

Faculty Name: Ms.P.Ponmathi

Degree: MPT., Obstetrics and Gynaecology

Designation:Assistant Professor

Areas of Research Expertise: Diastasis Recti, Urinary Incontinence, Polycystic Ovarian Syndrome

Research projects

1. “Design and Evaluation of Device for Quadriceps Muscle Reeducation in Patients With Osteoarthritis Knee.” Funded by SRM Institute of science and Technology.
2. "Limb Flexion – Extension Counter using IR Proximity Sensor" funded by SRM Institute of science and Technology.

Awards & Recognitions of faculty

1. Resource person-“Recent Trends of Physiotherapy in Women’s Health” at SRM College of Physiotherapy, SRM University, Kattankulathur -04/2010
2. Invited lecture –“PCOS and its physiotherapy management at the Seminar on PCOS- Polycystic Ovarian Syndrome” organised by Obstetrics and Gynaecology Department, SRM Medical college hospital and Research centre, Kattankulathur-10/2010
3. Guest speaker - Recent updates of Physiotherapy in Antenatal Care “Clinical meeting” -SRM Medical college hospital and Research centre Obstetrics and Gynaecology Department, Kattankulathur- 03/2010
4. Resource person,-“Recent updates of Antenatal physiotherapy” at SRM College of Physiotherapy SRM University ,Kattankulathur,-03/2011.
5. Guest speaker- Personal and Sanitary Hygiene at Agurchand Manmull Jain College, Chennai, 09/2012.
6. Invited lecture - “Women’s Health” organised by the Department of Physiotherapy , Sri Ramachandran University, Chennai-09/2012.
7. Ayappan.J, Suresh T.N., Ponmathi.p(2013) Influence of Q-angle on Pain Intensity in patients with Patello Femoral Pain Syndrome-INCPT 2013 ,AIIMS, New Delhi.
8. Invited lecture-Regularly instructed Medical ,Dental ,Health science students, Firefighters in AHA Accredited Basic Life Support and Advanced Cardiac Life Support provider courses, since 2012-2016
9. Resource person- “Second National Conference on Simulation in Health Care” at SRM/STRATUS centre for Medical Simulation, SRM Medical college hospital and Research centre , Kattankulathur, -06/2013
10. Guest speaker- Health and Fitness on the occasion of “Women’s Day celebrations” at O2 health studio, Velacherry, Chennai - 03/2013
11. Resource person- “Pre conference Workshop on critical concepts in Obstetrics and Gynaecology” -National conference, Obstetrics and Gynaecology Department, SRM Medical college hospital and Research centre ,Kattankulathur,- 01/2015
12. Resource person-, Chennai, “Recent trends in Antenatal and Labour care” Saveetha college of Physiotherapy ,Saveetha University 06/2015

13. P.Ponmathi V.P.R.Sivakumar (2015)Age Specific Prevalence And Awareness On Physiotherapy Management For Urinary Incontinence Among Community Dwelling Indian Women Presented at International Conference at United states at 2015.
14. P.Ponmathi V.P.R.Sivakumar (2015)Age Specific Prevalence And Awareness On Physiotherapy Management For Urinary Incontinence Among Community Dwelling Indian Women Presented at International Conference at United states at 2015.
15. Resource person-”National Workshop on Obstetrics and Gynaecological Physiotherapy in Virtual Animation” at SRM College of Physiotherapy, SRM University,Kattankulathur-09/2015
16. Resource person –“4th National Physical Therapy Conference-Focus on Cardio Pulmonary Exercises at Madras medical mission”,Department of Physiotherapy,Chennai-03/2016
17. Resource person-“Workshop on Physiotherapy Intervention in Obstetrics and Gynaecology” at Institute of Health Sciences, Department of Physiotherapy, Bhubaneswar-12/2016.
18. Guest speaker- Women at Work VIRTUSA on the occasion of “Women’s Day celebrations”,,- 03/2016
19. P. Ponmathi Prof.V.P.R.Sivakumar T.Jayalakshmi Effect Of Core Stabilisation Exercises For Diastasis Recti-Case Series presented at OXOCAN- December,2016 Oxford college of Physiotherapy,Bangalore,Tamilnadu.India,received third prize for the presentation.
20. P. Ponmathi Prof.V.P.R.Sivakumar T.Jayalakshmi Effect Of Core Stabilisation Exercises For Diastasis Recti-Case Series presented at OXOCAN- December,2016 Oxford college of Physiotherapy,Bangalore,Tamilnadu.India
21. Won Gold medal in Research day 2016 at SRM institute of science and technology for paper presentation.
22. Resource person--“Workshop on Early bird classes” at SRM College of Physiotherapy,SRM Institute of science and Technology-05/2017.
23. P.Ponmathi,Nair Shalini Krishnan”Intra rater and inter rater reliability of custom made device to measure pelvic tilt”-Innovative observational study presented at SRM College of Physiotherapy,2017
24. P.ponmathi,M.manivannan,L.Keerthiga“Awareness of physiotherapy among antenatal mothers in and around Chennai”.-Cross Sectional study presented at SRM College of Physiotherapy,2017
25. Won gold medal in Research day 2018 at SRM institute of science and technology for paper presentation
26. Resource person-“Exercise and Women after Birth” at Faculty of Physiotherapy,SriRamachandra Institute of Higher Education & Research -11/2018.
27. Resource person-Assessment of sacroiliac dysfunction at College of physiotherapy, SRM institute of science and technology-05/2019.

Conferences, Seminars, Workshop, training undergone by faculty

1. AHA Accredited Basic Life Support Provider and Instructor sponsored by SRM University,06/2012.
2. AHA Accredited Advanced Cardiac Life Support Provider and Instructor sponsored by SRM University,06/2012.

PATENT FILED

Patent application no. 201841045041
Date 29.11.2018
Title A LIMB FLEXION APPARATUS

List of Publications

1. Kiranmayi P, Ponmathi P, Sivakumar VP. Comparison of aerobic versus stretching exercise programmes on pain and menstrual symptoms in subjects with primary dysmenorrhea. *J Women's Heal Care*. 2016;5:1-5.
2. Does Sitting Pelvic Tilt Influence Quality of Pain in Low Back Pain and Quality of Sleep among Primigravida Indian Mothers. *J Women's Heal Care*. 2016;5:5
3. Ponmathi P, Jayalakshmi T, Sivakumar VP. Prevalence of Diastasis Recti among Postpartum Women-An Observational Study. *Indian Journal of Physiotherapy and Occupational Therapy-An International Journal*. 2016;10(4):125-30.
4. Ponmathi P, Krishnan NS, Sivakumar VP. Effectiveness of physiotherapy management over Quality Of Life in post operative gynaecological patients. *International journal of physiotherapy*. 2016 Oct 1;3(5):497-501.
5. Augustina J, Ponmathi P, Sivakumar VP. A Study to Compare Three Types of Assisted Pelvic Floor Muscle Training Programmers in Women with Pelvic Floor Muscle Weakness. *International Journal of Pharmaceutical and Clinical Research* 2016; 8(10): 1446-1450
6. S.F.Mariyam Farzana ,P.Ponmathi and Prof.V.P.R.Sivakumar “Comparitive Study On The Effect Of Therapeutic Ultrasound And Scar Mobilization On Persistent Post Natal Dyspareunia” *Asian Journal of Pharmaceutical and Clinical Research*.2017;10(9):18757
7. Ponmathi P, Rizwana Nagoor Meeran and V P R Sivakumar” co-relation between the pelvic floor muscle strength and the expiratory value”. *International Journal of Health and Rehabilitation Sciences*.2017; 6(3): 112-118.
8. Ponmathi P, Keeerthiga M, Sivakumar VP. Prevalence of Musculoskeletal Disorders and Awareness of Physiotherapy Management for the above among Primary School Teachers. *International Journal Of Pharmaceutical Sciences And Research*. 2017 Jun 1;8(6):2648-53.
9. M.Anbupriya,P.Ponmathi and Prof.V.P.R.Sivakumar “Effectiveness Of Manual Therapy For Pelvic Floor Muscle Trigger Points In Female Patients With Interstitial Cystitis And Pelvic Pain”,*International Journal of Current Reseach*, 2017;9(07):54071-54075.
10. P.Ponmathi,Nalamsai Mounika, B.Vijayalakshmi and V.P.R.Sivakumar “Effect of Hoffman's Technique on Flat nipple over Nipple type and Quality of Breast Feeding among Post-Natal Mothers” *International Journal of Pharma and Bio Sciences*,2017;8.(4):522-525.

11. Kannan GK, Paramanandam P. Correlation of Peak Expiratory Flow Rate and Length of Exposure Among Petrol Pump Workers. *International Journal of Preventive Medicine Research* , 2018;4(3): 46-49
12. Sivakumar VP, DoRaiSami B, Prabhu V, PaRamanandam P. Age Related Timed Up and Go Test Values and Its Analysis among Elderly Kanchipuram District Population. *Journal of Clinical & Diagnostic Research*. 2018 Oct 1;12(10).
13. Ponmathi.P, M.Manivannan, J.Narendrakumar And V.P.R.Sivakumar.A Comparative Study on Effects of Laser, Ischemic Compression and Resisted Exercises Over Pain and Range of Motion among Patients with Chronic Trapezius Myalgia in Men, *International Journal of Pharma and Bio Sciences*.2018.9(1)323-328.
14. Jayalakshmi T, P Ponmathi, Dhanalakshmi R.Correlation between external palpation and internal palpation of pelvic floor muscle among women, *International Journal of Yoga, Physiotherapy and Physical Education*.2018;3(2):67-69
15. Tumma Vijusha,P.Ponmathi, Comparison of Two Point Discrimination of Palmar Surface of Distal Phalanx of Thumb between Dominant and Non Dominant in Labourers .*International Journal of Medical Science and Dental Research*; 2018: 1(1),
16. P.Ponmathi, Shalini Nair Krishnan, V.P.R.Sivakumar Correlation of Dysmenorrhea with training hours among ball badminton player, *International Journal of Pharma and Bio Sciences*.2018;9(2):298-301.
17. Jaskiran K, Ponmathi P, Sivakumar VPR. Inter Tester and Intra Tester Reliability of Three Diagnostic Tests to Determine Pelvic Girdle Pain Over Second Trimester in Pregnancy. *J Gynecol Women's Health*. 2018: 11(4): 555819.
18. Ponmathi P, Bollina Vineeth, VPR Sivakumar Effect of abdominal supporting belt on post-partum abdominal strength following vaginal delivery.2018;3(2):53-58
19. Karthick KG, Lakshmi RD, Ponmathi P. Effectiveness of Neurodynamic Sciatic Nerve Tensioners Vs Sliders in Short Hamstring Syndrome. *Indian Journal of Physiotherapy & Occupational Therapy*. 2019 ;13(1).
20. Sivakumar VP, DoraiSami B, Prabhu V, Paramanandam P. Age Related Timed Up and Go Test Values and Its Analysis among Elderly Kanchipuram District Population. *Journal of Clinical & Diagnostic Research*. 2018 Oct 1;12(10).
21. Ganesh GS, Dakshinamoorthy A, Ponmathi P, Swain S. Association Between Falls Experience and Physical Performance Measures in Community-Living Older Adults. *Physical & Occupational Therapy In Geriatrics*. 2019 Dec 31:1-9.