

Personal Details	Ms. Sonita Ashvni Raj A/P Raj Kumar
Academic Qualifications	Bachelor of Physiotherapy (Hons), AIMST University Master of Physiotherapy (MSK), AIMST University
Administrative Duties	Clinical Instructor
Publications (last 5 years)	<p>1. Raj, S.A., Wah, Y.C., & Singh, K. (2025). A Comparative Study on Sensory-Targeted Ankle Rehabilitation Strategies and Proprioceptive Training in Improving Functional Performance among Adults with Chronic Ankle Instability. VER [Internet]. 2025 Nov. 29 [cited 2026 May 6];8(15s):226-31. Available from: https://verjournal.com/index.php/ver/article/view/1136</p> <p>2. Raj, S. A., Wah, Y. C., Yi, C. M., Regan, R., Nathan, B., & Arora, E. (2023). Correlation of Smartphone Addiction Leading to Text Neck Syndrome, Anxiety Disorder and Depression among AIMST University Students: A Cross-Sectional Study. Journal of Survey in Fisheries Sciences, 10(4), 619–626.</p>
On-going Research	-
Completed Research	<p>1. A Comparative Study on Sensory-Targeted Ankle Rehabilitation Strategies and Proprioceptive Training in Improving Functional Performance among Adults with Chronic Ankle Instability</p> <p>2. Correlation of Smartphone Addiction Leading to Text Neck Syndrome, Anxiety Disorder and Depression among AIMST University Students: A Cross-Sectional Study.</p>
Research Grants	-
Consultancy	-
Awards	-
Professional Membership	Malaysian Allied Health Professions Council (MAHPC) : MAHPC(PT)02112
Supervision	-
Teaching	-

Areas of Expertise	MSK
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