



Dr. ABHAS PRATYUSH(PT)

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FIELD OF INTEREST

- Evidence based physiotherapy practice
- Academics
- Clinical Trials

PERSONAL PROFILE

- Father's Name: Mr. Sanjay Kumar Sinha
- Date of Birth: 24/10/1996
- MIAP No: L54020
- Nationality: Indian
- Language known: English, Hindi, Bengali
- Marital Status: Single

CAREER OBJECTIVE

To work in an intellectually challenging environment, which would provide scope to use my skills and energy for the progress of the organization and lead me to professional growth based on performance and also to maintain the highest quality of work standard.

ACADEMIC DETAILS

- **Master of Physiotherapy (MPT) Sports [2026]** with aggregate of 67.33% from Burdwan Institute of Medical and Life Sciences (WBUHS).
- **Bachelor of Physiotherapy (BPT) [2021]** with aggregate of 62.5% from Nopany Institute of Healthcare Studies (WBUHS).
- **Higher Secondary Examination [2014]** with aggregate of 73.4% from Millia Convent English Medium School, Purnea (CBSE).
- **Matriculation [2012]** with aggregate of 7 CGPA from Millia Convent English Medium School, Purnea (CBSE).

WORK EXPERIENCE

- Working as Assistant Professor, Physiotherapy Department under the School of Allied Health Sciences, Swami Vivekananda University, Barrackpore since March, 2026 – Present.
- Worked as consultant physiotherapist at HCAH - Neuro & Stroke Rehabilitation Center from January 2026 to February 2026.
- Worked as Intern Physiotherapist at AMRI Hospital from Oct 2021 to Dec 2021.
- Worked as Intern Physiotherapist at DR. B.C. Roy Post Graduate Institute of Paediatric Sciences, Kolkata from Sep 2021 to Oct 2021.
- Worked as Intern Physiotherapist at Belle Vue Hospital, Kolkata from Aug 2021 to Sep 2021.
- Worked as Intern Physiotherapist at BM Birla Heart Hospital from July 2021 to Aug 2021.

SKILLS

- Patient Management
- Certified in Taping
- Certified in Biomechanical Cupping
- Able to perform basic computer work, Microsoft Office, etc.

PUBLICATION

- Dr. Nandy, A., Dr. Mitra, S., Dr. Biswas, P., **Dr. Pratyush, A.**, Dr. Mondal, S., Dr. Gupta, S. Effect of sleep quality on sports injury recovery rate in athletes: a prospective cohort study. *PJS*. 2026 Jul 17;16(7S):835-848. Available from: <https://pjsjournal.com/index.php/journal/article/view/1079>
- Dr. Saha M, Dr. Manna S, **Dr. Pratyush A.** Pelvic realignment and functional improvement following muscle energy technique in mechanical sacroiliac joint dysfunction: a case report. *IJISRT*. 2026 Jun;11(6):6-11. doi:10.38124/ijisrt/26jun1592
- **Dr. Pratyush A, et al.** Targeted postural and ergonomic rehabilitation for tech neck syndrome: an ICF-based case report. *IJISRT*. 2026 Jun;11(6):53-58. doi:10.38124/ijisrt/26jun1597
- Dr. Gupta S, **Dr. Pratyush A**, Dr. Biswas P. Implementation of inspiratory muscle training (IMT) with threshold loading during early post-CABG rehabilitation: an evidence-based case report. *IJISRT*. 2026 Jun;11(6):59-67. doi:10.38124/ijisrt/26jun1598
- **Pratyush A, et al.** Distribution of groin injury subtypes in football players: a narrative review. *JCDR*. 2026 May;20(5):YE01-YE05. doi:10.7860/JCDR/2026/85091.23194
- **Dr. Pratyush A. et al.** From reactive rehabilitation to proactive development: a clinical review of neuromuscular resistance training in youth athletes. *Indian J Phys Ther*. 2026 May;7(2):339-346. doi:10.63299/ijopt.07021ab11
- Nandy A, **Pratyush A.** Integrated rehabilitation and neuromuscular control training for a professional sprinter following recurrent grade II biceps femoris strain: a case study. *International journal of Multidisciplinary Trends*. 2026 Apr;8(4S):25-29. doi:10.22271/multi.2026.v8.i4a.991

BOOK CHAPTER:

- **Dr. Pratyush A.** Biomechanical demands and musculoskeletal health in professional eSports players. In: *Research Synergy: Multidisciplinary Approaches To Innovation and Development*. Vol 2. Multi Spectrum Publications; 2026:8-17. doi:10.65647/msp/115/2026

STRENGTH & HOBBIES

- Hardworking and Punctual
- Communication and Interpersonal Skills
- Team Collaboration
- Drawing
- Reading

CURRICULAR ACTIVITIES

- Participated in the 6th INK REHABCON themed "Sports Injury Rehab" organized by the Institute of Neurosciences Kolkata, on 9th March 2025.
- Participated in MCPRC Physio-Confluence 2025 organized by MCPRC, Satara, on 22nd and 23rd February 2025.
- Participated in a paper presentation in the Physio Research Summit ' 25 organized by Maharishi Markendeshwar on 25th January 2025.
- Participated in Poster Presentation during OMPTCON, 2018, organized by AOMPT held at Jamia Millia Islamia, New Delhi.

DECLARATION

I hereby declare that the above-mentioned information is correct up to my knowledge and bear the responsibility for the correctness of the particulars.

Date: 28/07/2026

Place: Kolkata



(ABHAS PRATYUSH)