

Dr. Rinkle Hotwani (Malani)

BPTh, MPTh (Orthopaedic Manual Therapy )

Principal

MGM School of Physiotherapy Aurangabad

[drrinklemalani@gmail.com](mailto:drrinklemalani@gmail.com)

mgmsop@themgmgroup.com

+91 9370312412

**SUBJECTS TEACHING**

| **Subject** |  | **Year** |
| --- | --- | --- |
| Fund.of. Kinesiology and Kinesiotherapy |  | I BPT |
| Kinesiology |  | II BPT |
| Kinesiotherapy |  | II BPT |
| PT In Musculoskeletal Sciences |  | IV BPT |
| Applied Sciences, Recent Advances |  | II MPT |

**ACADEMIC QUALIFICATIONS**

|  |  |
| --- | --- |
| **Degree** | MPTh(Orthopaedic Manual Therapy) |
| **Institute** | JNMC, KLE University, Belgaum |
| **Year of Passing** | 2009 |
| **Degree** | BPTh |
| **Institute** | Career Inst. Of Medical Sciences,Bhopal |
| **Year of Passing** | 2007 |

**EXPERIENCE**

| **Institution / Organisation** | **Designation** |  | **Tenure** |
| --- | --- | --- | --- |
| MGM School of Physiotherapy, A’bad | Principal |  | June 2020-till date |
| MGM Institute of Physiotherapy, A’bad | Professor |  | Feb 2020-June2020 |
| MGM Institute of Physiotherapy, A’bad | Associate Professor |  | Sept2016 – Feb 2020 |
| MGM Institute of Physiotherapy, A’bad | Assistant Professor |  | Feb 2010 to Sept 2016 |
| Chaurasia Paramedical Institute, Rewa | Tutor |  | Feb2007 –Aug 2007 |

**AREAS OF INTEREST, EXPERTISE AND RESEARCH**

**Areas of Interest:** Biomechanics, Pain Neuroscience Education, Cognitive behavioral therapy,

Manual Therapy.

**Areas of expertise:** Manual Therapy, Cognitive behavioral therapy, Women’s Health.

**Areas of research:** Manual Therapy, Pain Neuroscience Education, Community based

Rehabilitation.

**PROFESSIONAL AFFILIATIONS AND CONTRIBUTIONS**

* Maharashtra Occupational and Physiotherapy Council
* Indian Association of Physiotherapy
* Manual Therapy foundation Of India (CMT) : MTFI-L-14-10
* MSCIT
* Certified Pregnancy Fitness Educator: 8-201916(CAPPA)
* Certified Cognitive behavioral therapy (CBT) Practitioner

**WORKSHOPS, CONFERENCES PARTICIPATION AND ORGANIZATION**

* Certificate of participation for paper presentation in faculty category at ‘Craniocon 2020’ a virtual conference on best practices and recent advancement in physiotherapy on 9th November 2020.
* Certificate of Recognition as Speaker Presentation at online conference on Physiotherapy, physical rehabilitation and sports medicine, held during October 28-29 2020.
* Organized 1st MGM International Physiotherapy Conference MGMPHYSIOCON-2019.
* Post conference workshop on Breathing Pattern Disorder in Musculoskeletal Pain Syndrome by Irina Paiuk at 1st MGM International Physiotherapy Conference MGMPHYSIOCON-2019.
* Pre conference workshop on Hip and Groin Course by Dr. Barry Getz at 1st MGM International Physiotherapy Conference MGMPHYSIOCON-2019.
* Workshop attended on One Day National workshop on Filling AQAR under new NAAC process organized by Pandit Jawaharlal Nehru Mahavidyalaya, Aurangabad on August 2019.
* Workshop attended on Research Methodology and Statistics: Understanding critical thinking for Evidence Based practice 29th -31st March 2019 at MGM Institute of Physiotherapy Aurangabad.
* Workshop attended on Pre and post natal workshop (16 hrs)by Dr. Snigdha Mehta on 10th-11 November 2018
* Workshop attended on Integrated Manual Therapy in Lumbar spine by Dr. Prem Venkatesan on 1st-2nd November 2018.
* Basic workshop in Health Sciences Education Technology 12th-14th February 2018 by MUHS.
* Workshop attended on Research Methodology 24th -25th November 2017 at MGM Institute of Physiotherapy Aurangabad.
* Basic workshop in research methodology 15th-17th December 2017 by MUHS at MUHS regional Centre Aurangabad.
* Participation in MIPCON for scientific poster presentation 7th-9th December 2017.
* Workshop attended on Child and Adolescent Fitness Instructor Training by Indian Academy of Fitness Training in 2016-2017.
* Workshop attended on Diabetes Fitness Instructor Training by Indian Academy of Fitness Training in 2016-2017.
* Workshop attended on Power Yoga Instructor by Indian Academy of Fitness Training in 2016-2017.
* Workshop attended on Fitness- Diet and Nutrition by Indian Academy of Fitness Training in 2016-2017.
* Workshop attended on Upper Quarter clinical neurodynamics by Dr. Kiran Challagundla certified by Michael Shacklock in Feb 2015.
* Workshop attended on Lower Quarter clinical neurodynamics by Dr. Kiran Challagundla certified by Michael Shacklock in Feb 2015.
* Workshop attended on Manual Therapy concepts (Cyriax, Maitland, Kaltenborn & Butler) for the peripheral joints, TMJ and neural tissue from 5th Feb to 8th Feb 2014 at MGM’s Institute of physiotherapy Aurangabad.
* Workshop attended on Manual Therapy concepts (Cyriax, Maitland, Kaltenborn) for the vertebral column and pelvic complex from 7th October to 10th October 2013 at MGM’s Institute of physiotherapy Aurangabad.
* Workshop organized – Hands on workshop on MET & Taping at MGM Medical College Institute of Physiotherapy, Aurangabad in September 2012.
* Workshop attended on cognitive Rehabilitation in January 2011 at MGM’s Institute of physiotherapy Aurangabad.
* Workshop on Evidence based research at KLE research center Belgaum 25th October 2008.
* Workshop on sports soft tissue techniques 14th November 2008.
* Workshop on Professional Development in sport medicine at KLE research center Belgaum 13th November 2008.
* 30th Annual conference Indian Association of Sports Medicine on 16th November 2008.
* CME- General orthopedic Physiotherapy- November 2007 at KLE research center Belgaum.
* Workshop on cancer Rehabilitation at Tata Memorial Hospital Mumbai in 2006.
* Workshop on cervical spine manual therapy in 2003 at Career Institute of medical sciences (CIMS) Bhopal.

**PUBLICATIONS**

1. **Title:**  Comparison of McConnell Patellar Taping versus Mobilisation with Movement in chronic knee osteoarthritis- A Randomized clinical trial.

**Journal:** Indian Journal of Physiotherapy and Occupational Therapy in 2010

1. **Title:**  “Efficacy Of Intermittent Pelvic Traction And Intermittent Pelvic Traction With Self Neural Tissue Mobilization In Chronic Low Back Pain With Sciatica”

**Journal:** International Journal of Physiotherapy and Research 2019, vol. 7, Issue 3

1. **Title:** Effect of Pain Coping Strategies V/s Kinesthesia, Balance & Agility Exercises in Chronic

Knee OA: A Clinical Trial.

**Journal:** International Journal of Physiotherapy and Research July 2019, vol. 7, Issue 4

**STUDENTS RESEARCH PROJECT**

1. Effectiveness of Iliotibial band Myofascial release on pain and Q angle in patients with chronic knee osteoarthritis. A Randomized Controlled trial.
2. Effect of Pain Coping Strategies V/s Kinesthesia, Balance & Agility Exercises in Chronic Knee OA: A Clinical Trial.
3. Employment during Pregnancy in relation to risk factors.
4. Prevalence of Hypertension in Postmenopausal Women.
5. Prevalence of Headache in Patients with Neck Pain.
6. Prevalence of Upper Trapezius Tightness in Computer Workers Community Based Rehabilitation for Post Menopausal Osteoporosis.
7. Prevalence of Neck Pain in Physiotherapist.
8. Effect of lower Segment Caesarean section on abdominal Muscle Strength.
9. A Manual Therapy Approach for Treatment of Cervicogenic Headache.
10. Effectiveness of Neural Stretching on Pain & Disability domain in chronic lumbar radiculopathy A Randomized clinical trial.
11. Effect of three weeks plyometrics & Speed Training on Agility in Badminton players.
12. A Survey on Satisfaction rate of low back pain patients with physiotherapy treatment.