

CURRICULUM VITAE

Swapnil Ramteke

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Objective

Seeking an opportunity to work with a Sports Medicine Academic Institution and Sports Rehabilitation center

Professional Summary

Academic professional with 6 years & 8 months of Teaching and Hospital experience, combined with a Masters in Sports Medicine from Jamia Hamdard (University), New Delhi. Exhaustive experience of working with patients having Sports Injuries , orthopedic, knee, shoulder , ankle injuries & Neurological conditions. Proven ability to organize and supervise a health care facility. Have a recognized ability to work with very diverse situations & conditions within various inpatient & outpatient departments. Have outstanding skills in assessing what is needed, recommending sensible solutions, and effectively motivating staff and students to implement them in a spirit of collaboration.

Professional Education

Master of Physiotherapy in Sports Medicine

July 2009

Jamia Hamdard, New Delhi, India

Bachelor of Physiotherapy

March 2006

Ravi Nair College of Physiotherapy, Maharashtra University of Health Sciences, Nashik

Skills

- Excellent communication and management skills.
- Excellent time management and multi-tasking skills.
- Very flexible, efficient and a quick learner.
- Able to work independently and under various situations.

Professional Skills

- Muscle Energy Techniques
- Taping Techniques
- Myofascial Release Techniques
- Neurological and Geriatric Rehabilitation
- Mobilization Techniques & Manual Therapy Techniques

Professional Affiliations:

Maharashtra State Council for Occupational Therapy and Physiotherapy, Mumbai, Maharashtra, India. Reg. No2011/06/PT/001733

Professional Experience

Present: 14 September 2015 to present date

Position: Assistant Professor for Sports Medicine at Department of Physiotherapy, Integral Institute of Medical Sciences & Research & Integral Hospital, Integral University, Lucknow, Uttar Pradesh

Responsibilities:

- Conducting practical and theory classes for UG & PG Students
- Conducting researches and guiding students in research
- Assess physical condition of patients to diagnose problems in sports pathologies
- Manage patients with orthopedic ,neurological and surgical conditions
- Develop a full Rehabilitation programs

From 13 March 2014 to 11 September 2015

Position: Clinical Physiotherapist, National Health Programme, At Assistant Director Health Services, (Lep), Yavatmal, Maharashtra

Responsibilities:

- Assess physical condition of patients to diagnose problems
- Manage patients with orthopedic ,neurological and surgical conditions
- Develop a full rehabilitation programs involving hydrotherapy ,Massage,Strengthening, Stretching, to ensure recovery in shortest possible time frame for patients with various deformities
- Perform peripheral joint mobilization and manipulation
- Analyzed utilization of patient visits and made appropriate recommendations for screening patients for reconstructive surgeries and carry out appropriate post-operative rehabilitation protocols.

From 20 July 2009– 13 March 2014

Position: Assistant Professor & Clinical Physiotherapist at Career Institute of Medical Sciences 150 bedded tertiary Hospital & Career College, Bhopal, Madhya Pradesh, Certified as ISO 9001:2008 organization & accredited "A" by NAAC, India.

Responsibilities

- Conducting practical and theory classes for UG & PG Students
- Conducting researches and guiding students in research
- Utilize equipments including weights, traction, cold packs and electrical treatments to ease pain, improve range of motion and reduce swelling
- ICU Management & Inpatient Rehabilitation for Sports & Orthopedic Surgeries like ACL Reconstruction & TKR

Scholarly Work

Resource Person

- **For Kinesio-Taping workshop at Dr.Ulhas Patil Physiotherapy college at Jalgaon March 2015**
- Guest lecture “**Role of Physiotherapist in Doping Control**” at a National level conference, NCPT Ghaziabad, in March 2014
- **Co-Instructor** for Kinesio –Taping workshop in IAP National Conference 2014, Indore
- Guest lecture on the topic “**Role of Physiotherapist in Doping Control**” at a state level conference at Apollo college of Physiotherapy, Durg, Chhattisgarh, March 2011.
- Guest lecture on “**Importance of exercises in preventing & controlling Diabetes**” in a **CME series** for healthy Campus campaign at Integral University ,on 20 February 2016
- Conducted Workshop on Basic Life Support and Cardio Pulmonary Resuscitation at Bhopal

Research Paper presentations

- “Effect of Eccentric Training vs Conservative management in Patellar Tendinosis in hurdlers – A Randomised Control Trial.” this paper was presented at IAP national conference 2014,at Indore.
- “Effects of Rotator cuff strengthening in Tennis Elbow -Pilot study”-A RCT

(Above Paper Won the Second Prize in Sports Physiotherapy section at National IAP Conference held in 2014 in senior category)

- Prevalence of respiratory symptoms in sugarcane factory workers. A survey ,presented at IAP conference at Nagpur in 2006

Research Paper publications

- “Duration of maintained hamstring flexibility after one time hold relax technique versus hold relax and active warm up. “This paper was published in **Indian Journal of Occupational & Physiotherapy. Jan- March 2013**
- “Linguistic Validation of Chronic Obstructive Pulmonary Disease Self Efficacy scale in Hindi” This paper was accepted in **Indian Journal of Occupational & Physiotherapy in 2016**

Continuing Professional Development :

- Sports Physiotherapist for **Delhi State Badminton Championship** held at **AIIMS**, New Delhi.
- Sports Physiotherapist on field for **CISF National Athletic Championship**, 2009, 2010 & 2011, Bhopal

- Course on Basic **Life Support (CPR)** in Sports Medcon,organized by International Federation of Sports Medicine **IFSM** - 2009, New Delhi.
 - Course on **Kinesio-Taping** by IKT, at Thane, Mumbai
 - Completed Advanced Team physiotherapist & BLS course in Sports Medcon, 2009.
 - Certified “Doping Control Officer” Asian Federation of Sports Medicine ,Amritsar, India,2009
 - Participated in Workshop on Neural Tissue Mobilization by Dr. Bhavana Mhatre
 - Course on Myofascial Release Technique, Resource person - Dr.Arun Mozhi (PT), Bhopal, in 2012
 - Participated in Intensive course in Sports and Exercise Physiology Faridabad ,2008
 - Officiated as a Judge at the National Conference NCPT Ghaziabad for Paper Presentation in 2014
 - Participated in the International National conference on sports medicine 2009.
 - Participated in Asian federation of Sports Medicine international conference in 2009.
 - Workshop on Cardiac critical care by MAX Heart & Vascular institute, Saket, New Delhi in 2007.
 - Workshop on Pulmonary rehabilitation by Prof.Mrs .Shetye of KEM Hospital Mumbai held at sawangi.
 - Basic Mechanical Ventilation at Lokmanya Hospital, Nigdi, Pune in 2007.
 - Workshop on Motor Relearning Programme by Dr. Thiagarajan
 - Workshop on Women’s health by Dr. Bharati Bellare.
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