

ROHIT RAMESH SAWALKAR

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OBJECTIVE: I look forward to be an efficient and dedicated professional in the field of Musculoskeletal & Sports Physiotherapy by applying gained clinical experience; evidence based reasoning and manual therapy skills for an effective, efficient and safe patient care.

EDUCATIONAL QUALIFICATION:

DEGREE	UNIVERSITY	YEAR	MARKS
Masters of Musculoskeletal and Sports Physiotherapy	University of South Australia, Adelaide, AUSTRALIA.	2009	GPA 6.40/7
Bachelors of Physiotherapy	Maharashtra University of Health Science, Mumbai, INDIA.	2007	73% Agg.(UT)
Diploma in Massage Therapy	Tulip International, Mumbai Affiliate of Gold Coast Training Academy, Australia. INDIA	2007	74%
REIKI Healer Level 2	USUI system under Grand Master Mrs. Sulochana Rao	2006	-

PROFESSIONAL MEMBERSHIP:

- Life Long Member of Indian Association of Physiotherapist (MIAP).
- Senior First Aid and Emergency Care Certification- March 2009
- Student Member of Sports Medicine Australia.

TRAINING, DEVELOPEMENT & WORK EXPERIENCE IN AUSTRALIA

Involved in assessment, examination and treatment under expert supervision of Clinical Educators at following workplaces:

- Repatriation General Hospital, Goodwood (Oct'09-Nov'09)

Clinical Educator: Mrs. Helen. M .Jones

Responsibility: (Supervised Clinical Placement) Assessing and treating various complex neuromusculoskeletal outpatients. Active involvement in hydrotherapy sessions, active gym exercise sessions and chronic care

- **GAZA Football Club, Klemzig and Kensington Cricket Club, Kensington**

_(March 09' –Sep'09)

Clinical Educator: Dr. Mary Magarey

Responsibility: (Supervised Clinical Placement) Dealing with planning the rehabilitation and screening of players with different sports injuries like adductor strains, ankle sprains, osteitis pubis, concussion, patello femoral & ITB friction syndromes, shoulder injuries etc.

- **Alexander Kelly Consulting Clinic & Allied Health Services, Noarlunga**(March 09' to April 09')

Clinical Educator: Mr. Jim Mack

Responsibility: (Supervised Clinical Placement) Assessment & management of various musculoskeletal disorders and sports injuries.

- **Australian Squash Open, Clare Valley(June 2009)**

Official 'Sports Trainer' for 5 day event of Australian Squash Open at Clare Valley, South Australia.

- **Kenilworth Football Club, St. Marys** (March – August 2009) Responsibility:'Head Sports Trainer' for KENILWORTH FOOTBALL CLUB, which includes U-18, Division A and Division B. St. Mary, Adelaide. Job Profile: Provide Sports first aid, Taping, Injury prevention strategies. Appropriate Warm up and Cool Down.

TRAINING, DEVELOPEMENT & WORK EXPERIENCE IN INDIA

Dr. Deepak Kachalia

(Manual and Sports Physiotherapist, Team Physio for Mumbai Cricket Team)

- September 2007- April 2008: Assisted Dr. Deepak Kachalia, Assisting in Assessment and Management of Musculoskeletal and Sports Injuries at his Private Musculoskeletal and Sports injury clinic, Mumbai
- Attended a 24 hour workshop on 'Soft Tissue Injury and Clinical Sports Physiotherapy" by Dr.Deepak Kachalia.(2006)
- Attended a 14 hour workshop on 'Peripheral Joint Mobilization- Integrated Approach' by Dr.Deepak kachalia(2007)

- Attended a 14 hour workshop on “Spine Mobilization –Integrated Approach Part 1” by Dr.Deepak kachalia(2007)
- Attended a 14 hour workshop on “Spine Mobilization –Integrated Approach Part 2” by Dr.Deepak kachalia(2008)

Sports Experience with Western and Indian Railways Sports Association

- October 2007: ‘Team Physiotherapist’ of Western Railways **Men’s Basketball Team**. Job Profile: Examination, Management and Prevention of sports injuries of 12 basketball players and 2 officials. Tournaments covered: Coaching Camp (Mumbai), RAMU MEMORIAL BASKETBALL TOURNAMENT (Mumbai) 2007.Position: 1st Runner Up.
- November 2007:‘Team Physiotherapist’ of Western Railways **Men’s and Women’s Basketball Team**. Job Profile: Examination, Management and Prevention of sports injuries of 24 basketball players and 4 officials. Tournaments covered: Coaching Camp, Mumbai, and Inter- Railways Basketball Tournament 2007 (Chennai). Position: Men’s Team: Gold Medal, Women’s Team: Bronze Medal.
- December 2007:‘Team Physiotherapist’ of Indian Railways **Men’s and Women’s Basketball Team**. Job Profile: Examination, Management and Prevention of sports injuries of 24 basketball players and 4 officials. Tournaments covered: Coaching Camp, Mumbai, SAVIO CUP 2007(Mumbai). ALL –INDIA NATIONAL BAKETBALL CHAMPIONSHIP 2007, Pondicherry. Position: Men’s Team: Bronze Medal, Women’s Team: Gold Medal.
- January – February 2008:‘Team Physiotherapist’ of Western Railways **Women’s Cricket Team**. Job Profile: Examination, Management and Prevention of sports injuries of 12 Cricket players and 2 officials. Tournaments covered: Coaching Camp, Mumbai, INTER-RAILWAYS CRICKET TOURNAMENT 2008(Kolkata). Position: Silver Medal.
- March – April 2008:‘Team Physiotherapist’ of Western Railways **Men’s Hockey Team**. Job Profile: Examination, Management and Prevention of sports injuries of 18 Hockey players and 2 officials. Tournaments covered: Coaching Camp, Mumbai, INTER-RAILWAYS HOCKEY TOURNAMENT 2008 (Gwalior). Position: Gold Medal.
- April-May 2008: Team Physiotherapist’ of Western Railways **Men’s Soccer Team**. Job Profile: Examination, Management and Prevention of sports injuries of 20 Soccer players

and 2 officials. Tournaments covered: Coaching Camp, Mumbai, INTER-RAILWAYS SOCCER TOURNAMENT 2008 (Punjab). Position: Gold Medal.

- July – December 2008: 'Sports Physiotherapist' of Western Railways Sports Association. Physiotherapy clinic at western railways sports ground (Mumbai). Job profile: examination and management of sports injuries of athletes of western railways sports association. The club has 36 teams in various sports.
- Medical team member as Physiotherapist representing college at the 'National Basketball Championship' held at Pune in December 2005.
- Medical team member as Physiotherapist representing college at the 'Savio Basketball Tournament' held at Donbosco ground in Savio cup 2005 and Savio cup 2006. Mumbai.

Talwalkars Multispecialty Gym and Fitness Centre:

- June –November 2008: 'Physiotherapist' at Talwalkars Multispecialty Gym and Fitness Centre, New Mumbai. Job profile: Examination and Management of Musculoskeletal injuries of fitness club members, conducting fitness tests, supervised exercise prescription to population with musculoskeletal conditions.

Career Skills

- Advanced skills and ability to assess and manage patients referred to physiotherapy & sports clinics.
- Skilled in application of wide range of Manual Therapy techniques indicated for assessment and treatment of musculoskeletal patients, with special interest in sports injury rehabilitation and training.
- Continual review the evidence base of practice, implementing and evaluating change to ensure the highest possible standards of care offered.
- Excellent personal organisational and time management skill.
- Excellent observational, presentation and listening skills.
- Excellent interpersonal and communication skills with ability to communicate with a wide range of clients and professional colleagues.
- Active and responsible team member, flexible to work in any kind of environment.
- Ability to integrate a reflective, reasoned and evidence based practice to ensure an effective and safe patient care.

- An advanced knowledge of anatomy and physiology applied to physiotherapy.
- Advanced computer literacy and incorporation of IT skills in daily practice.

Conferences:

- 'First ever students conference at Bombay branch of Indian Association of Physiotherapist' September 2007, Mumbai.

Research

Postgraduate:

- Literature search and current best practice in 'Skiers Thumb: Ulnar Collateral Ligament Injury'. Selected for publication at 'UniSA alumni website'.
- Systematic review "Comparison of Land Based v/s Aquatic Based Plyometric Exercises in increasing vertical jump height" under Dr. Karen Grimmer, UniSA.
- Post - surgical Rehabilitation of ' Mallet Finger: Extensor Digitorum Injury': Current Best Evidence Review

Undergraduate:

- An Observational study on 'Fitness level of basketball players in India: Comparison of state v/s national level players'.
- An Observational study on 'Aerobic Fitness level U-21 Men Cricket players and its influence on Cricket performance parameters'.

Merits, Awards and other Achievements:



- Stood 'First' in paper presentation competition held at "The First Ever Students Conference: Bombay Branch of Indian Association of Physiotherapy" September 2007, MUMBAI. Internship topic 'Fitness Level of Basketball Players in India'
- Stood 'Second' in paper presentation competition held K.J. Somaiya College of Physiotherapy on my internship topic 'Fitness Level of Basketball Players in India'
- Stood 'Second' by order of merit in University in 1st yr of B.P.Th. exam held in Nov.2003
- Stood 'First' by order of merit in University in 2nd yr B.P.Th. exam held in Nov.2004
- Stood 'First' by order of merit in University in 3rd yr B.P.Th. exam held in Dec.2005
- Stood 'Second' by order of merit in College in 4th yr B.P.Th. exam held in Nov 2006
- Stood 'Runner Up' in Physiotherapy Quiz held at "ANTARANG 2007" the intercollegiate physiotherapy festival at K.J.Somaiya College of Physiotherapy.

