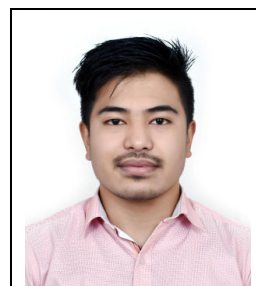


# SUJAN SUKAMANI

Physiotherapist, MPT (Musculoskeletal & Sports Injury)  
NHPC: 266 PHY



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**Date of Birth** : 21 July 1995

**Address** : Bramhayani, Bhaktapur-9, Nepal

**Phone number** : +977-9866297201

## **Academic Qualification:**

<b>Course</b>	<b>Institution</b>	<b>Year</b>	<b>Certified by</b>
MPT	Shridevi College of Physiotherapy	2018-2021	Rajiv Gandhi University of Health Sciences, Bangalore, India
BPT	HOSMAT College of Physiotherapy	2013-2017	Rajiv Gandhi University of Health Sciences, Bangalore, India

## **Work Experience**

Consultant Physiotherapist at Mero Hospital, Kathmandu, Nepal. From 01/04/2021 till date.

Chief Physiotherapist at Good Life Physiotherapy & Sports Injury Clinic, Kathmandu, Nepal. From 01/04/2021 till date.

Physiotherapist at YS Diagnostic and multispecialty clinic. From 01/02/2020 to 01/03/2021

Physiotherapist at Little Brains Pediatric Rehabilitation Centre. From 23/07/2018 to 31/01/2020.

Internship training at Aster CMI Hospital; Bangalore Baptist Hospital.

## **KEY SKILLS**

- Providing physiotherapy assessment and treatment to both in-patients and out-patients by improving physical strength, cognition, mobility and quality of life in patients of all ages.
- Evaluating, planning and delivering personalized physiotherapy plans to meet the needs of individual patients.
- Strong communication skills with computer operating skill
- Performing routine physical examinations and inspections to patients.
- Easy and convincing handling to patients.
- Extensive knowledge of techniques of improving body movements, restoring mobility and strengthening muscles.
- Maintaining a high standard of work and professionalism at all times.
- Willing and eager to perform.
- Hardworking and determined.

## **WORKSHOPS AND SEMINARS**

Attended hands on practice workshop on:

- a) Basic and Advanced MFR
- b) IASTM
- c) Myofacial trigger point release
- d) Basic level Dry needling
- e) Basic level Therapeutic Taping

Attended conference:

- a) PhysioCon 2016, Srinagar, Kashmir
- b) International PhysioCon 2017, Nagarcoil, Tamil Nadu
- c) NIMANS PhysioCon 2017
- d) International PhysioCon 2018, Shillong
- e) MGM PhysioCon 2020, Goa

## **Publication**

- Ramesh Basnet, Sujan Sukamani, Krishna Chandar GU. Study to identify the normative values of left-right discrimination for Indian population aged 20 to 60 years. Int J Phys Educ Sports Health 2022;9(1):35-43.  
DOI: <https://doi.org/10.22271/kheljournal.2022.v9.i1a.2337>

## **Assertion**

I hereby declare that all the above information and particulars are true to the best of my knowledge.