

# Rehabilitation and complications after total Knee Replacement (TKR ) procedure

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## Abstract

Conducted a session on importance of warm up and cool down exercises for Badminton players at Father muller Medical college indoor stadium, Mangalore on 8th of January 2021.

- Presentation on Sports injuries and its management in Football players at Mysore, Vijayanagar football club on January 15th 2021.

Webinar

- Online session on “Common sports injuries and first Aid” Organized by St.

Aloysius College (Autonomous) Mangalore, Department of Physical Education and Sports & Games Association on September 25th 2020.

## Biography

I am an Indian Physical Therapist who is passionate about sports injury management and prevention. After my masters in Musculoskeletal and sports physical therapy, I worked with Indian National Basketball team and have 4+ years of experience in teaching and on-field Sports and Injury management using team-based and problem- based teaching methodologies.

My experience working as Sports Physical Therapist for

Cricket teams, Kabaddi tournaments, Basketball teams and collegiate level soccer team taught me resilience, and helped me develop a highly adaptable attitude towards on-field rehabilitation. I am a good team player with great resourcefulness regarding Sports Injury Rehabilitation. My flexibility and conflict management skills have been developed over a period of time handling challenging clinical cases and 3+ years of working with graduate and post-graduate students teaching and mentoring them.