

## **Priti Aditya Mehendale**

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Lady Jamshedji Road, Mahim, Mumbai-400016  
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### **Educational Qualifications:**

1. Currently pursuing PhD in Physiotherapy (Musculoskeletal Sciences),  
Parul University, Vadodara, Gujarat.  
Enrolled in July 2020

2. Master's in Physical Therapy (MPT):

University: University of Mumbai. (As per MUHS Syllabus)

Name of Institution: Seth G.S Medical College & K E M Hospital

Second year MPT: Passed in October 2002

First Year MPT: Passed September 2001

Post Graduation Specialization: Musculo- Skeletal Conditions.  
Sub Specialization: Women's Health & Geriatrics

3. Bachelor of Science in Physical Therapy (BSc PT):

University: University of Mumbai.

Name of Institution: Lokmanya Tilak Municipal Medical College, Mumbai.

Third Year BSc PT: Passed in May 2000.  
Percentage 66% Class: First Class

Second Year BSc PT: Passed in Oct 1998.  
Percentage 59.57% Class: Second Class

First Year BSc PT: Passed in Oct 1997  
Percentage 70.15% Class: First Class

4. HSC:

University:	University of Mumbai
Name of College:	Wilson College, Mumbai.
Month & year of Passing:	June 1995
Marks Obtained:	Aggregate 82%      PCB 90.33%
Class:	Distinction.

5. SSC:

Board:	Maharashtra State Board
School:	St. Columba School, Mumbai.
Month & Year of Passing:	June 1993
Marks Obtained:	Aggregate 83.85%
Class:	Distinction

**Work Experience:**

Full time Associate Professor (Kinesiotherapy) at K J Somaiya College of Physiotherapy, Ayurvihar, Sion; April 2018 till date.

Full time Assistant Professor (Musculoskeletal Sciences) at K J Somaiya College of Physiotherapy, Ayurvihar, Sion: October 2004-December 2015.

Consultant at GSBS medical Centre, Dadar:  
January 2004~ October 2004.

Full time physical therapist at Dr. Balabhai Nanavati Hospital, Vile Parle:  
January 2003-January 2004.

### **Dissertation for MPTh II:**

Title: A comparative study of effect of different modalities combined with stretching versus stretching alone on the extensibility of the hamstring muscles.

Details: The study compared the effects of deep heat, superficial heat, active warm up, superficial cold prior to stretching versus that of only stretching (static) on the extensibility of the hamstring muscles in normal subjects aged 18-22 years.

### **Continuing Education:**

Attended a 52-hour course on NDT (Neuro Developmental Therapy), conducted by Dr. Asha Chitnis in July 2000.

Above course exposes the therapist to NDT: Theoretical framework and clinical applications.

Participated in the workshop: “Cardio-Pulmonary-Cerebral Resuscitation”, organized by the department of anaesthesiology, Lokmanya Tilak Municipal Medical College and General Hospital, held on 4<sup>th</sup> April 2001.

Attended an eight-hour workshop on: “Knee Joint: Clinical Diagnosis and Management”, conducted by Dr. Deepak Kachalia on 10<sup>th</sup> August 2003.

Attended a seminar on: Osteoporosis and management. (Conducted by the BBIAP, at KEM, Mumbai) on 10<sup>th</sup> September 2006.

Attended 1 day workshop in Mumbai, on “Systems taping therapy” conducted by Dr. Shaun Soh, Singapore in January 2007.

Participated in a symposium: Community Health: A Physiotherapy perspective, held on 17<sup>th</sup> March 2007 at Lokmanya Tilak Municipal Medical College, Sion.

Attended and Participated in ‘The HIV/AIDS training programme conducted on 21<sup>st</sup>-22<sup>nd</sup> January 2008, (By Mumbai Districts Aids Control Society) at K.J.Somaiya Medical College, Sion.

Attended a workshop on ‘Interventional Research Methodology and Writing Scientific Publication’ from 19<sup>th</sup>-21<sup>st</sup> March 2010, K.J. Somaiya College of Physiotherapy, Sion.

Conducted by Dr.G. Arun Maiya.

Participated in the Syllabus Reformation Workshop held on 16<sup>th</sup> January 2012 at Sancheti Institute, Pune, organized by MUHS.

Participated in the Syllabus Reformation Workshop held on 20-21st January 2012 at K.J.Somaiya College of Physiotherapy, Mumbai, organized by MUHS.

Participated in 'Basic Workshop in Research Methodology', March 5<sup>th</sup>-7<sup>th</sup> 2012, K. J Somaiya College of Physiotherapy, approved by MUHS.

Attended a 16 hour workshop on 'Prenatal and Postpartum Exercise Instruction', 8<sup>th</sup>-9<sup>th</sup> December 2012, conducted by Dr.Elizabeth Noble, in Mumbai.

Attended a 14-hour workshop on 'A systematic approach to Kinesio taping in musculo skeletal Dysfunctions', 4<sup>th</sup>-5<sup>th</sup> November 2017, by Niranjana Pandit.

Participated in Workshop on 'Research Methodology', approved BY MUHS, November 27-29,2018. At K J Somaiya College of Physiotherapy

## **Publications:**

1. Effect of hamstring tightness on dynamic balance in young females aged 19-25 years.

International Journal of Scientific Research  
July 2021, Volume 10, Issue 7, 14-17

2. Joint pain and Quality of life in Adult Hemophilia: A case series

International Journal of Current Research  
May, 2020, Vol.12, Issue 5, 11607-11609

3. Effectiveness of sodium salicylate iontophoresis on heel pain.

Journal of Sports & Physical Education.  
September 2019, Volume 6, Issue 4, (Jul. –Aug. 2019), PP 41-46

4. Effect of Acupuncture TENS Vs Conventional TENS on post cesarean section incision pain.

International Journal of Reproduction, Contraception, Obstetrics and Gynecology  
September 2018, 7(9), 3738-3743

5. Comparison of effectiveness of Sodium salicylate iontophoresis Vs conventional TENS on pain, function and disability in knee Osteoarthritis.

International Journal of Recent Scientific Research  
Vol.8, Issue 7, pp18608-18619, July 2017

## Ongoing Research

**Professional Memberships:**

Member: Indian Association of Physiotherapists. Membership No: 7145

Maharashtra state OTPT Council Registration number:2010/03/PT/000202

**Personal Details:**

Date of Birth: 26th February 1978

Place of Birth: Mumbai, (India)