

Faculty Name: Mr.A.D.Gopalswami

Degree: MPT.,Orthopaedics and Traumatology.,CMP.,COMPT

Designation:Associate Professor

Areas of Research Expertise: Musculoskeletal and Manual physical therapy

Research projects

1. Quality of life and functional performance following multifactorial manual intervention among subjects with degenerative joint disease of knee. (2012)
2. Effect of selective strengthening of Gluteus Maximus on anterior knee pain. (2013)
3. Efficacy of Active Stretching over passive stretching on the functional outcome among patients with mechanical low back pain. (2013)
4. A study to find the association between hamstrings tightness and sacroiliac dysfunction and to find the efficacy of MET on hamstrings flexibility. (2015)
5. A study to determine the influence of Tibiofemoral degeneration over hamstrings flexibility and functional performance. (2016)
6. A study to assess the influence of soft tissue mobilization on pain sensitivity among subjects with mechanical low back pain (2017)
7. Efficacy of endurance training on deep cervical flexor muscles using pressure feedback in mechanical neck pain. (2018)
8. A study to analyse the effectiveness of exercise program in improving the proprioceptive acuity among patients with chronic neck pain (2019)
9. Does variation of femoral torsion following total knee replacement influence gluteus medius strength. (2019)

Awards & Recognitions of faculty

1. Resource person World Physiotherapy Day celebrations, TAP - September 2013.
2. Resource person - International Conference of Musculoskeletal And manual physical therapy – July 2014,SRIHER.
3. Resource person – Faculty Enrichment Program, SRU – October 2014,SRIHER.
4. Resource person – UG and PG orientation - June & July 2015,SRIHER.
5. Resource person – SPREE 2016, Sri Ramachandra Physiotherapy Rapid Review Program - February 2016, SRIHER.
6. Resource person – UG and PG orientation - June & July 2016,SRIHER.
7. Resource person - Ergonomics for ICU Nurses – 2016, SRIHER.
8. Resource person - Ergonomics for Dentistry – 2016, SRIHER.
9. Resource person - Pan African e- Network project for telemedicine – 2016
10. Resource person – SPREE 2017, Sri Ramachandra Physiotherapy Rapid Review

Program - July 2017, SRIHER.

11. Resource person – UG and PG orientation - June & July 2017, SRIHER.
12. Resource person - SIG leprosy workshop, 2017, SRIHER.
13. Resource person - Quiz Master Exercise science for special population – A Research Update – MAHER, Chennai – April 2018, SRIHER.
14. Yoga for Wellbeing – Resource person – June 2018, SRIHER.
15. Resource person – UG and PG orientation – June & July 2018, SRIHER.
16. Resource person - World Physiotherapy Day celebrations - Mother Theresa Post Graduate Institute of Health Sciences and JIPMER, Pondicherry – September 2018, SRIHER.
17. Resource person – Faculty Development Program SRIHER, November 2018, SRIHER.
18. Resource person - Yoga for Wellbeing – June 2019, SRIHER.
19. Resource person – PG orientation – August 2019, SRIHER.

Conferences, Seminars, Workshop, training undergone by faculty

1. Research Methodology and scientific writing for physiotherapists – February 2013
2. Evidence based exercise prescription for low back post-operative and non-operative – April, 2013
3. Brian Mulligan's concept mobilization with movement, NAGs and SNAGS – June 2013
4. International Conference of Musculoskeletal And manual physical therapy – July 2014
5. STRIDE -13 International Physiotherapy Conference – October 2013
6. Advancing management of tendon pathologies, Monash University – September 2014
7. Rehabilitation of low back pain - October 2014
8. Rehabilitation of Low back Disorders – March 2015
9. International conference – IEAA foundation – July 2015
10. NEN e week – February 2015
11. Workshop on grant and publication writing - September 2015
12. Certificate course in basic dry needling - August 2015
13. FDP on Enhancing Educators – March 2016
14. IASCOM 2016 - February 2016
15. Yogic management of diseases - June 2016
16. Faculty Development Program – April 2016
17. National conference on Academia, Industry collaboration – March 2017
18. NABH standards 4th edition training workshop – November 2017
19. Dissemination Program for ICMR National Ethical Guidelines - February 2018
20. Research capacity Building – March 2018
21. Maitland Based Manual Therapy – April 2018
22. Research methodology workshop – January 2019
23. Basic course workshop in education technologies – February 2019

24. CME on current approach to management of brachial plexus birth palsy April 2019
25. Workshop on Simulation Education – July 2019

Membership in Committees etc., (Internal/ External)

1. Mentor committee - Faculty of physiotherapy, SRU
2. Member secretary, Education Unit - Health Science Colleges, SRU
3. Coordinator (NABH) – G Block
4. Member-Academic council

List of Publications

1. Elvis luke fernandez, Gopalswami A D. efficacy of active stretching over passive stretching on the functional outcome among patients with mechanical low back pain. International journal of physiotherapy and research 2015; 3(1): 845-854.
2. Tharakan Mary Varghese, Gopalswami A D. A Study to Determine the Influence of Tibiofemoral degeneration over Hamstring Flexibility and Functional Performance. Indian Journal of Physiotherapy and Occupational Therapy - An International Journal: 2016, Vol: 10, (3):102-107.
3. Jyothi Seshan, A D Gopalswami, A study to find the association between hamstring tightness and sacroiliac dysfunction and to find the efficacy of MET on hamstring flexibility, International Research Journal of pharmaceutical and biosciences – 2019, Vol 5(1) : 8 – 15
4. M Karthi, A D Gopalswami, Antony Leo Aseer, Efficacy of endurance training on deep cervical flexor muscles using pressure feedback in mechanical neck pain, Int J Physiother. Vol 6(3), 95-101, June (2019) : 95 – 101
5. Sweeta Priyadarshini, AD Gopalswami, Efficacy of Core Musculature Strengthening on Postural Sway, Journal of Clinical and Diagnostic Research. 2019 Jul, Vol-13(7): YC07-YC11.
6. Shrishudhi SD, Gopalswami AD, Aseer PA. A study to analyze the effectiveness of exercise program in improving the proprioceptive acuity among patients with chronic neck pain. Biomedicine. 2019;39(4):613-21.