

**Faculty Name:** Mr.K.Subbaih

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

**Designation:** Associate Professor

**Areas of Research Expertise:**

### **Research projects**

1. A Treatment based Classification Approach to Mechanical Lesion of Shoulder for Conservative Management and Improvement in Clinical Outcomes.(2013).
2. Effect of Manual therapy and specific exercise conditioning on the clinical outcomes and quality of life in individuals with primary subacromial impingement syndrome A Randomized Control Trail (2013-2019)
3. A study to find out the clinical effectiveness of transverse mobilization with movement (MWM) in improving pain and range of motion in subjects with cervical dysfunction. (2015)
4. A study to analyze the factors influencing clinical outcomes following joint mobilization in subjects with adhesive capsulitis (2015)
5. Effectiveness of lower cervical self sustained natural apophyseal glide (SNAG) in improving regional function among individual with cervical extension dysfunction syndrome.(2016)
6. Does motor control exercises improves lumbar pain, muscle activity and regional function in individuals with acute and sub acute non specific low back pain.(2016)
7. The predictive variables for prognosis following nerve mobilization in subjects with cervico brachial pain.(2017)
8. Effectiveness of sustained natural apophyseal glide (SNAG) over first rib in reducing pain and improving cervical rotation in individuals with mechanical neck pain.(2017)
9. Effectiveness of scapular conditioning exercises in individual with mechanical neck pain (2017)
10. Effectiveness of neural mobilization on sciatic nerve excursion, symptom and regional function in individuals with nerve related low back pain. (2018)
11. Does diabetes induced altered sensory perception influence hand grip strength among participants with musculoskeletal disorders of upper limb.(2019)

### **Awards & Recognitions of faculty**

1. International Recognition: Certified mulligan practitioner (C.M.P) conferred by MCTA,U.S.A. - 2005.
2. Resource person - Physiotherapist meet SAI Hospital Rajahmundry April - 2012.
3. Resource person - Total knee arthroplasty recent trends in rehabilitation.2013, SRU, Chennai.
4. Resource person-International Physiotherapy conference on musculoskeletal Physiotherapy ICMPT - SRU (03.07.14)
5. Resource person – CPE physiotherapy now & how, davangre, Karnataka.
6. Resource person, Ergonomics for ICU nurses on 13.01.16 (In house training program) at SRU

7. Resource person- Sri Ramachandra Physiotherapy Rapid Review Program- SPREE 2016
8. Co-authored -“A literature review on the effectiveness of invasive therapy and manual Physical therapy approaches in management of myofascial pain Syndrome”. In International physiotherapy conference STRIDE’13.
9. Co-authored – poster on - “Application and inference of concave convex rule in manual therapy” in International physiotherapy conference STRIDE’13
10. Co-authored- clinical implication of scapular dyskinesis on shoulder joint function among individuals with shoulder dysfunction. In International Physiotherapy conference STRIDE’13.
11. Resource person- Sri Ramachandra Physiotherapy Rapid Review Program- SPREE 2017
12. Resource person – “PHYSIO MAHER -2019” – Evidence based orthopedic special test. MAHER university.

### **Conferences, Seminars, Workshop, training undergone by faculty**

1. CPE on Post-Operative PT In Shoulder Surgeries. Sri Ramachandra University.
2. CPE in research methodology & scientific writing for physiotherapists. Sri Ramachandra University.
3. State level conference in recent trends in TKR rehabilitation
4. CPE evidence based exercise prescription of low back-operative and non-operative International physiotherapy conference, Saveetha University, Chennai. – SRIDE 2013.
5. Research methodology and biostatistics course work- (contact hours10).
6. Industrial training Technomed – Chennai.
7. International Physiotherapy conference in musculoskeletal physiotherapy, Sri Ramachandra University.
8. Attended CITI-Ethics conference in Sri Ramachandra University conducted by CRF.
9. Seminar in entrepreneurship towards E-week celebration
10. IEAAF 7<sup>th</sup> annual conference, Sri Ramachandra University.
11. Certificate course in basic dry needling
12. Indian citation index, Sri Ramachandra University.
13. Workshop on grant writing & publication writing, Sri Ramachandra University.
14. Workshop on citation and referencing with free software, Sri Ramachandra University.
15. SPREE-2016
16. 37<sup>th</sup> annual conference & sports rehabilitation course-IASMCON-2016
17. CME on yogic management of diseases.
18. FDP on entrepreneurship education.
19. Role of yoga to improve quality of life
20. Academia and industry collaborations – opportunities and challenges.
21. SPREE -17
22. Exercise evaluation and prescription – CPE
23. Yoga for well being
24. Live your entrepreneurial dream
25. Maitland Based Manual Therapy
26. Current Approach to Management of Brachial Plexus Birth Palsy.

### **Membership in Committees etc., (Internal/ External)**

1. Member – College Quality cell - IQAC, Sri Ramachandra University.
2. Member – University Grievance committee, Sri Ramachandra University.
3. Member-Curriculum committee, Faculty of Physiotherapy, SRU
4. Member – Case sheet team.

### **List of Publications**

1. Saketa J, Subbiah K. A Treatment based Classification Approach to Mechanical Lesion of Shoulder for Conservative Management and Improvement in Clinical Outcomes. Ind Jour of Physioth and Occupat Therapy - An Inter Jour. 2016; 10(1):87.
2. Bhuwaneshwari.D, Subbiah K.Clinical effectiveness of mulligan’s transverse mobilization with movement (MWM) in improving pain and range of motion in subjects with cervical facet dysfunction. International Journal of Pharma and Bio Sciences.2018;9(1):B 163-170.
3. Bhattarai prayerna,Kanthanathan subbiah, AL Aseer, Steve Milanese. 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 and diagnostic research.2019 Mar.vol-13(3):YC21-YC24.
4. Ansar Basha, H,**Subbiah Kanthanathan** Shankar . Does motor control exercise decreases lumbar pain,improves muscle activity and regional function in individuals with acute and sub acute non-specific Low Back Pain ,International journal of Physiotherapy December,2019,6(6),245-50.