

DR. SANHITA BOSE (PT)

NISCHINDA, BALLY, HOWRAH
Connect ID: bosesanhita742@gmail.com
Link-up: 8334061420

SUMMARY

As a dedicated and compassionate physiotherapist, I am committed to helping individuals improve their physical well-being and regain optimal functionality. With expertise in assessing, diagnosing, and treating a wide range of musculoskeletal and neurological conditions, I take a personalized approach to rehabilitation. My focus is on delivering evidence-based treatments to enhance mobility, alleviate pain, and promote long-term health. Through a combination of hands-on therapy, exercise, and patient education, I empower individuals to achieve their full potential and live pain-free, active lives.

WORK EXPERIENCE

ASSISTANT PROFESSOR, SWAMI VIVEKANANDA UNIVERSITY, BARRACPORE August 2024-Present

CLINICAL PHYSIOTHERAPIST March 2021-July 2022

- Developed personalized treatment plans based on individual patient needs, goals, and medical histories.
- Administered various therapeutic techniques, including manual therapy, exercise prescription, and electrotherapy to promote pain relief and improve movement.
- Provided patient education on injury prevention, postural correction, and home exercise programs to enhance recovery and long-term health.
- Monitored patient progress, modified treatments as needed, and documented outcomes for continuous improvement.
- Delivered rehabilitation services to post-surgical patients, ensuring a safe and effective return to daily activities.
- Maintained accurate patient records and documentation in compliance with healthcare regulations.

EDUCATION

MASTERS OF PHYSIOTHERAPY (Gold Medalist) 2022-2024

GURU NANAK DEV UNIVERSITY, AMRITSAR, PUNJAB
Specialization in ORTHOPEDICS

BACHELOR OF PHYSIOTHERAPY 2016-2020

NOPANY INSTITUTE OF HEALTH CARE STUDIES
WEST BENGAL UNIVERSITY OF HEALTH SCIENCE

ADDITIONAL INFORMATION

Skills:

Communication, musculoskeletal assessment, multidisciplinary collaboration, data documentation, patient education, teamwork, manual therapy, time management, leadership quality.

Language Preference:

English, Bengali, Hindi

• **CERTIFICATIONS:**

- Vestibular Rehabilitation Workshop
- Basic life support provider course under AHA at AMRI hospital Dhakuria.
- Clinical decision making in cranio-cervical dysfunction and myofascial release.
- Clinical decision making in lumbo-sacral dysfunction and IASTM with MET.
- Sports injuries and on-field management.
- Continual quality improvement in physiotherapy practice- Mental Health.
- International conference on healthcare researches and technologies 2024.
- International conference on healthcare researches and development 2025.

• **PUBLICATION:**

1. RESEARCH ARTICLES :

- Sanhita Bose. Pinpoint precision: Exploring dry needling as a game-changer for golfer's elbow, International Journal of Applied Research,,ISSN Print: 2394-7500, ISSN Online: 2394-5869, Impact Factor (RJIF): 8.4, IJAR 2024; 10(12): 250-253
- Sanhita Bose. The relationship between smartphone use duration and cervical dysfunction in university students. International Journal of Advanced Academic Studies 2025;7(1):176-179. DOI: 10.33545/27068919.2025.v7.i1c.1344, P-ISSN: 2706-8919, E-ISSN: 2706-8927.
- Sanhita Bose. Unlocking flexibility: The effects of cupping therapy on hamstring mobility and muscle function. International Journal of Biology Sciences 2025;7(1):13-16. DOI: 10.33545/26649926.2025.v7.i1a.265, P-ISSN: 2664-9926, E-ISSN: 2664-9934.
- Sanhita Bose. Comparison of dry needling and dry cupping for Pelvic positional fault caused by quadratus lumborum Myofascial trigger points, International Journal of multidisciplinary trends, E-ISSN: 2709-9369, P-ISSN: 2709-9350, IJMT 2024; 6(12): 48-51, DOI: <https://doi.org/10.22271/multi.2024.v6.i12a.536>.

2. Book Chapter :

- Sanhita Bose. "The Impact of Suryanamaskar on Functional Mobility And Trunk Flexibility in Elderly Men", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 289-299, 2024. ISBN: 978-93-6135-742-8.
- Sanhita Bose. "Impact of Prolonged Mobile Phone Use on Neck Posture, Headaches, and Cervical Range of Motion in University Students", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 275-287, 2024. ISBN: 978-93-6135-742-8.
- Sanhita Bose. "Effect of Cupping Therapy on Range of Motion and Muscle Activity of the Hamstring Muscle Compared to Passive Stretching", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 263-273, 2024. ISBN: 978-93-6135-742-8.
- Sanhita Bose. "Dry Needling for Golfer's Elbow: Clinical Outcomes And Efficacy", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 251-261, 2024. ISBN: 978-93-6135-742-8.
- Sanhita Bose. "Comparison of Dry Needling and Dry Cupping in Positional Fault of Pelvis Due to Myofascial Trigger Points in Quadratus Lumborum", Emerging Interventions In Physical Therapy And Rehabilitation, Vol. 1, pp: 239-250 , 2024. ISBN: 978-93-6135-742-8.