability in Children with Cerebral Palsy: A Cross Sectional Study	Vivek H Ramanandi	Oral	SPB Physiotherapy College
6	12:50 PM - 01:00 PM	ICPTSM_046751238	Biomechanical Parameters of Upper Limb in Infantry Military Personnel Post Intensive Training – An Observational Study	Mahima Sisodia	Oral	Kaher Institute of Physiotherapy
7	01:00 PM- 01:10 PM	ICPTSM_341056872	Pain, Functional disability and Psychological status in Tennis Elbow	Khushboo Valodwala	Oral	SPB Physiotherapy College
8	01:10 PM – 01:20 PM	ICPTSM_10423	Effect of low-intensity plyometric training on Balance, hand-eye coordination, and power among badminton Players of Vadodara	Camy Anilkumar Bhagat	Oral	DRS. Kiran & Pallavi Patel Global University
9	01:20 PM – 01:30 PM	ICPTSM_065234718	Physical Fitness, Physical Activity and Academic Achievement in School Going Children: An Exploratory Study	Dr. Salvi Shah	Oral	SPB physiotherapy college
10	01:30 PM - 01: 40 PM	ICPTSM_438765201	Physiotherapy Training Protocol in Para-Swimmer - A Systematic Review	Dr. Shweta Desai	Oral	College of Physiotherapy, Sumandeep Vidyapeeth deemed to be university

11	01: 40 PM - 01:50 PM	ICPTSM_586041723	Development of Structured Antenatal Physiotherapy Module and its Effectiveness in Primigravida Women- Randomised Controlled Trial	Dr. Amrutkuvar Shivaji Rayjade	Oral	Krishna Vishwa Vidyapeeth
12	01:50 PM – 02:00 PM	ICPTSM_368145720	Effectiveness of Matrix Rhythm therapy on Pain & Cervical range of motion in desk workers with Upper Trapezitis: A Randomized Controlled Trial	Jeet Shailesh Kantharia	Oral	MGM school of Physiotherapy, Aurangabad
13	02:00 PM - 02:05 PM	ICPTSM_142530786	Effectiveness of Incentive Spirometer along with 4-7-8 Breathing Technique on Lung Function and Anxiety in Obese and Overweight Individuals: A Pilot Study	Jishna Muchhala	Poster	Ahmedabad Physiotherapy College, Parul University
14	02:05 PM - 02: 10 PM	ICPTSM_738560124	Effect of Square- Stepping Exercise in Improving Balance, Gait, Lower Extremity Strength and Confidence in Diabetic Neuropathy – An Experimental Study	Aashka Thakar	Poster	Ahmedabad Physiotherapy College, Parul University
15	02: 10 PM - 02:15 PM	ICPTSM_253786041	Effect of Mountain Breathing Exercise on Lung Function Test among Geriatric Population: An Interventional Study	Dr. Divya Sugandh	Poster	Parul University

16	02:15 PM - 02:20 PM	ICPTSM_701364258	An Immediate Effect of Neurodynamic Mobilization of Femoral Nerve vs Post Isometric Relaxation on Flexibility for desk worker with Iliopsoas Muscle Tightness - A Pilot Study	Astha Patel	Poster	Parul University
17	02:20 PM – 02:25 PM	ICPTSM_875120364	The Effect of FIFA 11 + Shoulder Injury Prevention Program on Shoulder Strength and Dynamic Stability of Badminton Players – A Pilot Study	Vaishnavi Panchal	Poster	Ahmedabad Physiotherapy College, Parul University
18	02:25 PM – 02:30 PM	ICPTSM_106273584	Weight Loss Strategies for Prevention and Treatment of Diabetes Mellitus in Females: A Narrative Review	Dr Disha Khatri	Poster	Ahmadabad physiotherapy college, Parul University
19	02:30 PM – 02:35 PM	ICPTSM_672304851	Effect of Muscle Energy Technique on Kicking Speed in Football Players	Swapnil Kulkarni	Poster	SDM
20	02:35 PM – 02:40 PM	ICPTSM_472013658	A Comparative Study Between Eldoa and Nerve Flossing Technique to Improve Pain and Flexibility in Piriformis Syndrome - An Experimental Study	Jasmin Saluja	Poster	Parul University

21	02:40 PM – 02:45 PM	ICPTSM_543027816	Effect of Positional Release Technique versus Contract Relax Technique on Hamstring Flexibility in college going students: An Experimental Study	Rahi Shah	Poster	Parul University
22	02:45 PM - 02:50 PM	ICPTSM_021876534	Effect of Metaverse - A Virtual Reality Training on Dynamic and Static Surfaces to Enhance Postural Sway Control and Ankle Muscles Strength among Fencer Athletes	Kharde Ekta GR	Poster	MGM school of Physiotherapy
23	02:50 PM – 03:00 PM	ICPTSM_471358620	Reliability of Digital Weighing Machine to assess Isometric Neck Muscle Strength in Healthy Adults: An Exploratory Study	Neha Kulkarni	Video	D Y Patil College of Physiotherapy



## Day 1 Hall A

**Session Chair:** Dr. Keethika Ranji, Associate Professor, Department of Electrotherapy and Electrodiagnosis, School of Physiotherapy, DY PATIL University, India

**September 21<sup>st</sup> 2023 | Time: 12:30 PM Onwards**

S. No	Allotted Time (IST)	Abstract ID	Title of Paper	Author	Presentation Type	Name of Organization
1	12:00 PM - 12:10 PM	ICPTSM_34102	Hope for a hopeless tooth 35 years after trauma	Dr Vinita Bloor	Oral	Yenepoya dental college
2	12:10 PM - 12:20 PM	ICPTSM_681234750	The Management of <i>Ega Vaatham</i> (Brachial Plexus Injury) through <i>Varmam</i> Therapy – A Case Study	Dr. K. Vishnu Priya	Clinical Case Study Presentation	National Institute of Siddha
3	12:20 PM - 12:30 PM	ICPTSM_24310	Effective Siddha treatment for Sports Traumatic inflammation injury of Knee with special reference to <i>Moosambura patru</i> (Medicated Plaster) - A Single case study	Dharshini Priya	Oral	National Institute of Siddha
4	12:30 PM - 12:40 PM	ICPTSM_40231	Effectiveness of Capsular Stretching and Strengthening of Shoulder on Back Pain in Recreational Volleyball Players	Pallavi Basaprabhu Chougale	Oral	Krishna Vishwa Vidyapeeth

5	12:40 PM - 12:50 PM	ICPTSM_01234	Intra Rater and Inter Rater Reliability Of Sahrman Lower Abdominal Core Stability Test In Multiple Groups According To The South Asian Scale Of BMI: Underweight, Normal And Overweight Individual (A Reliability Study)	Dr. Nijal Parmar	Oral	Shree Bhartimaiya college of Optometry & Physiotherapy
6	12:50 PM - 01:00 PM	ICPTSM_04123	Promoting Oral and Periodontal Health in Athletes: The Role of Sports Dentistry	Dr Haziell Diana Jenifer	Oral	Yenepoya (deemed to be University)
7	01:00 PM - 01:10 PM	ICPTSM_31402	Effect of Mental practice on ankle joint position sense in young adults.	Dr. Manjiri Kulkarni	Oral	Jain deemed to be University
8	01:10 PM- 01:20 PM	ICPTSM_347605812	Effect of Dry Needling in trapezius Muscle Trigger Points	Saloni Sawant	Oral	College of Physiotherapy Sumandeep Vidyapeeth deemed to be University
9	01:20 PM – 01:30 PM	ICPTSM_173586024	Acute achilles tendon rupture management: An umbrella review of Systematic reviews and Meta analysis	Dr. Noel Macwan	Oral	College of Physiotherapy, Sumandeep Vidyapeeth
10	01:30 PM - 01:35 PM	ICPTSM_728130654	Does Hip Abductor Weakness can cause Iliotibial Band Tightness in individual diagnosed with Iliotibial Band Friction Syndrome? – A Systematic Review	Patel Jignisha	Poster	Parul University

11	01:35 PM - 01:40 PM	ICPTSM_850613472	Comparison of an Immediate effect of Active Myokinetic Chain Release and Cryostretching on Flexibility and Lumbar Flexion Range in Football Player with Hamstring Tightness	Maitri Patel	Poster	Ahmedabad Physiotherapy College, Parul University
12	01:40 PM - 01:45 PM	ICPTSM_418273065	Effect of Combined Release Technique versus Active Release Technique along with Conventional Therapy to improve Trigger point in Frozen Shoulder Patient - An Experimental Study	Vidhi Thakkar	Poster	Parul University
13	01:45 PM - 01:50 PM	ICPTSM_068712345	The Influence of 10-Days Nemex Training Program along with warm up on Functional Performance, Balance and Preventing Ankle Injuries in Basketball Players - A Pilot Study	Devanshi Bhavsar	Poster	Ahmedabad Physiotherapy College, Parul University
14	01:50 PM - 01:55 PM	ICPTSM_408517326	Sleeper Stretch versus end Range Mobilization on Pain and Range of Motion on Patients with Adhesive Capsulitis of Shoulder Joint – An Experimental Study	Sneha Panchal	Poster	Ahmedabad Physiotherapy College/ Parul University

15	01: 55 PM- 02: 00 PM	ICPTSM_631278504	Non-pharmacological management strategies for insomnia in older adults: A narrative review.	Dr. Isha Kalyani	Poster	Ahmadabad physiotherapy college, Parul University
16	02: 00 PM- 02: 05 PM	ICPTSM_724536810	A Case of Traumatic Mutli-Ligamentous Tear of the knee and with Avulsion Fracture at insertion of PCL in a Military Personnel	J S R G SARAN	Poster	M S Ramaiah Medical College and Hospitals
17	02:05PM – 02:15 PM	ICPTSM_120756384	Effect of Transcranial Direct Current Stimulation on Lower Extremity Muscle Strength, Quality of Life and Functional Recovery in Individuals with Incomplete Spinal Cord Injury - A Randomized Controlled Trial	Megha Nijhawan	Video	Indian Spinal Injuries Centre
17	02: 15 PM- 02: 25 PM	ICPTSM_187046523	Short Term Effect of Phonophoresis and Iontophoresis on Pain in Individual with Acute and Subacute Trapezitis – A Comparative Study	Dr. Tanvi Banker	Video	SPB physiotherapy college



**END OF DAY 1**

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## Day 2 – Main Hall

**Session Chair:** Jarapla Srinivas Nayak, Physiotherapist, National Institute of Mental Health and Neurosciences (NIMHANS), Under Ministry of Health and family Welfare Government of India, India

**September 22<sup>nd</sup> 2023 | Time: 12:30 PM Onwards**

### Technical Session

S. No	Allotted Time (IST)	Abstract ID	Title of Paper	Author	Presentati on Type	Name of Organization
1	11:30 AM - 11:40 AM	ICPTSM_325168740	Sleep Quality and Performance in Sports: A Brief Narrative Review	Dr. Darshana Nariya	Oral	SPB Physiotherapy College
2	11:40 AM - 11:50 AM	ICPTSM_165478023	Comparison of Effect of Suspension Training and Plyometrics on Dynamic Balance and Vertical jump in Basketball players - A Simple Randomised Controlled Trial	Devaki Suresh Kale	Oral	Maharashtra University of Health Sciences
3	11:50 AM- 12:00 PM	ICPTSM_602541387	Effectiveness of Physiotherapy Intervention for mouth opening in Surgically treated patients for Oral cancers	Neha Abhaykumar Modi	Oral	SPB Physiotherapy college
4	12:00 PM- 12:10 PM	ICPTSM_602534718	Unveiling CFC-MT-DNA as a Biomarker: Insights into Cellular Responses	Arpan Chattopadhyay	Oral	Central University of Rajasthan
5	12:10 PM - 12:20 PM	ICPTSM_208613547	Evaluation of Fitness Variables of Beach Soccer Players on different ground Surfaces	Sanika Kotkar	Oral	Guru Nanak Dev University
6	12:20 PM - 12:30 PM	ICPTSM_437021685	Immediate effects of McConnell Taping on pain and disability in patients with unilateral Patellofemoral Pain Syndrome	Punita Kishor Adajania	Oral	SPB Physiotherapy College

7	12:30 PM - 12:40 PM	ICPTSM_765142380	Effect of balloon blowing exercise in a 90-90 bridge position using a ball on correction of adult acquired flat foot and diaphragm functioning: A case report	Dr. Esha Pandya	Oral	Vidhyadeep institute of Physiotherapy
8	12:40 PM - 12:50 PM	ICPTSM_307682154	Effect of Proprioceptive Training on Foot work among Amateur Kabaddi Players: A Randomized Controlled Study	Yesha Patel	Oral	Pathan Physiotherapy Center
9	12:50 PM- 01: 00 PM	ICPTSM_058742316	Effect of Agility and Balance Training on Sports Performance in Recreational Football Players	Sofiya John Masoji	Oral	Krishna College Of Physiotherapy, Krishna Vishwa Vidyapeeth Karad
10	01:00 PM- 01:10 PM	ICPTSM_083647521	Prevalence of bad posture and musculoskeletal disorders due to the usage of electronic gadget: A Review	Dr. Ritambhara B Pathak	Oral	College of Physiotherapy
11	01:10 PM - 01:20 PM	ICPTSM_730281465	Physiotherapy student's Knowledge about evidence-based recommendation treatment in management of low back pain	Dr. Chakshu Shah	Oral	Ashok & Rita Patel Institute of Physiotherapy, CHARUSAT university
12	01:20 PM - 01:30 PM	ICPTSM_086741523	Effectiveness of Myofascial trigger release with Exercise in work associated Musculoskeletal disorders of cervical and lumbar spine among daily wage workers in north Chennai	P. Athiram	Oral	IBMS
13	01:30 PM - 01:40 PM	ICPTSM_508173426	Therapeutic Effect of <i>Varmam</i> Manipulation Techniques in the Management of <i>Kanu Kal Savukaayam</i> (Ligament Injury of Ankle-Ankle Sprain)	Dr. Sowmiya K	Oral	National institute of siddha

14	01:40 PM – 01:50 PM	ICPTSM_561482370	A Promising <i>Varmam</i> traditional bone setting method in the treatment of colles fracture ( <i>Kozhi kazhuthu murivu</i> ) of left wrist joint: A Case Report	K Kavitha	Oral	National Institute of Siddha
15	01:50 PM – 02:00 PM	ICPTSM_641580237	Role of Varma Maruthuvam in Sports Medicine	Sasikumar E	Oral	National Institute of Siddha
16	02:00 PM - 02:10 PM	ICPTSM_478230516	Correlation of Kinesiophobia with Factors Influencing Pain in Chronic Non-Specific Low Back Pain	Oshmi Pal	Oral	SDM Physiotherapy College
17	02:10 PM – 02:20 PM	ICPTSM_701536248	Immediate Effect of Non-Ballistic Active Knee Extension in Neural Slum Position versus Cyclic Stretching on Hamstring Tightness in Young Healthy Females	Gaurav Bhatnagar	Oral	Maharashtra Institute of Physiotherapy
18	02:20 PM – 02:25 PM	ICPTSM_471236850	To Assess the Quality of Life, Stress, Anxiety and Depression in Primary Hypertensive versus Secondary Hypertensive Individuals: A Prevalence Study	Dipal Vala	Poster	Parul University
19	02:25 PM - 02:30 PM	ICPTSM_684075123	Effectiveness of Right Side Lying Respiratory Left Adductor Pull Back Exercise (RSRLAPB) With Static Stretching on Hip Adduction Rom and Lower Extremity Function in Long Distance Runners with Iliotibial Band Tightness: A Pilot Study	Heli Parikh	Poster	Ahmedabad Physiotherapy College, Parul University

20	02:30 PM - 02:35 PM	ICPTSM_426013578	Height of Medial Longitudinal Arch in Healthy Adults within Different categories of BMI	Dr. Jaykumar Soni	Poster	College of Physiotherapy Sumandeep Vidyapeeth
21	02:35 PM - 02:40 PM	ICPTSM_316274805	Effect of Strain Counterstrain technique versus Deep Stripping Massage on Upper Trapezius Tenderness in College Students	Khushi Patel	Poster	Parul University
22	02:40 PM - 02:45 PM	ICPTSM_675841032	Relationship between 6-minute walk test values and HbA1c values in individuals aged 45-55 years.	Renika Rita Gracias	Poster	St Johns National Academy of Health Sciences
23	02:45 PM- 02: 55 PM	ICPTSM_758364021	Knowledge and Attitude of Youth towards Cardiopulmonary Resuscitation	Shardul Gadre	Video	Sancheti Institute for Orthopaedics and Rehabilitation college of physiotherapy



## Day 2 – Hall A

**Session Chair:** Dr. Deepali Rathod, Associate Professor, TMVs Lokmanya Tilak College of Physiotherapy, India

**September 22<sup>nd</sup> 2023 | Time: 12:30 PM Onwards**

### SESSION II

S. No	Allotted Time (IST)	Abstract ID	Title of Paper	Author	Presentati on Type	Name of Organization
1	11:30 AM - 11:40 AM	ICPTSM_751284630	Various Dosimetry of Strengthening Exercises on Glycemic Control in Patients with Type 2 Diabetes Mellitus – A Scoping Review	Dr. Priyanka Mevada	Oral	Ashok & Rita Patel Institute of Physiotherapy, CHARUSAT University
2	11:40 AM - 11:50 AM	ICPTSM_834601752	The Importance of Grip Strength and Optimal Enhancement Methods	Dr. Isha Sehdev	Clinical Case Study Presentati on	EEZ Align
3	11:50 AM- 12:00 PM	ICPTSM_837024651	Effective Pain Management for <i>Varmam</i> Related Injuries in Siddha System of Medicine	Dr. M. Diviyabarathi	Oral	National Institute of Siddha
4	12:00 PM- 12:10 PM	ICPTSM_250713846	Effectiveness of Dynamic Neuromuscular Stabilization (DNS) Exercises on Musculoskeletal Manifestations of Post - COVID 19 Patients	Vijayshree Singh	Oral	Lovely Professional University
5	12:10 PM - 12:20 PM	ICPTSM_680531427	Case Study: Shin Pain	Dr. Riya Pancholi	Clinical Case Study Presentati on	Institute of Physiotherapy, Ganpat University

6	12:20 PM - 12:30 PM	ICPTSM_0078925	Effectiveness of Home exercise program, Telerehabilitation and Domiciliary Rehabilitation on Pain, Function and Quality of Well-Being in Patients with total Knee Arthroplasty- A Randomized Controlled Trial	Sweta Kulkarni	Oral	SDM College of Physiotherapy
7	12:30 PM – 12:35 PM	ICPTSM_547360812	Effect of Compressive Myofascial Release versus Static Stretch along with Conventional Therapy to improve Flexibility of calf muscle in college students - An Experimental Study	Tanvi Chaudhari	Poster	Parul University
8	12:35 PM - 12:40 PM	ICPTSM_481267530	Effectiveness of Instrument assisted Soft Tissue Mobilization Technique in De Quervain's Disease – A Randomized Controlled Trial	Apexa Ranu	Poster	Sankalchand Patel University
9	12:40 PM - 12:45 PM	ICPTSM_582417036	Effectiveness of Meridian Acupressure Pen and Subscapularis Release Technique in Adhesive Capsulitis: A Randomized Controlled Trial	Shreyansiben B. Patel	Poster	Sankalchand Patel University
10	12:45 PM - 12: 50 PM	ICPTSM_658273014	Correlation Between Body Mass Index and Dynamic Postural Control in Recreational Badminton Players - A Cross Sectional Study	Dency Singwala	Poster	Gov. Physiotherapy college and spine Institute

11	12: 50 PM - 01:00 PM	ICPTSM_712038465	Effect on Eccentric Quadriceps Exercises on Q Angle and Tibial Torsion in Individuals with Quadriceps Strength - A Randomized Controlled Trial	Goutami Katage	Video	MGM Institute of Physiotherapy
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**END OF DAY 2**

The logo for BioLEAGUES, featuring a stylized 'B' and 'L' in a circular arrangement with the word 'BioLEAGUES' in a sans-serif font.