

**NITTE INSTITUTE OF PHYSIOTHERAPY , DERALAKATTE –
MANGALORE**

Research Articles Published in International & National Journals for the year 2010-2015

Total no. of research Publications = 44

Sl.No	Bibliography	Impact Factor	Indexed Journal	Peer Reviewed	Conferences
47	Sweety Gupta , Vimala Sudha Devi. To Evaluate the effect of resistance exercise on acute cardiac responses in normotensives and in borderline hypertensives – A comparative study . Indian Journal of Physiotherapy and Occupational Therapy(IJPOT) 2015 ; 9(2) : 149-154		Indexed		
46	Sukumar Shanmugam , Kavitha Shetty, Lawrence Mathias , Rebecca Santhumayor . Dry needling on tendous and myofascial trigger points in post traumatic stiffness of elbow : a case report. International Journal of Research in Medical Sciences(IJRMS) 2015 ;3(6):1529-1532.				
45	Sukumar Shanmugam , Kavitha Shetty, Lawrence Mathias. Dry Needling Effects on Non-Specific Cervical Radioculopathic Pain and Dysfunction : A case report. International Journal of Therapies and Rehabilitation Research(IJTRR) 2015 ; 4(4) : 21-25.	4.906			
44	Ajay Thakur , Sukumar S. Analgesic Effects of Modulated Frequency Transcutaneous Electrical Nerve Stimulation in the Relief of pain after abdominal surgery – A Randomized Controlled Trial. IJHSR(International Journal of Health Sciences and Research)2015 ; 3(5) :241-247.	3.5	Indexed Journal	Peer Reviewed	
43	Mahesh V. Hegde , Ajith S , Kavitha Shetty. A Study to evaluate respiratory		Indexed Journal	Peer Reviewed	

	symptoms and lung function impairment in beedi workers and usefulness of protective mask in reducing respiratory symptoms. International Journal of Physiotherapy Research (IJPR) 2015 : 3(2) : 986-991 ISSN 2321-1822				
42	Sukumar S, Jayasrikanth S. Efficacy of modified Task Oriented Exercises Performed On Swiss Ball Over Conventional Task Oriented Exercises on Improving Balance Post Stroke. IJHSR(International Journal of Health Sciences and Research) 2015 February ; 5(2) : 217-223.	3.5	Indexed Journal	Peer Reviewed	
41	Subhashchandra Rai, Bhagawan, Sukumar S, Dhanesh Kumar KU. Effects Of Low Level Laser Therapy Over Therapeutic Ultrasound Therapy In Venous Ulcer - A Single Blinded Randomised Control Trial. GJMS (Global Journal of Multidisciplinary Studies) 2015 January ; 4(1) : 56-63.		Indexed Journal	Peer Reviewed	
40	Sukumar S, Lawrence Mathias J, Subhashchandra Rai. Early Effects of Dry Needling and Low Level Laser Therapy in Chronic Tennis Elbow – An Experimental Study. International Journal of Health Sciences and Research(IJHSR) 2015 January; 5(1) : 187-196.	3.5	Indexed Journal	Peer Reviewed	
39	Sukumar S, Lawrence Mathias J, Subash Srivastav. Effects of static dry needle insertion and trigger point deactivation combined with eccentric exercises in women with unilateral tennis elbow : A single blinded RCT. Global Journal of Multidisciplinary Studies (GJMS) 2014 December ; 4(12) : 159-167.	1.927	Indexed Journal	Peer Reviewed	
38	Sukumar S, Lawrence Mathias J. Effects of intramuscular manual				

	therapy on improved shoulder abduction in adhesive capsulitis : A single blinded RCT. Global Journal of Multidisciplinary Studies (GJMS) 2014 November ; 3(12) : 41-50.				
37	Sukumar S , Lawrence Mathias J. Efficacy of intramuscular electrical stimulation with dry needle over classical trigger point dry needling in non-traumatic shoulder pain and dysfunction a randomized controlled pilot study. International Journal of Medicine(IJM) 2014 1(2)				
36	Srikant Sikatia, Prabhu C, Suchetha PS , Mallikarjunaiah HS. Problem Oriented Willd Movement Therapy on Motor abilities of Traumatic Brain Injury Patients with Cognitive Deficitis.International Journal of Physiotherapy (IJR).2014 June1(2) : 66-73. ISSN: 2348 - 8336		Indexed Journal	Peer Reviewed	
35	Dhanesh KU , Sarika Desai, Siddarth Shetty. Study of yoga versus exercise therapy in the management of mechanical low back pain. IJIRR. 2014 August; 1(2) : 008-012.		Indexed Journal	Peer Reviewed	
34	Subhashchandra Rai , Bhagavan KR, Dhanesh KU. Efficacy of low level laser therapy in the management of venous leg ulcer. IJIRR. 2014 August; 1(2) : 004-007.		Indexed Journal	Peer Reviewed	
33	Ajith S , Ivor Peter D'sa, Gopala Krishnan,.Influence of body mass index (BMI) and early physiotherapy on functional exercise capacity following coronary artery bypass graft(CABG) GJRA. 2014 August; 3(8) :14-16.	1.5408	Indexed Journal	Peer Reviewed	
32	Haripriya S, Ajith S , Padmanabhan Suresh Babu Roshan, Mohamed Faisal	-----	Indexed Journal	Peer Reviewed	

	C K.Comparison of epley maneuver and brandt- daroff exercises on short- term posterior canal benign paroxysmal positional vertigo (bppv) - related quality of life. IJPOT.2014 July-Sep; 8 (3) : 109-113.				
31	Ajith S , Ivor Peter D'sa, Gopala Krishnan,. Impact of body mass index (BMI) and duration of phase I cardiac rehabilitation after coronary artery bypass graft (CABG). IJPB. 2014 July; 5 (3) : (B) 974-979	2.958	Indexed Journal	Peer Reviewed	
30	Dhanesh Kumar KU , Namritha Prabhu, Pooja Pai. Fall risk and physical fitness in healthy older population. IJCR. 2014 Mar; 6 (3) : 5497-5500.	1.125 (2012)	Indexed Journal	Peer Reviewed	
29	Dhanesh Kumar KU ,Biju Muthapally. Effect of core muscle strengthening and behavioral therapy in the management of chronic non specific low back pain in nursing population. IJCR. 2014 Feb; 6(2) : 5063-5068.	1.125 (2012)	Indexed Journal	Peer Reviewed	
28	Ajith S , Ivor Peter D'sa, Gopala Krishnan,. Impact of body mass index (BMI) and early chest physiotherapy on lung function following coronary artery bypass graft (CABG). IJPB. 2013 ISSN 0975-6299 : 60 (Abstract)	2.958	Indexed Journal	Peer Reviewed	
27	Hardik Anadkat, Ajith S . Effectiveness of retro walking treadmill training and passive static stretching in hamstring tightness: a randomized controlled trial. IJPB, 2013 Oct 18-19 ; ISSN 0975-6299 : 20.(Abstract)	2.958	Indexed Journal	Peer Reviewed	Proceedings of International Physiotherapy conference-STRIDE-13

26	Sukumar S , Laweance Mathias, Dhanesh Kumar KU, Vijay P, Ajay Thakur, Purushotham C. Effects of dry needling intervention of elbow extensors on improving elbow function in women with chronic unilateral lateral epicondylalgia – single blinded randomized control trial. IJPB, 2013 Oct 18-19 ; ISSN 0975-6299 : 6. (abstract)	2.958	Indexed Journal	Peer reviewed	Proceedings of International Physiotherapy conference-STRIDE-13
25	Ajay Thakur , Preetham Rai, Dhanesh Kumar KU. Effectiveness of frequency modulated transcutaneous electrical nerve stimulation (tens) on post incision pain following abdominal surgery : a prospective , randomized, placebo controlled study. IJCR. 2013 Sep; 5(09) : 2599-2601.	1.125 (2012)	Indexed Journal	Peer Reviewed	
24	Ajay Thakur , Dhanesh Kumar KU A comparative study on the effects of aerobic exercise program and conventional oral therapy medications on non insulin dependent diabetic mellitus patients. IJCR. 2013 Sep; 5(09) : 2595-2598.	1.125 (2012)	Indexed Journal	Peer Reviewed	
23	Kavitha Shetty , Mahesh Hegde V, Dhanesh Kumar KU.A study of evaluate the acute effect of various stretching in warm -up routines on vertical jump performance in amateur basketball	1.125 (2012)	Indexed Journal	Peer Reviewed	

	players. IJCR. 2013 Aug; 5(08) : 2301-2304.				
22	Kanchan Agarwal, Sucheta PS , Mallikarjunaiah HS. comparative study on quantity of caregiver support for upper limb functional recovery in post stroke. IJPR. 2013 Aug;1(3) :77-82.	0.27 (SJR) 2012	Indexed Journal	Peer Reviewed	
21	Bindhu S, Dhanesh Kumar KU , Avadhani R, Jinu Merlin Kosby. Clinical significance of patient foramen ovale. IJCR. 2013 July; 5(07) : 1940-1941.	1.125 (2012)	<u>Indexed</u> <u>Journal</u>	Peer Reviewed	
20	Amal Jose George, Dhanesh Kumar KU , Nikhil NP. Effectiveness of Trunk Proprioceptive Neuromuscular Facilitation Training in Mechanical Low Back Pain.IJCR. 2013 July; 5(07) : 1965-1968.	1.125 (2012)	Indexed Journal	Peer Reviewed	
10	Subhash Chandra Rai , Ajith S, Bhagavan KR, Deepak Pinto. Cervical traction reduces pain and disability in patients with unilateral cervical radioculopathy. IJCRR. 2013 Apr; 5(07): 33-40.	-----	Indexed Journal	Peer Reviewed	
18	Mahesh Hegde V , Ajith S, Gopalakrishnan M, Mohammed Faisal CK. Case report : rehabilitation of a patient with coronary artery bypass graft (CABG) with axillo femoral bypass. IJCRR. 2013 May; 5(09): 16-23.	-----	Indexed Journal	Peer Reviewed	
17	Dhanesh Kumar KU , Putti BB. Study of static yoga, repetitive yoga versus exercise intervention in	0.12 (SJR) 2012	Indexed Journal	Peer Reviewed	

	management of mechanical low back pain : a comparative study.Hong Kong Physiotherapy Journal.2013 June; 31(1) : 50.				
16	Mohamed Faisal CK,Mary Sumila, Lawrence Mathias, Ajith S. Comparative study on the effectiveness of low level laser therapy versus phonophoresis in the management of lateral epicondylitis. NUJHS. 2013 Mar; 3(1) : 35-44.	-----	Indexed Journal_	Peer Reviewed	
15	Nikhil Vishwanath, Ajith S, Ivor Peter D' Sa, M Gopalakrishnan, Mohamed Faisal CK.Comparison of quality of life in off- pump versus on pump coronary artery bypass graft (CABG) patients before & after phase ii cardiac rehabilitation. Indian Journal of Public Health Research and Development. 2013 Mar; 4(1) : 285-289.	-----	Indexed Journal	Peer Reviewed	
14	Juniad Ahmed Fazili, Ajith S, AM Mirajkar, Mohammad Faisal CK, Ivor Peter D'Sa. Effect of midprone decubitus on pulmonary function test values in young adults with undesirable body mass indices (BMI) IJPOT. 2013 Mar; 7(1) : 280-284.	-----	Indexed Journal_	Peer Reviewed	
13	Mohamed Faisal C.K,Priyabandani Neha Om Prakash, Ajith S. Efficacy of functional neuromuscular electrical stimulation (FNMES) in the improvement of hand functions in acute	-----	Indexed Journal_	Peer Reviewed	

	stroke survivals.NUJHS. 2012 Oct-Dec; 2(4) :16-21.				
12	Dhanesh Kumar KU ,Putti BB, Bindhu S.A comparative analysis between effects of core stabilization program v/s conventional exercise in the management of chronic mechanical low back pain.IJPOT. 2012 Oct-Mar; 6(4) : 163-167.	-----	Indexed Journal	Peer Reviewed	
11	Karthikeyan G, Shamim Sheikh G, Purushotham Chippala . Test -retest reliability of short form of berg balance scale in elderly people. Global Advanced Research Journal of Medicine and Medical Sciences . 2012 July;1(6) : 139-144.	3.353	Indexed Journal	Peer Reviewed	
10	Anil Rachappa Muragod, Sreekumaran P, Dhanesh Kumar KU . A comparative study on effectiveness of ultrasound therapy and low level laser therapy in the management of second stage pressure sores. IJPOT. 2012 Apr-June; 6(2) : 9-12.	-----	Indexed Journal	Peer Reviewed	
09	Dhanesh Kumar KU , Putti BB, S Bindhu,Shantaram Manjula. Prevalence of mechanical low back pain in adolescent school children. Journal of Advance Researches in Biological Sciences. 2012 Mar; 4(3): 213-218.	-----	Indexed Journal	Peer Reviewed	
08	Bipin Puneeth, Mohammad Faisal CK, Renuka Devi.M, Ajith S .Efficacy of active cycle of breathing technique and postural drainage in patients with	3.01 (on the Basis of citation	Indexed Journal	Peer Reviewed	

	bronchiectasis : A comparative study. Innovative JI of Medical Health Science. 2012 Nov-Dec; 2(6) : 129-132	of articles)			
07	Mohamed Faisal CK, Nirmal Mathew, Lawrence Mathias, Ajith S. Grip strength and hand function changes in unilateral cervical radiculopathy. IJCRR.2012 Nov; 4(21) : 82-90.	-----	<u>Indexed Journal</u>	Peer Reviewed	
06	Bindhu S, Patil Prakash, Nerli RB, Shantaram Manjula, Dhanesh Kumar KU. Feto-Placental weight relationship in hypospadias children and in normal children : A comparative study. JI.of Biomedical Sciences. 2011; 2(1) : 23-24.	2.458 (2012)	<u>Indexed Journal</u>	Peer Reviewed	
05	Ramakrishna Avadhani, Bindhu S, Vikram, Dhanesh Kumar KU, Arunachalam Kumar. Radio ulnar synostosis : A case report. NUJHS. 2011oct-dec;1(4) : 43-45.	-----	Indexed Journal_	Peer Reviewed	
04	Ajith S, Ivor Peter D Sa, Mohamed Faisal CK, Anandh V, Sreejith Namboothiri. Physiological cost index (PCI) in patients with chronic obstructive pulmonary disease (COPD)) before and after giving two commonly used breathing Exercises. IJCRR. 2011 Dec; 3(12) : 41-48	-----	Indexed Journal	Peer Reviewed	
03	Bindhu S, Nerli RB, Dhanesh Kumar KU, Avadhani RK. Severe hypospadias with aphallia - Case of confused sex. IJCR. 2011 June; 3(6) : 163-164.	1.125 (2012)	<u>Indexed Journal</u>	Peer reviewed	
02	Dhanesh Kumar KU, Bindhu S, Sumanth Shetty. Aicardi syndrome : A	-----	Indexed Journal	Peer Reviewed	

	rare case report. Jl.of Recent Research in Science and Technology. 2011 ; 3(3) : 104-106.				
01	Bindhu S,Aarathi Venunadhan, Zameera Banu, Dhanesh Kumar KU .Multiple vascular variations in a single cadaver : A case report.Jl of Recent Research in Science and Technology. 2010 ; 2(5) : 127-129.	-----	Indexed Journal	Peer Reviewed	

NITTE INSTITUTE OF PHYSIOTHERAPY , DERALAKATTE – MANGALORE
Research Articles Published in International & National Journals for the year 2010-2011

Total no. of research Publications = 01

01	Bindhu S,Aarathi Venunadhan, Zameera Banu, Dhanesh Kumar KU.Multiple vascular variations in a single cadaver : A case report.Jl of Recent Research in Science and Technology. 2010 ; 2(5) : 127-129.	-----	Indexed Journal	Peer Reviewed	
----	--	-------	-----------------	---------------	--