

Snigdha Karmokar

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Education

2016 **MPT**, *Masters in Physiotherapy*, Sunandan Divatia School of Science, NMIMS Univeristy .
Mumbai, India

2013 **BPT**, *Bachelor of Physiotherapy*, School of Physiotherapy, Padmashree Dr. D Y Patil
University.
Mumbai, India

Professional Experience

2014-present *Pediatric physiotherapist - Independent clinical practice*

- Providing home-based physiotherapy to children and adults with various congenital and developmental neurological conditions like cerebral palsy, Duchenne's Muscular Dystrophy, stroke, and multiple sclerosis
- Primary Responsibilities includes, conducting standardized functional patient-centric assessment, specifically focusing on neurological examination (muscle tone, strength, balance and coordination)
- System specific sensory Assessments and neuromotor assessments were performed using sensory Profile and ICF model-based measures to identify the critical needs of intervention.
- Focused on interventions using Neurodevelopmental, sensory approaches and play therapy catering to the developmental needs to facilitate functional participation in children with disabilities
- Provided adjunct therapeutic modalities to clients, including the use of Kinesio-taping, rigid taping and compression garment customization to aid in improving therapeutic Outcome.
- Detailed observations are made using videos approved by the parents and regular re-evaluations to track the progress of the child in a home-based setting.

2019-2020 *Pediatric physiotherapist - RAAY Foundation*

- Worked as a Primary Physiotherapist in a school - based setting to children with ADHD, ASD, ADD, Cerebral Palsy and Learning disability.
- Conducted assessments and evaluations for the children with various neurological impairments primarily in children with ADHD, ASD, ADD, Learning Disability.
- Collaborated with OT, SLP, Psychologist and specialized instructional support personnel to construct a Goal based Therapy Program catering to the developmental, social and emotional needs of the Children.
- Conducted Individual, group and outdoor sessions using the medium of play to promote effective participation and communication in the Society.
- Reward system using motivator stickers was introduced to encourage the children to boost their Academic and functional performance.
- Family centered approach was implemented to collectively participate in decision making and engaging in information sharing to Formulate detailed home programs and improvise on Therapeutic Outcomes.

- Regular Follow up and Re-evaluations were conducted to review the progress and future goals of the children.

June - *Physiotherapist – St. Xavier's Gait Lab, Mumbai*
 Aug'19

- With the renowned orthopedic surgeon Dr. Atul Bhaskar, I performed neurological Screening of children with CP and examine their Gait pattern to Correlate with the digitally acquired Gait Report to understand the intricacies of Musculoskeletal and neuromotor Impairments required to devise a therapeutic Intervention focusing on Lower limbs.

2017-2019 *Pediatric physiotherapist – Dr. L. H. Hiranandani Hospital*

- Worked as a pediatric physiotherapist with Dr. Snehal Deshpande (PT, SI (USC/WPS), HOD of pediatric physiotherapy department.
- Primary responsibilities includes, providing physiotherapy services for Children and infants with diverse Neurological cases in the inpatient and outpatient departments, like Cerebral Palsy, Attention Deficit Hyperactive disorder, Autism Spectrum Disorder, Learning Disability, Developmental coordination disorder, Brachial Plexus Injury, facial Nerve agenesis, many genetic conditions like Zellweger syndrome, Rubenstein taybii, downs syndrome, Guillain barre syndrome, DMD, Giant axonal neuropathy etc.
- Performed diagnostic and prognostic assessments using the ICF Framework and measures like PEDI, Sensory profile, TIMP, PDMS to evaluate the Impairments focusing on development and Function.
- Formulated short term and long-term goals on the basis of diagnostic evaluations and simultaneously Planned and administered goal based therapeutic exercise programs encompassing play therapy, Sensory Integration Therapy and Neuro-developmental therapy.
- Provided rehabilitation using adjunct therapeutic services like Kinesio taping, Rigid taping, Pro-wraps, Super-wraps and SPIO's.
- Organized Journal clubs with fellow colleagues and participated in various academic presentations and discussions
- Completed training in adjunct modalities like *Matrix Rhythm Therapy*, Body-Weight Support Treadmill Training etc.

Additional Appointments

2018-2019 *Consultant Physiotherapist - Wockhardt hospital*

- Primary Responsibilities included, performing new screenings for children with various neurodevelopmental conditions in the inpatient, outpatient like ASD, Cerebral Palsy, ADD, Developmental delay, congenital anomalies, Genetic conditions, and babies in the NICU.
- Provided guidance and assistance in rehabilitation approaches maximizing functional Independence to the physiotherapist working in the physiotherapy department.
- Provided assistance to therapists in devising assessment modules for children with Various Neurological disabilities.

Talks

- 2019 Presented a series of lectures on early intervention, infant care for Pregnant mothers and management of ASD for nurses working in the pediatric ICU.

Workshops and Training

- 2020 Workshop on Building a strong foundation: optimizing function in adolescents with CP using a holistic approach conducted by Dr. Asha Chitnis and Barbara Hodge.

- 2019 NDT/ Bobath Certificate Course in the Management and treatment of Children with Cerebral Palsy and Other Neuromotor Disorders conducted by Dr. Asha Chitnis (NDTA)
- 2018 Workshop on Treatment for Infants and children with Oral Motor Feeding and Swallowing challenges conducted by Dr. Asha Chitnis, Mumbai
- 2017 Workshop on Using the Ball for Therapeutic Intervention for Children with Movement Disorders conducted by Dr. Asha Chitnis, Mumbai
- 2017 CME in Pediatric Orthopedics (scoliosis, OBPP, Crouch Gait) conducted by Dr. Snehal Deshpande
- 2017 Preconference Workshop on Identification of Developmental Differences and Early Action (IDDEA) conducted by Indian Academy of Cerebral Palsy (IACP), Pune
- 2017 Certificate Course on Kinesio Taping Fundamental and Advanced – KT 1 & 2 conducted by Abhiya Gupta (Kinesio Taping Association International)
- 2016 Workshop on Basic Philosophies of NDT and Handling Techniques conducted by Dr. Snehal Deshpande, Mumbai
- 2016 Workshop on Sensory Integration conducted by Dr. Snehal Deshpande, Mumbai
- 2016 Seminar on A Day in Exploring Movement Analysis conducted by the MGM Centre of Human Movement Science, Navi Mumbai
- 2016 CPE in ICU conducted by Sunandan Divatia School of Science, NMIMS University
- 2013 Hands on Workshop on Bobath and Adult Hemiplegia, Mumbai
- 2013 Certificate Course on Neurodynamic Solutions by Kiran Challagundla (MOSPT), Navi Mumbai
- 2012 Workshop on Cardiopulmonary Cerebral Resuscitation
- 2012 Evaluation and Therapeutic Interventions in Stroke survivor by Dr. Pradip Ghosh conducted by the PG institute of PT, Nanavati Hospital

Additional Courses

- 2021 Fundamental Neuroscience for Neuroimaging - Professor Arnold Bakker, John Hopkins University (*online*)

Professional Membership

- 2014-present Indian Association of Physiotherapist - IAP Registration no. LA – 37541
- 2016-present Maharashtra State OTPT Council – Registration no. 2016/02/PT/004447
- 2019-present Society of Indian Physiotherapist

Research Projects

Postgraduate Research Project

Efficacy of Task oriented approach to improve physical activity in geriatric population (PI for the Study)

Undergraduate Research Projects

Correlation of different components of cognition with modified clinical test of sensory interaction in balance in middle aged adults and geriatric population (PI for the study)

Study of disability and psychological problems in Patients with Multiple Sclerosis (PI for the study)

References

- Professor **Dr. Amruta Nerurkar**, *Associate Professor*, School of Physiotherapy, Padmashree DR. D. Y. Patil University, Navi Mumbai, India.
amrutan83@gmail.com
- Head of the **Dr. Ali Irani**, Sunandan divatiya school of Science, NMIMS University, Mumbai, India.
department ali.irani@nanavatihospital.org
- Professor **Dr. Mansi Mehta**, *Assistant Professor*, Sunandan Divatiya School Of Science, NMIMS University, Mumbai, India.
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