

Dr.Sanhita Bose(PT)

Consultant
Physiotherapist |
Assistant Professor



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Bally, Howrah, 711227

SKILLS

Communication
Expert

Teamwork
Expert

Problem-solving
Expert

Leadership
Expert

Creativity
Expert

Adaptability
Expert

Openness
Expert

LANGUAGES

- Bengali
- Hindi
- English

AWARDS

MPT Gold Medalist.

PROFESSIONAL SUMMARY

Compassionate Physiotherapist and Assistant Professor skilled in assessing and treating musculoskeletal and neurological conditions. Specializes in personalized rehabilitation through evidence-based treatments that enhance mobility and alleviate pain. Experienced in curriculum development, classroom instruction, and student mentorship while fostering engaging learning environments and conducting impactful research.

EXPERIENCE

Assistant Professor

SWAMI VIVEKANANDA UNIVERSITY - BARRACKPORE

August 2024 - Now

Developed and delivered engaging course materials for undergraduate programs.

Mentored students through academic guidance and research support.

Participated in departmental meetings to discuss program developments and initiatives.

Delivered course lectures using modern technology to enhance student comprehension.

CLINICAL PHYSIOTHERAPIST

Osteostrong Clinic, kolkata

March 2021 - July 2022

Crafted personalized treatment plans aligning with patient needs, goals, and medical histories to enhance recovery.

Administered various therapeutic techniques, including manual therapy, exercise prescription, and electrotherapy to promote pain relief and improve movement.

Delivered rehabilitation services to post-surgical patients, ensuring a safe and effective return to daily activities.

Monitored patient progress and modified treatments based on observations.

Provided patient education on injury prevention, postural correction, and home exercise programs to enhance recovery and long-term health.

Maintained accurate patient records and documentation in compliance with healthcare regulations.

Osteostrong Clinic, Kolkata

EDUCATION

MASTERS OF PHYSIOTHERAPY ORTHOPEDICS, Guru Nanak Dev University-
, Amritsar

2022 - 2024

BACHELOR OF PHYSIOTHERAPY, NOPANY INSTITUTE OF HEALTH CARE STUDIES,
Kolkata

2015 - 2020

COURSES

1. Vestibular rehabilitation workshop

2. Basic life support provider course under AHA at AMRI hospital, Dhakuria

3. Sports injuries and on-field management

PUBLICATION DETAILS

1.Comparison of manual therapy and extracorporeal shock wave therapy In the management of trigger finger: A randomized controlled trial, Sanhita Bose, Indian Journal Of Physical Therapy, 2321-5690

2. Synergistic Effects of Robotic-Assisted Gait Training and Virtual Reality on Balance, Posture, and Functional Recovery in Stroke Survivors: A Systematic Review, IJDDT, Volume 16 Issue 35s, 2026

3. Pinpoint precision: Exploring dry needling as a game-changer for golfer's elbow, Sanhita Bose, International Journal of Applied Research, 2394-7500, 2394-5869, 8.4, 10, 12, 250-253, 2024

4. The relationship between smartphone use duration and cervical dysfunction in university students, Sanhita Bose, International Journal of Advanced Academic Studies, 7, 1, 176-179, 10.33545/27068919.2025.v7.i1c.1344, 2706-8919, 2706-8927, 2025

5. Unlocking flexibility: The effects of cupping therapy on hamstring mobility and muscle function, Sanhita Bose, International Journal of Biology Sciences, 7, 1, 13-16, 10.33545/26649926.2025.v7.i1a.265, 2664-9926, 2664-9934, 2025

6. Comparison of dry needling and dry cupping for Pelvic positional fault caused by quadratus lumborum Myofascial trigger points, Sanhita Bose, International Journal of multidisciplinary trends, 6,

7. Impact of Prolonged Mobile Phone Use on Neck Posture, Headaches, and Cervical Range of Motion in University Students, Sanhita Bose, Emerging Interventions In Physical Therapy And Rehabilitation, 1, 275-287, 2024, 978-93-6135-742-8

8. Effect of Cupping Therapy on Range of Motion and Muscle Activity of the Hamstring Muscle Compared to Passive Stretching, Sanhita Bose, Emerging Interventions In Physical Therapy And Rehabilitation, 1, 263-273, 2024, 978-93-6135-742-8,

9. Dry Needling for Golfer's Elbow: Clinical Outcomes And Efficacy, Sanhita Bose, Emerging Interventions In Physical Therapy And Rehabilitation, 1, 251-261, 2024, 978-93-6135-742-8

10. Comparison of Dry Needling and Dry Cupping in Positional Fault of Pelvis Due to Myofascial Trigger Points in Quadratus Lumborum, Sanhita Bose, Emerging Interventions In Physical Therapy And Rehabilitation, 1, 239-250, 2024, 978-93-6135-742-8

11. Pelvic floor muscle function and training: From mechanistic insights to maternal health outcomes, Global Dimensions Of multidisciplinary Research And Innovation, 978-81-995443-6-9

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1. Physiotherapeutic home-based exercise protocol for foot pain, LD-37105/2025-CO, 09/13/25

2. Physiotherapeutic home-based exercise protocol for elbow pain, LD-37108/2025-CO, 09/14/25

3. Physiotherapeutic home-based exercise protocol for shoulder pain, LD-37180/2025-CO, 09/14/25.

ACTIVITIES AND HONORS

FACULTY DEVELOPMENT PROGRAMME: 1.Anti-Doping Awareness in Sports (score of 87%)

2. Essentials of Sports Injury Prevention and Rehabilitation (score of 90%)

3. Participated in a "Poster presentation in HCAH NASOW 2018" at The Astor, Kolkata on 8th sep,2018

INTERNSHIPS

1. B.M Birla Heart Research Centre

2. Belle Vue Clinic

3. Dr. B.C Roy post graduate institue of pediatric science

4. IPGM&R and SSKM Hospital

5. Nopany Institue Of Health Care Studies

PATENTS & INTELLECTUAL PROPERTY

**Neural Signation Monitoring Wearable Device (Patent No. 478763-001),
Published on 08 January 2026**
