

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 & Post Graduate, Program Coordinator(School of Physiotherapy(FAHP)
Publications (last 5 years)	<p>1. 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: https://doi.org/10.31838/ijpr/2021.13.01.706, ISSN 0975-2366, Page number 5299-5309-International Journal of Pharmaceutical Research Jan - Mar 2021 Vol 13 Issue 1</p> <p>2. 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 & Toxicology, October-December 2020, Vol. 14, No. 3-(PG 3343-3349)- ISSN NO. p-0973-9122 and e-0973-9130-http://www.ijfmt.com/issues.html</p> <p>3. 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 & Toxicology, October-December 2020, Vol. 14, No. 3-(PG 3350-3356)- ISSN NO. p-0973-9122 and e-0973-9130-http://www.ijfmt.com/issues.html</p> <p>4. 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>5. 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>6. 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-https://www.ijitee.org/download/volume-8-issue-5/</p> <p>7. 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-http://sersec.org/journals/index.php/IJAST/article/view/3313</p> <p>8. 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- http://sersec.org/journals/index.php/IJAST/article/view/3317</p> <p>9. 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-http://sersec.org/journals/index.php/IJAST/article/view/3318</p> <p>10. 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 Kuty- 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: 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]</p> <p>Book Publication</p> <p>Pregnancy-Induced Pelvic Girdle Pain & 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-https://www.amazon.com/dp/1952751063</p> <p>Eliva Press-https://www.elivapress.com/en/book/book-7243192683</p>
On-going Research	Nil
Completed Research	N/A
Research Grants	Nil
Consultancy	Nil
Awards	Nil
Professional Memberships	<ol style="list-style-type: none"> 1. Indian Association of Physiotherapists-India 2. Ethiopian physiotherapy association-Ethiopia 3. Health & Care Professionals Council-United Kingdom 4. Member of Chartered Society of Physiotherapists-United Kingdom
Supervision	Masters/Degree
Teaching	Masters/Degree/Diploma
Areas of Expertise	Musculoskeletal Physiotherapy
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