

Faculty Name: Dr. P. Antony Leo Aseer

Degree: MPT, Musculoskeletal, Ph.D

Designation: Professor & Vice principal

Areas of Research Expertise: TKR, Myofascial release, Cyriax, Maitland

Thesis title-Effectiveness of structured Rehabilitation program on Quality of life and Functional outcome following Total Knee Replacement in Indian Population -RCT

Research projects

1. Diagnostic accuracy for provocative tests in lateral epicondylitis (2014)
2. Effectiveness of evidence based Physiotherapy in lateral epicondylitis using musculoskeletal ultrasonogram (2014)
3. Analysis of biopsychosocial factors in chronic low back pain (2015)
4. Effectiveness of ischemic compression on trapezius myofascial trigger points in neck pain (2015)
5. Sub grouping acute low back pain using start back screening tool (2015)
6. Effectiveness of low level LASER therapy on the plantar fascia thickness using musculoskeletal ultrasonography (2016)
7. Effectiveness of motor control training in chronic low back pain (2017)
8. Positional coracohumeral stretching in adhesive capsulitis (2018)

Awards & Recognitions of faculty

1. The Indian Physical Therapists Welfare Association awarded “BEST PHYSIOTHERAPIST AWARD” on world Physiotherapy day at Madurai (08.09.13)
2. Mr. Jayapal best research publication gold medal for maximum publications in Physiotherapy –SRU (11.03.15)
3. “Significant Contribution Award” at the 1st International IAP Physiotherapy conference at Madurai (09.01.18)
4. Clinical mentoring for physiotherapists at Davanagere, Karnataka (22 .07.13)
5. Resource faculty -Pan African e-network project for telemedicine-rehabilitation in TKR (29.10.13)
6. Appointed chair person of Ethical committee for Phd at Vels University, Chennai (25.02.14)
7. Resource faculty-International Physiotherapy conference on musculoskeletal Physiotherapy-clinical reasoning & EBP in musculoskeletal Physiotherapy at SRU (03.07.14)
8. Resource faculty-State level Physiotherapy conference on „Evidence based practice in vertebral column rehabilitation-FOUR MODULES at Trivandrum (03.08.14)

9. Resource faculty-National Physiotherapy conference in recent trends in physiotherapy-
topic on soft tissue mobilization,SVIMPS ,Tirupathi (20.12.14)
10. Resource faculty-KAPS meet-National physiotherapy summit-sub grouping in low back
pain-Guruvayoor,Kerala(26.04.15)
11. Resource faculty- Pan African e-network project for telemedicine-Treatment based
classification in low back pain (11.08.15)
12. Resource faculty- Sri Ramachandra Physiotherapy Rapid Review Program-SPREE
2016
13. Resource Faculty-“Insights in TKR rehabilitation” at PHYSIO BEAM-2016
organized by Physiotherapy association of Tirunelveli (PAT) and got published
in print media(Dhinakaran & Dinamalar)- 12.09.2016(Dhinakaran & Dinamalar)-
12.09.2016
14. Resource Faculty- 2016 “Window of opportunity in TKR rehabilitation” in
National Physiotherapy convention (Physiocon East-2016) at Bhubaneswar-1st & 2nd
October, 2016
15. Resource Faculty- The Central Executive Committee of the Indian Association
of
Physiotherapists (IAP) conducted a Continuing Physiotherapy Education Program
(CPE)-
Physical diagnosis at A.J.College of Physiotherapy, Chennai- 23.10.16
16. Resource Faculty- Guest lecture & workshop at Venkata Padmavathi college of
Physiotherapy,Tirupati -29.01.17
17. Resource Faculty- Resource faculty for a CME titled “Rehabilitation in Orthopaedics
(RIO-2017) -25th March 2017
18. Resource Faculty-Sri Ramachandra Rapid review Education Program-SPREE-2017
19. Resource Faculty-Physiotherapy conference titled “ Physiotherapist-optimizing the
level of function and quality of life in patients” held at Tanjore- 23.09.17
20. Resource Faculty-Workshop titled “ Motor control training of lumbopelvic region” at
international Physiotherapy Conference-STRIDE’ 17 at Saveetha
University,Chennai-25.10.17
21. Resource faculty-Movement system control impairments-1st International IAP
Physiotherapy conference at Madurai-08.01.18
22. Guest lecture-Applied aspects of Research Methodology in Physiotherapy at
Venkata
padmavathi college of Physiotherapy,Tirupati-18.03.18
23. Resource faculty- Workshop on Research Methodology at AJ college of
Physiotherapy,
Chennai-06.04.18
24. Guest lecture on “ Clinical Reasoning Perspectives in Musculoskeletal
Physiotherapy”
for MPT students at SVNIRTAR,Orissa-04.06.18

25. Guest Lecture-Faculty development program on ‘Tips for Thesis Writing’ at VelsUniversity,Chennai-30.06.18
26. Delivered special address in graduation ceremony at JSS College of Phsyiotherapy,Mysuru-21.07.18
27. Guest Lecture on ‘ Clinical reasoning & Evidence based practices in vertebral column’ at JSS College of Phsyiotherapy,Mysuru-22.07.18
28. Member,BOS for BPT,Mahatma Gandhi Medical College &Research Institute Puducherry-31.07.18
29. Lecture & Demonstration on “ Role of exercises in vascular diseases” at DVT awarenessweek,SRIHER-11.10.18
30. Guest lecture on “ Physical diagnosis & Evidence based practice” for MPT students at SVNIRTAR,Orissa- 24.10.18
31. Guest lecturer for Research Methodology,MAHER,Chennai
32. Chaired as expert panel to conduct interview for Physiotherapist of DAE Hospital, The Department of Atomic Energy, Govt. of India Kalpakkam -06.12.18
33. Resource faculty-“Treatment models in low back pain-it’s time to pull it all together”-
34. International conference on Physiotherapy-KRUPTACON-2018 at Bangalore-07.12.18
35. Chaired as judge for paper presentations- International conference on Physiotherapy-KRUPTACON-2018 at Bangalore-07.12.18
36. Resource faculty-“An overview of pelvic girdle pain disorders”- 6th National Physiotherapy conference-SPICE-2019 at Chennai-29.01.19
37. Peer Reviewer-SIP grant application-04.02.19
38. External member-IQAC of Meenakshi College of Physiotherapy, Chennai-27.02.19
39. External member-Expert of Academic Council of Meenakshi College of Physiotherapy, Chennai-28.03.19
40. Member, Board of Studies for BPT & MPT-SRIHER, Chennai-31.05.19
41. Member, Board of Studies for BPT & MPT-Saveetha College of Physiotherapy, Chennai-17.06.19
42. External member-Expert of Academic Council of Meenakshi College of Physiotherapy,Chennai-10.07.19

Conferences, Seminars, Workshop, training undergone by faculty

1. SRU-CPE-Post-Operative PT In Shoulder Surgeries
2. CPE in research methodology & scientific writing for physiotherapists
3. State level conference in recent trends in TKR rehabilitation
4. Seminar on laser therapy
5. Work shop in voice care 09.04.13

6. CPE evidence based exercise prescription of low back-operative and non-operative
7. National physiotherapy conference on „World Physiotherapy Day „at Madurai
8. International physiotherapy conference,Saveetha University,Chennai
9. Workshop on JCI standards ,SRU
10. Seminar on high flexion knee-Dept of orthopedics,SRU
11. International Physiotherapy conference in musculoskeletal physiotherapy,SRU
12. Attended „Faculty enrichment program“ conducted by educational unit,SRU
13. Attended CITI-Ethics conference in SRU
14. Attended Workshop on Interpretation of JCI standards
15. Attended National physiotherapy Conference-SVIMPS 2014
16. Seminar on „Fellowship training in funded research“ by CRF,SRU
17. Seminar in entrepreneurship towards E-week celebration
18. Attended National Conference in biopsychosocial well being,SRU
19. Attended seminar cum workshop on ICT,SRU
20. Attended National Physiotherapy Summit-KAPS 2015 ,Kerala
21. Attended and coordinator of NIAHS workshop, Ministry of Health& family welfare, India
22. Laser safety,SRU
23. Indian citation index,SRU
24. Workshop on grant writing & publication writing,SRU
25. Workshop on citation and referencing with free software,SRU
26. SPREE-2016
27. 37th annual conference & sports rehabilitation course-IASMCON-2016
28. Attended 37th annual conference-IASMCON 2016
29. International Physiotherapy Conference,Saveetha University,Chennai
30. 1st International IAP Physiotherapy conference at Madurai
31. Revised ICMR guidelines-SRMC & RI
32. Workshop on revised NAAC criteria's
33. International Ranking of Universities by Dr.Caven McCoughlin,KentUniversity
34. Maitland concept workshop by Prof.Steve Milanese,University of South Australia
35. Workshop on vestibular rehabilitation
36. CPE on Renal Rehabilitation
37. Cadaveric workshop “safety aspects of dry needling”
38. Hands on training workshop ‘ Role of myofascial continuum in upper quarter dysfunctions’
39. Workshop on chronic pain
40. Basic course on ‘ Blended Learning’
41. IQAC Workshop on ‘Quantitative Metrics’

Membership in Committees etc., (Internal/ External)

1. Core Team member, Physiotherapy
2. Co-editor, University newsletter "Bridges"
3. Member, Board of Studies,SRU
4. Doctoral committee member for Phd at Vels University,Chennai
5. Chairman, Ethical committee for Phd at Vels University,chennai
6. Member of Quality improvement and patient safety(QIPST),SRMC
7. Scientific committee convener in National Physiotherapy convention (Physiocon East-2016) on 1st & 2nd October, 2016 at Bhubaneswar.
8. The Department of Atomic Energy, Govt. of India has nominated me as expert panel to conduct interview for Physiotherapist of DAE Hospital, Kalpakkam (3 spells)
9. Member,Board of studies for BOT,SRIHER
10. Member, Internal Quality Assurance Cell (IQAC),SRIHER
11. Member, College quality cell
12. Member,Board of studies for BPT,Mahatma Gandhi Medical college & Research Institute,Puducherry
13. Member, College Research Advisory member
14. Member,Board of studies for BPT, Saveetha College of Physiotherapy, Chennai
15. External member-Expert of Academic Council of Meenakshi College of Physiotherapy, Chennai
16. External member-IQAC of Meenakshi College of Physiotherapy, Chennai

List of Publications

1. Effectiveness of manual knee distraction of Tibio femoral joint on the functional outcome of OA patients. Indian Journal of Physical Therapy, volume-2,issue 1,p 56-61.
2. 'Diagnostic accuracy for provocative tests in lateral epicondylitis'.International journal of Physiotherapy & research.vol-2(6),2014,p-815-23. Indexed in cross ref.
3. Median parapatellar versus midvastus approach on outcomes in TKR. International journal of Physiotherapy & research.vol 3(1),2015,p-885-888. Indexed in cross ref.
4. Fear and avoidance behaviour in chronic low back pain. Indian Journal of Basic and Applied Medical Research; June 2015: Vol.-4, Issue- 3, P. 129-136
5. Pragnya Ravichandran, H. Karthika Ponni, P Antony Leo Aseer. Effectiveness of ischemic compression on trapezius myofascial trigger points in neck pain. Int J Physiother.Vol 3(2), 186-192, April (2016). Indexed in web of science
6. Naveendran R, Antony leo aseer P, Sub grouping acute low back pain using STarT lowback screening tool. International journal of physiotherapy. 2016,vol-3,(5),pg 525-529.Indexed in web of science
7. Antony leo aseer P, Effectiveness of structured exercise program on the functional outcomes in TKR.Indian journal of orthopaedic surgery. 2016, vol – 2, (3), pg 264 - 270.
8. P. Antony Leo Aseer, G. Arun Maiya, M. Mohan Kumar , P.V. Vijayaraghavan. Content validation of total knee replacement rehabilitation protocol in Indian

- population. *Journal of Clinical & diagnostic research* 2017;11(6):5-9. Indexed in Scopus, Pubmed & web of science
9. Roshini PD, Aseer L Antony P. Motor Control Training in Chronic Low Back Pain. *Journal of Clinical & Diagnostic Research*. 2019Apr;13(4):1–5. [Web of Science (ESCI)].
 10. D Hepzibah Rubella, P. Antony Leo Aseer, Bhawna Dev N. Jambu. Sonographic Evaluation Of Plantar Fascia Following Low-Level Laser Therapy In Plantar Fasciitis. *Int J Physiother*. Vol 6(2), 40-45, April (2019), p-40-45. Indexed in web of science
 11. . Prayerna B, Subbiah K, Antony Leo asser P, Milanese S. Effectiveness of Mulligan's Sustained Natural Apophyseal Glide (SNAG) over First Rib in Reducing Pain and Improving Cervical Rotation in Individuals with Mechanical Neck Dysfunction. *Journal of Clinical & Diagnostic Research*. 2019Mar;13(3):21–4. [Web of Science (ESCI)].
 12. M Karthi, A D Gopalswami, Antony Leo Aseer. Efficacy of endurance training on deep cervical flexor muscles using pressure feedback in mechanical neck pain. *International Journal of Physiotherapy*. 2019Jun;6(3):95–101. [Web of Science (ESCI)].
 13. Antony-Leo AP, PhD, Arun-Maiya G, PhD, Mohan-Kumar M, MS, Vijayaraghavan PV. Structured Total Knee Replacement Rehabilitation Programme and Quality of Life following Two Different Surgical Approaches - A Randomised Controlled Trial. *Malaysian Orthopaedic Journal* 2019 Vol 13 No 2, p-20-27. Indexed in Scopus & Pubmed.