

# NITTE INSTITUTE OF PHYSIOTHERAPY -DERALAKATTE

## RESEARCH PUBLICATIONS - FACULTY - 2017

No. of Research Publications =03 + 1 (abstract)

Year : 2017

Sl.No	Bibliography of the Research Article
01	Sukumar Shanmugam, Lawrence Mathias.24 Months Follow up Effects of Dry Needling in a Patient with Bilateral Cervicogenic headache : A Case Report. International Journal of Therapies and Rehabilitation Research, 2017; 6(1) : 60-65 .
02	Subhashchandra Rai, Bhagavan K R, Dhanesh Kumar KU, Riyas Basheer K.B. Efficacy of Therapeutic Ultrasound Versus Low Level Laser Therapy in the Management of Venous Ulcer. International Journal of Health Sciences and Research , 2017 ; 7(3) : 190-201.
03	Sukumar Shanmugam, Lawrence Mathias. Immediate Effects of Paraspinal Dry needling in patients with Acute Facet Joint Lock Induced Wry Neck. Journal of Clinical and Diagnostic Research. 2017 ; 11 (6) : YM01-YM03.
03	Durairaj Satheeskumar, Dhanesh Kumar KU, Rajasenthil K.The Effects and Safety of Transcutaneous Electrical Nerve Stimulation to improve upperlimb function in Hemiplegic Cerebral Palsy – A Preliminary Report. Indian Journal of Physiotherapy and Occupational Therapy. 2017 ; 11 (1) : 124-129. <b>(Abstract )</b>

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RESEARCH PUBLICATIONS - FACULTY - 2016

No. of Research Publications =08

Year : 2016

<b>Sl.No</b>	<b>Bibliography of the Research Article</b>
01	Sukumar Shanmugam, Inverse Electrode Placement may help to Improve Electrotherapeutic Effects in the Field of Chronic Pain Management. The Korean Journal of Pain(KJP), 2016 ; 29(3) : 202-204 .
02	Susan Dsouza, Akhil Mathew, Dhanesh Kumar KU. Work related Musculoskeletal Disorders in Physiotherapists : Prevalence and Associated Factors : A Review of Literature. International Journal of Health Sciences and Research , 2016 ; 6(6) : 344-351.
03	Riyas Basheer K B, Purusotham Chippala. Effect of Transcutaneous Electrical Nerve Stimulation on Unilateral Neglect Following Acute Stroke : A Case Report. International Journal of Health Sciences and Research , 2016 ; 6(6) : 447-450.
04	Ajay Thakur, Dhanesh Kumar K U. An Investigation Into The Effects of Modulated Frequency and Low Frequency Transcutaneous Electrical Nerve Stimulation in Relief of Pain Following Abdominal Surgery- A Randomized Controlled Trial. Indian Journal of Research (IJR). 2016; 5(5) : 534-537.
05	Akhil Mathew, Dhanesh Kumar K U, Ajith S , Subhashchandra Rai . Effect of low level laser therapy in acute low back pain with radioculopathy : A single blinded randomized control Study .International Journal of Allied Medical Sciences and Clinical Research . 2016 ; 4(2) :216-225.
06	Sukumar Shanmugam , Lawrence mathias, Ajay Thakur Dhanesh Kumar. Effect of Intramuscular Electrical Stimulation Using Inversly Placed Electrodes on Myfascial Pain Syndrome in the Shoulder : A Case Series . The Korean Journal of Pain . 2016 ; 29 (2) : 136-140.
07	Kavitha Shetty, Lawrence Mathias , Mahesh V Hegde, Sukumar Shanmugam. Short-Term Effects of Ecentric Hip Abductorsand Lateral Rotators Strengthening In Sedentary People with Patellofemoral Pain Syndrome on Pain and Function : A Randomized Control Trail. Nitte University Journal of Health Sciences . 2016 ; 6 (1) : 68-73.
08	Rebecca Elizabeth Santhumayor , Dhanesh Kumar KU, Ajith S. Effects of Four Different Hold and Rest Time Combinations of Intermittent Lumbar Traction in the Treatment of Lumbar Interventional Disc Prolapsed : A Comparative Study. International Journal of Health Science Research. 2016 ; 6 (1) : 214-220.

# NITTE INSTITUTE OF PHYSIOTHERAPY -DERALAKATTE

## RESEARCH PUBLICATIONS - FACULTY - 2015

No. of Research Publications =14

Year : 2015

<b>Sl.No</b>	<b>Bibliography of the Research Article</b>
01	Kavitha Shetty, Lawrence Mathias, Mahesh V Hegde . <a href="#">Effects_of Hip Abductors And Lateral Rotators Strengthening In Addition To Quadriceps Strengthening In Patients With Patellofemoral Pain Syndrome: A Randomized Controlled Clinical Trial</a> . International Journal of Current Research. 2015; 7(11): 22577-22582
02	Rehani Dhara Rakesh, Mahhesh Hegde , Purusotham Chippala. Effect of supported standing on functional ability in patients with acute stroke: A single blinded randomized controlled trail.International Journal of Current Research and Review. 2015 ; 7 (19) : 65-70
03	Purusotham Chippala , Raghava Sharma. Effects of very early mobilisation on disability and adverse events in the first 3 months post stroke : A single Blind, randomized controlled trial. International Journal of Health Science and Research. 2015 ; 5(10) : 166-174 .
04	Purusotham Chippala , Raghava Sharma. Effect of very early mobilisation on functional status in patients with acute stroke : A single-blind, randomized controlled trail . Clinical Rehabilitation. 2015 ; 29(7) : 1
05	Sweety Gupta, Vimala Sudha Devi. To Evaluate the effect of resistance exercise on acute cardiac responses in normotensives and in borderline hypertensives – A comparative study . Indian Journal of Physiotherapy and Occupational Therapy(IJPOT) 2015 ; 9(2) : 149-154
06	Sukumar Shanmugam, Kavitha Shetty, Lawrence Mathias , Rebecca Santhumayor . Dry needling on tendous and myofascial trigger points in post traumatic stiffness of elbow : a case report. International Journal of Research in Medical Sciences(IJRMS) 2015 ; 3(6):1529-1532.
07	Sukumar Shanmugam, Kavitha Shetty, Lawrence Mathias. Dry Needling Effects on Non-Specific Cervical Radioculopathic Pain and Dysfunction : A case report. International Journal of Therapies and Rehabilitation Research(IJTRR) 2015 ; 4(4) : 21-25.
08	Ajay Thakur, Sukumar S. Analgesic Effects of Modulated Frequency Transcutaneous Electrical Nerve Stimulation in the Relief of pain after abdominal surgery – A Randomized Controlled Trial. International Journal of Health Sciences and Research. 2015

	; 3(5) :241-247.
09	Mahesh V. Hegde, Ajith S , Kavitha Shetty. A Study to evaluate respiratory symptoms and lung function impairment in beedi workers and usefulness of protective mask in reducing respiratory symptoms. International Journal of Physiotherapy Research (IJPR) 2015 : 3(2) : 986-991.
10	Sukumar S, Jayasrikanth S. Efficacy of modified Task Oriented Exercises Performed On Swiss Ball Over Conventional Task Oriented Exercises on Improving Balance Post Stroke. International Journal of Health Sciences and Research. 2015 February ; 5(2) : 217-223.
11	Subhashchandra Rai, Bhagawan, Sukumar S, Dhanesh Kumar KU. Effects Of Low Level Laser Therapy Over Therapeutic Ultrasound Therapy In Venous Ulcer - A Single Blinded Randomised Control Trial. Global Journal of Multidisciplinary Studies. 2015 January ; 4(1) : 56-63.
12	Sukumar S, Lawrence Mathias J, Subhashchandra Rai. Early Effects of Dry Needling and Low Level Laser Therapy in Chronic Tennis Elbow – An Experimental Study. International Journal of Health Sciences and Research. 2015 January 5(1) : 187-196.
13	Zarna Ghdhia, Ajith S, Dhanesh Kumar KU. Impact of left Ventricular Ejection Fraction on Pulmonary Function Test Values after Phase I Cardiac Rehabilitation in Patient with Coronary Artery Bypass Graft. International Journal of Health Sciences and Research. 2015 December 5(12) : 259-267.
14	Hardik Anadkat , Ajith S, Dhanesh Kumar KU. Effectiveness of Retro Walking Treadmill Training on Pain and Disability in Knee Osteoarthritis : A Randomized Controlled Trail . International Journal of Pharma And Bio sciences. 2015 October 6 (4) :(B) : 43-50.

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### Research Publication : Faculty

No. of. Research Publication =12

Year =2014

Sl.No	Bibliography of the Article
1	Sukumar S, Lawrence Mathias J, Subash Srivastav. Effects of static dry needle insertion and trigger point deactivation combined with eccentric exercises in women with unilateral tennis elbow : A single blinded RCT. Global Journal of Multidisciplinary Studies (GJMS) 2014 December ; 4(12) : 159-167.
2	Sukumar S, Lawrence Mathias J. Effects of intramuscular manual therapy on improved shoulder abduction in adhesive capsulitis : A single blinded RCT. Global Journal of Multidisciplinary Studies (GJMS) 2014 November ; 3(12) : 41-50.
3	Mohamed Faisal C K, Lawrence Mathias. Variations in Prevalence and Intensity of Work Related Musculoskeletal Disorders in Different Departments among Dental Professionals. International Journal of Pharma and Bio Sciences .2014 Oct; 5(4) : (B) 688-699.
4	Sukumar S, Lawrence Mathias J. Efficacy of intramuscular electrical stimulation with dry needle over classical trigger point dry needling in non-traumatic shoulder pain and dysfunction a randomized controlled pilot study. International Journal of Medicine(IJM) 2014 1(2)
5	Srikant Sikatia, Prabhu C, <b>Suchetha PS</b> , Mallikarjunaiah HS. Problem Oriented Willed Movement Therapy on Motor abilities of Traumatic Brain Injury Patients with Cognitive Deficitis.International Journal of Physiotherapy (IJR).2014 June1(2) : 66-73.
6	Dhanesh KU, Sarika Desai, Siddarth Shetty. Study of yoga versus exercise therapy in the management of mechanical low back pain. IJIRR. 2014 August; 1(2) : 008-012.
7	Subhashchandra Rai, Bhagavan KR, Dhanesh KU. Efficacy of low level laser therapy in the management of venous leg ulcer. IJIRR. 2014 August; 1(2) : 004-007.
8	Ajith S, Ivor Peter D'sa, Gopala Krishnan,.Influence of body mass index (BMI) and

	early physiotherapy on functional exercise capacity following coronary artery bypass graft(CABG) GJRA. 2014 August; 3(8) :14-16.
9	Haripriya S, Ajith S, Padmanabhan Suresh Babu Roshan, Mohamed Faisal C K.Comparison of epley maneuver and brandt- daroff exercises on short- term posterior canal benign paroxysmal positional vertigo (bppv) - related quality of life. IJPOT.2014 July-Sep; 8 (3) : 109-113.
10	Ajith S, Ivor Peter D'sa, Gopala Krishnan,. Impact of body mass index (BMI) and duration of phase I cardiac rehabilitation after coronary artery bypass graft (CABG). IJPB. 2014 July; 5 (3) : (B) 974-979
11	Dhanesh Kumar KU, Namritha Prabhu, Pooja Pai. Fall risk and physical fitness in healthy older population. IJCR. 2014 Mar; 6 (3) : 5497-5500.
12	Dhanesh Kumar KU,Biju Muthapally. Effect of core muscle strengthening and behavioral therapy in the management of chronic non specific low back pain in nursing population. IJCR. 2014 Feb; 6(2) : 5063-5068.

## Nitte Institute of Physiotherapy -Mangalore

### Research Publication : Faculty

No. of. Research Publication =11

Year =2013

Sl.No	Bibliography of the Article
1	Ajay Thakur, Preetham Rai,Dhanesh Kumar KU. Effectiveness of frequency modulated transcutaneous electrical nerve stimulation (tens) on post incision pain following abdominal surgery : a prospective , randomized, placebo controlled study. IJCR. 2013 Sep; 5(09) : 2599-2601.
2	Ajay Thakur, Dhanesh Kumar KU. A comparative study on the effects of aerobic exercise program and conventional oral therapy medications on non insulin dependent diabetic mellitus patients. IJCR. 2013 Sep; 5(09) : 2595-2598.
3	Kavitha Shetty, Mahesh Hegde V, Dhanesh Kumar KU.A study of evaluate the acute effect of various stretching in warm -up routines on vertical jump performance in amateur basketball players. IJCR. 2013 Aug; 5(08) : 2301-2304.
4	Kanchan Agarwal, Sucheta PS, Mallikarjunaiah HS. comparative study on quantity of caregiver suport for upper limb functional recovery in post stroke. IJPR. 2013 Aug;1(3) : 77-82.
5	Bindhu S, Dhanesh Kumar KU, Avadhani R, Jinu Merlin Kosby. Clinical significance of patient foramen ovale. IJCR. 2013 July; 5(07) : 1940-1941.
6	Amal Jose George,Dhanesh Kumar KU, Nikhil NP. Effectiveness of Trunk Proprioceptive Neuromuscular Facilitation Training in Mechanical Low Back Pain.IJCR. 2013 July; 5(07) : 1965-1968.
7	Subhash Chandra Rai, Ajith S, Bhagavan KR, Deepak Pinto. Cervical traction reduces pain and disability in patients with unilateral cervical radioculopathy. IJCRR. 2013 Apr; 5(07): 33-40.
8	Mahesh Hegde V, Ajith S, Gopalakrishnan M, Mohammed Faisal CK. Case report : rehabilitation of a patient with coronary artery bypass graft (CABG) with axillo femoral bypass. IJCRR. 2013 May; 5(09): 16-23.

9	Mohamed Faisal CK, Mary Sumila, Lawrence Mathias, Ajith S. Comparative study on the effectiveness of low level laser therapy versus phonophoresis in the management of lateral epicondylitis. NUJHS. 2013 Mar; 3(1) : 35-44.
10	Nikhil Vishwanath, Ajith S, Ivor Peter D' Sa, M Gopalakrishnan, Mohamed Faisal CK. Comparison of quality of life in off- pump versus on pump coronary artery bypass graft ( CABG) patients before & after phase ii cardiac rehabilitation. Indian Journal of Public Health Research and Development. 2013 Mar; 4(1) : 285-289.
11	Juniad Ahmed Fazili, Ajith S, AM Mirajkar, Mohammad Faisal CK, Ivor Peter D'Sa. Effect of midprone decubitus on pulmonary function test values in young adults with undesirable body mass indices (BMI) IJPOT. 2013 Mar; 7(1) : 280-284.



## Nitte Institute of Physiotherapy -Mangalore

### Research Publication : Faculty

No. of. Research Publication =08

Year =2012

Sl. No	Bibliography of the article
1	Mohamed Faisal C.K,Priyabandani Neha Om Prakash, Ajith S. Efficacy of functional neuromuscular electrical stimulation (FNMES) in the improvement of hand functions in acute stroke survivals.NUJHS. 2012 Oct-Dec; 2(4) :16-21.
2	Dhanesh Kumar KU,Putti BB, Bindhu S. A comparative analysis between effects of core stabilization program v/s conventional exercise in the management of chronic mechanical low back pain.IJPOT. 2012 Oct-Mar; 6(4) : 163-167.
3	Karthikeyan G, Shamim Sheikh G, Purushotham Chippala. Test -retest reliability of short form of berg balance scale in elderly people. Global Advanced Research Journal of Medicine and Medical Sciences . 2012 July;1(6) : 139-144.
4	Anil Rachappa Muragod, Sreekumaran P,Dhanesh Kumar KU. A comparative study on effectiveness of ultrasound therapy and low level laser therapy in the management of second stage pressure sores. IJPOT. 2012 Apr-June; 6(2) : 9-12.
5	Dhanesh Kumar KU, Putti BB,S Bindhu,Shantaram Manjula. Prevalence of mechanical low back pain in adolescent school children. Journal of Advance Researches in Biological Sciences. 2012 Mar; 4(3): 213-218.
6	Bipin Puneeth, Mohammad Faisal CK, Renuka Devi.M, Ajith S.Efficacy of active cycle of breathing technique and postural drainage in patients with bronchiectasis : A comparative study. Innovative JI of Medical Health Science. 2012 Nov-Dec; 2(6) : 129-132
7	Mohamed Faisal CK, Nirmal Mathew, Lawrence Mathias, Ajith S. Grip strength and hand function changes in unilateral cervical radiculopathy. IJCRR.2012 Nov; 4(21) : 82-90.
8	Bhagyashree Bhandary, Sateesh Rao, N .Sucheta Kumari, Sanjeev Badiger. Influence of Psycho Social Factors on Type 2 Diabetes Mellitus in a Coastal City. Biomedicine. 2012 . 32(4) :547-551.

## Nitte Institute of Physiotherapy -Mangalore

### Research Publication : Faculty

No. of. Research Publication =05

Year =2011

Sl. No	Bibliography of the article
01	Bindhu S, Patil Prakash, Nerli RB, Shantaram Manjula, <b>Dhanesh Kumar KU</b> . Feto-Placental weight relationship in hypospadias children and in normal children : A comparative study. Journal.of Biomedical Sciences. 2011; 2(1) : 23-24.
02	Ramakrishna Avadhani, Bindhu S, Vikram, <b>Dhanesh Kumar KU</b> , Arunachalam Kumar. Radio ulnar synostosis : A case report. NUJHS. 2011oct-dec;1(4) : 43-45.
03	<b>Ajith S</b> , Ivor Peter D Sa, <b>Mohamed Faisal CK</b> , Anandh V, Sreejith Namboothiri. Physiological cost index (PCI) in patients with chronic obstructive pulmonary disease (COPD)) before and after giving two commonly used breathing Exercises. IJCRR. 2011 Dec; 3(12) : 41-48
04	Bindhu S, Nerli RB, <b>Dhanesh Kumar KU</b> , Avadhani RK. Severe hypospadias with aphallia - Case of confused sex. IJCR. 2011 June; 3(6) : 163-164.
05	<b>Dhanesh Kumar KU</b> , Bindhu S, Summanth Shetty. Aicardi syndrome : A rare case report. Journal.of Recent Research in Science and Technology. 2011 ; 3(3) : 104-106.

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**Research Publications :Faculty -2010**

**Total no. of research Publications = 01**

01	Bindhu S,Aarathi Venunadhan, Zameera Banu, Dhanesh Kumar KU. Multiple vascular variations in a single cadaver : A case report. Journal of Recent Research in Science and Technology. 2010 ; 2(5) : 127-129.
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