

Dr.VASHI PAYAL (PT)
Musculoskeletal Science &Sports

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PERSONAL SUMMERY

Dedicating Sports physiotherapist, with abilities to utilize my research work and knowledge to serve patients and my experience to improve knowledge of students.

SKILLS

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| <ul style="list-style-type: none">• Creative approach to improve knowledge of students.• Strong communication skill and convincing power. | <ul style="list-style-type: none">• Hardworking and dedicating towards work.• Presentation skill. |
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PUBLICATIONS

- **Author**-Article entitled "Effect of two Different Movement Patterns of Isotonic Muscle Work on Fatigue Index, Power ,Strength and Endurance on Lower Extremity" published in **International Journal of Scientific and Research Publication** May 2017 Edition, Volume 7, Issue 5:ICV [2015]:70.03 Impact factor: 3.27,UGC ISSN 22503153.
- **Co-author** -Article entitled "Pelvic Tilt as A Measure of Hamstring Muscle Flexibility in Sit Reach Test" published in **Global Journal for Research Analysis**. May 2017, volume 3, Issue 11:ICV :80.06, Impact factor : 4.547 ,UGC ISSN 2277 - 8179.
- **Co-author** -Article entitled "Reliability of a New Multicomponent Agility Test for Assessing Agility in Basketball Players: The Basketball Multicomponent Agility Test (BMAT)"published in **International journal of advance research, ideas and innovations in technology**. May 2017, Volume3, Issue3:, Impact factor: 4.295 ,ISSN: 2454-132X

WORK HISTORY

Sports physiotherapist, 2016

61st National School Games 2015-2016 Taekwondo competition –Pune, Maharashtra

- Educated athletes and trainers regarding diet, injury prevention and therapeutic treatments.
- Monitored and help athletes for quick return to play.
- Planned and administered a first aid and emergency treatments

Volunteer Physiotherapist, 2015

OXFAM TRAILWALKER, walk for equality-Mumbai, Maharashtra

- Evaluated and treated a wide range of conditions, including acute pain, cramps, Blisters , Sprain, Strain.
- Educated participants and family members regarding maintenance of proper fluid level, injury prevention and therapeutic treatments.

Physiotherapist. Feb 2015 to July 2015

Sparsh Physiotherapy Clinic – Navsari, Gujarat

- Evaluated and treated a wide range of conditions, including chronic and acute pain, disc prolapse, whiplash, dislocations, arthritis, Multiple Sclerosis, Parkinson's, stroke and neuropathies.
- Educated patients and family members regarding diagnosis, injury prevention and therapeutic treatments.
- Monitored and recorded patient progress in response to therapy.

EDUCATION

Bachelor of physiotherapy - First class with Distinction (7.55 CGPA), 2014

Ashok & Rita Institute of physiotherapy affiliated to CHARUSAT University, Anand, Gujarat

Masters of Physiotherapy – First class with Distinction (7.78 CGPA), 2017

Dr.D.Y.Patil College of Physiotherapy affiliated to D.Y. Patil Vidyapeeth, Pune, Maharashtra

CERTIFICATION

- Certified Pilates Instructor

ACHIEVEMENT

1st Runner up: Poster presentation,

5th National Physiotherapy summit “Phsiofest 2014”, held at school of physiotherapy, R.K. University, Rajkot, April 2014.

WORKSHOPS & CONFERENCES

- 2nd **Pune Knee Rehab Course**, organized by Tapasvi Charitable trust & Medical Centre, J.W. Marriott, Pune ,April 2017
- Workshop on **Surface and Function Anatomy** for Physiotherapist, conducted by Dr.M.Vijayakumar, held at Life Point Multi-specialty Hospital, Pune, October 2016. ·
- Workshop on **Pilates Instructor Training**, conducted by, Surjeet Chakrabarty, held at Dr.D.Y.Patil College of Physiotherapy, Pune, September 2016.
- Workshop on **manual therapy (mulligan therapy)**, conducted by Dr.Deepak Kumar, held at Dr.D.Y.Patil College of Physiotherapy, Pune, September 2015.
- Workshop on **Basic life Support (BLS)** in accordance with the curriculum of American Heart Association, 2014.
- 8thAnnual Conference of Indian Academy of **Cerebral Palsy**, organized by Polio Foundation, Ahmedabad.(IACPCON 2013)
- Workshop on **Evidence Based Management of Spinal Pain** conducted by Charotar Institute of Physiotherapy, CHARUSAT University, 2012

OTHER DETAILS

- D.O.B: 31st August ,1992
- Language Proficiency : English, Hindi, Gujarati
- Marital Status: Unmarried

I hereby declared that the details furnished above are true and correct to the best of my knowledge.

Signature – 

Date – 6/9/2017

Place- Navsari