

Personal Details	Mr. Kshtrashal Singh MPT-Ortho, MIAP(IN),MEPA(ET),HCPC,MCSP(UK)
Academic Qualifications	Master of Physiotherapy in Advanced Orthopedics
Administrative Duties	Deputy Dean-School of Physiotherapy(FAHP)
Publications (last 5 years)	<p><b>1.</b> Time to Success and Its Prognostic Factors among Patients with Myringoplasty Surgery Emy Asmar Badruddin, Yu Chye Wah, Koh Kim Hua, Kshtrashal Singh, Susmitha Govind, DOI: <a href="https://doi.org/10.31838/ijpr/2021.13.01.706">https://doi.org/10.31838/ijpr/2021.13.01.706</a>, ISSN 0975-2366, Page number 5299-5309-International Journal of Pharmaceutical Research   Jan - Mar 2021   Vol 13   Issue 1</p> <p><b>2.</b> A Multicentral Quasi experimental Study on Impact of Neuromuscular Taping over Neck Pain-Yu Chye Wah, Kshtrashal Singh, Mahesh Hegde, Komala Bakrishnan, Mallisah Kaur, Kamaraj B, Rahul Krishnan Kutty-Indian Journal of Forensic Medicine &amp; Toxicology, October-December 2020, Vol. 14, No. 3-(PG 3343-3349)- ISSN NO. p-0973-9122 and e-0973-9130-<a href="http://www.ijfmt.com/issues.html">http://www.ijfmt.com/issues.html</a></p> <p><b>3.</b> Multicentral Quasi experimental Study on Impact of Neuromuscular Taping over Low Back Pain-Yu Chye Wah, Kshtrashal Singh, Susmitha Govind, Kasmalina binti Mohd, Siva Sangary Murthy, Kamaraj B, Rahul Krishnan Kutty- Indian Journal of Forensic Medicine &amp; Toxicology, October-December 2020, Vol. 14, No. 3-(PG 3350-3356)- ISSN NO. p-0973-9122 and e-0973-9130-<a href="http://www.ijfmt.com/issues.html">http://www.ijfmt.com/issues.html</a></p> <p><b>4.</b> Comparing the Effect of Combined Therapy of Extracorporeal Shock Wave Therapy and Ice Massage with Combined Therapy of Therapeutic Ultrasound with Paraffin Wax Bath in Treating Trigger Finger-Yu Chye Wah, Chen Zhun Yi, Kshtrashal Singh, Koh Kim Hua, Susmitha Govind, Veni Chandrakasan-Medico-Legal Update-(ISSN) 0971- Institute of Medico-legal Publications-720X-Volume 20 Number 4 October-December 2020(1475-1482).</p> <p><b>5.</b> To Compare the Effectiveness of Taping and Arch Support on the Flexible Flat Foot on a Random Population-J. Karthikeyan, Kshtrashal Singh, Susmitha Govind, Kaviarasu Mahalingam, Sree Vamsi, Pavithra A/P Annamalai, Yu Chye Wah- Medico-Legal Update-(ISSN) 0971-720X- Institute of Medico-legal Publications -Volume 20 Number 4 October-December 2020(1506-1513).</p> <p><b>6.</b> Study on Prevalence and Risk Factors of Neck Pain among Aimst University Malaysia Academic Staffs-Mishalini Nair A/P Sugumaran, Kshtrashal Singh, Susmitha Govind, Yu Chye Wah-March 2019-Volume-8 Issue-5-article number 157-<a href="https://www.ijitee.org/download/volume-8-issue-5/">https://www.ijitee.org/download/volume-8-issue-5/</a></p> <p><b>7.</b> The Effectiveness of Postural Correction in Improving Para Spinal Muscles Spasm in Dodge Ball Players-Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Mahesh Hegde, Kavitha Shetty, Christina Lee Siaw Lin- International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1031-1041,-ISSN: 2005-4238 IJAST-<a href="http://sersec.org/journals/index.php/IJAST/article/view/3313">http://sersec.org/journals/index.php/IJAST/article/view/3313</a></p> <p><b>8.</b> The Adult Ambulatory Chair and Its Influence on Geriatric Population-Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Low Chia Huei, Nur Fatin Binti Mahamad Radzi, Cheah Yin Joe-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1053-1062, ISSN: 2005-4238 IJAST- <a href="http://sersec.org/journals/index.php/IJAST/article/view/3317">http://sersec.org/journals/index.php/IJAST/article/view/3317</a></p> <p><b>9.</b> Effectiveness of Myofascial Release Technique versus Positional Release Technique on Myofascial Pain Syndrome-Jency Sudha Deva Arul, Karthikeyan J, Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Taranjit Singh Sandhu-International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1063-1070, ISSN: 2005-4238 IJAST- <a href="http://sersec.org/journals/index.php/IJAST/article/view/3318">http://sersec.org/journals/index.php/IJAST/article/view/3318</a></p> <p><b>10.</b> Age-Related Difference in Proprioception, Muscle Strength and Balance in Diabetic Patient-</p>

Karthikeyan J, Jency Sudha Deva Arul, Kshtrashal Singh, Susmitha Govind, Yu Chye Wah, Yeoh eiko- International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1071-1081, ISSN: 2005-4238 IJAST- <http://serisc.org/journals/index.php/IJAST/article/view/3319>

**11.** Sensor Enhanced Rehabilitation For Knee Injuries-Sankara kumaran Pandian, Sundaresan AN, Kshtrashal Singh, Mahesh Hegde, Yu Chye Wah, Shirana Asmi Farook, Yogardarrshini, Tan Wei Xiang- International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1091-1099, ISSN: 2005-4238 IJAST-<http://serisc.org/journals/index.php/IJAST/article/view/3321>

**12.** The Effectiveness of Rest-Pause Method Vs Traditional Training Method on Muscle Power Development among Badminton Players-Ilyaraja Alagia Thiruvevenkadam, Jaffery Kong Tin Fei, Karthikeyan J, Jency Sudha Deva Arul, Susmitha Govind, Kshtrashal Singh, Rahul Krishnan Kutty- International Journal of Advanced Science and Technology-Vol. 28, No. 20, (2019), pp. 1082-1090, ISSN: 2005-4238 IJAST- <http://serisc.org/journals/index.php/IJAST/article/view/3320>

**13.** Time-Of-Flight Laser for Presto Measurement of Wound Depth1G. Deepthi, 2Sankara kumaran Pandian, 3Sundaresan AN, 4Kshtrashal Singh, 5Yu Chye Wah, 6Tam Wei Wai, 7Lee Aik Chuan1, 2, 3, 4, 5, 6, 7School of Physiotherapy (FAHP), AIMST University Malaysia. - International Journal of Advanced Science and Technology Vol. 29, No.02, (2020), pp. 2452-2459- , ISSN: 2005-4238 IJAST - <http://serisc.org/journals/index.php/IJAST/article/view/3783/2581> - <http://serisc.org/journals/index.php/IJAST/article/view/3783>

**14.** A Comparative Study Between Breathing Control And Pursed Lip Breathing Among Bronchial Asthma Patients-Lee Wei Jie, Susmitha Govind, Kshtrashal Singh, Yu chye Wah, Gokarakonda Sree Vamsi, Elanchezhian Chinnavan, Rishi Kesavan, Sundaresan Annamalai, Mallisah Kaur 1,2,3,4,5,6,7,8,9 School of Physiotherapy (FAHP), AIMST University, Malaysia-International Journal of Advanced Science and Technology-Vol. 28, No. 16, (2019), pp. 1643-1648-ISSN: 2005-4238 (Print)-ISSN: 2207-6360 (Online)- <http://serisc.org/journals/index.php/IJAST/issue/view/243><http://serisc.org/journals/index.php/IJAST/article/view/2155/1497>-Publisher: Science and Engineering Research Support Society

**15.** The Impact of Myofascial Release over Pregnancy-Induced Pelvic Girdle Pain-1Susmitha Govind, 2Tan Chiaw Wen, 3Kshtrashal Singh, 4Yu Chye Wah, 5 Mahesh V Hegde, 6 Kavitha Shetty, 7 Gokarakonda Sree Vamsi, 8Elanchezhian Chinnavan- Volume 8, No.1.4, 2019-International Journal of Advanced Trends in Computer Science and Engineering(ISSN 2278-3091) <http://www.warse.org/IJATCSE/static/pdf/file/ijatcse13814sl2019.pdf>

**16.** A study on the effectiveness of paraffin wax bath therapy and intrinsic muscle exercises in reducing pain and increasing precision gripping movements of rheumatoid hand-Journal; Of Pharmaceutical Science And Research-NOV 2018-ISSN 0975-1459-www.jpsr.pharmainfo.in-LINK <https://www.jpsr.pharmainfo.in/issue.php?page=110> .

**17.** Study on Prevalence and Risk Factors of Neck Pain Among Aimst University Malaysia Academic Staffs- Mishalini Nair A/P Sugumaran, Kshtrashal Singh, Susmitha Govind, Yu Che Wah-March 2019- (Number 157). <https://www.ijitee.org/download/volume-8-issue-5/> <https://www.ijitee.org/wp-content/uploads/papers/v8i5/E3304038519.pdf>).

**18.** To Compare The Outcome Of Lumbar Traction With Infra-Red Ray In Lumbar Disc Herniation- Rishikesavan, Yokeshwery A/P Muniandy , Elanchezhian Chinnavan, Yu Chye Wah, Susmitha Govind, Kshtrashal Singh-International Journal of Recent Technology and Engineering (IJRTE) ISSN: 2277-3878, Volume-7, Issue-6, March 2019-Article number 215. <https://www.ijrte.org/archive/>

**19.** Maitland Vs Kaltenborn Approach in Improving Pain and External Rotation in Adhesive Capsulitis- Kalipravina Sunderamuthy, Susmitha Govind, Yu Che Wah, Kshtrashal Singh- Article Number 5-volume 8-issue 6S2. <https://www.ijitee.org/download/volume-8-issue-6s2//>

**20.** Comparative Study On The Effectiveness Of Ultrasound And Mulligan's Mobilization With

	<p>Movement Treatment Of Lateral Ankle Sprain- International Journal of Pure and Applied Mathematics Volume 119 No. 14, MAY 2018, 35-39 ISSN: 1314-3395 (on-line version)-URL: <a href="http://www.ijpam.eu-Special Issue- karthick.K, Mrs. R. Azeela Begham, Kshtrashal Singh, Susmitha Govind. [LINK-https://acadpubl.eu/hub/2018-119-14/issue14a.html">http://www.ijpam.eu-Special Issue- karthick.K, Mrs. R. Azeela Begham, Kshtrashal Singh, Susmitha Govind. [LINK-https://acadpubl.eu/hub/2018-119-14/issue14a.html]</a></p> <p><b>Book Publication</b></p> <p>Pregnancy-Induced Pelvic Girdle Pain &amp; Myofascial Release: The Impact of Myofascial Release over Pregnancy-Induced Pelvic Girdle Pain Paperback – May 16, 2020 by Kshtrashal Singh, Susmitha Govind, Tan Chiaw Wen, Yu Chye Wah, Mahesh V Hegde, Kavitha Shetty (Author), Gokarakonda Sree Vamsi , Elanchezhian Chinnavan.</p> <p>Amazon-<a href="https://www.amazon.com/dp/1952751063">https://www.amazon.com/dp/1952751063</a></p> <p>Eliva Press-<a href="https://www.elivapress.com/en/book/book-7243192683">https://www.elivapress.com/en/book/book-7243192683</a></p>
On-going Research	Nil
Completed Research	N/A
Research Grants	Nil
Consultancy	Nil
Awards	Nil
Professional Memberships	<ol style="list-style-type: none"> <li>1. Indian Association of Physiotherapists-India</li> <li>2. Ethiopian physiotherapy association-Ethiopia</li> <li>3. Health &amp; Care Professionals Council-United Kingdom</li> <li>4. Member of Chartered Society of Physiotherapists-United Kingdom</li> </ol>
Supervision	Masters/Degree
Teaching	Masters/Degree/Diploma
Areas of Expertise	Musculoskeletal Physiotherapy
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