

Dr. Sanhita Bose (PT)

CONSULTANT PHYSIOTHERAPIST | ASSISTANT PROFESSOR

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PHYSIOTHERAPY • ACADEMIA • REHABILITATION • RESEARCH



EDUCATION

MASTER OF PHYSIOTHERAPY - ORTHOPEDICS

Guru Nanak Dev University, Amritsar

2022 - 2024

BACHELOR OF PHYSIOTHERAPY

Nopany Institute of Health Care Studies, Kolkata

2015 - 2020

CORE SKILLS

- Communication Expert
- Teamwork Expert
- Problem-solving Expert
- Leadership Expert
- Creativity Expert
- Adaptability Expert
- Openness Expert

LANGUAGES & AWARD

Bengali • Hindi • English

MPT Gold Medalist.

COURSES

- Vestibular rehabilitation workshop
- Basic life support provider course under AHA at AMRI hospital, Dhakuria
- Sports injuries and on-field management

INTERNSHIPS

- B.M Birla Heart Research Centre
- Belle Vue Clinic
- Dr. B.C Roy post graduate institute of pediatric science
- IPGM&R and SSKM Hospital
- Nopany Institute Of Health Care Studies

ACTIVITIES & HONORS

- FACULTY DEVELOPMENT PROGRAMME: Anti-Doping Awareness in Sports (score of 87%)
- Essentials of Sports Injury Prevention and Rehabilitation (score of 90%)
- Participated in a "Poster presentation in HCAH NASOW 2018" at The Astor, Kolkata on 8th sep,2018

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.

PROFESSIONAL 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, posture correction, and home exercises.

PUBLICATIONS | 11

- 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
- Synergistic Effects of Robotic-Assisted Gait Training and Virtual Reality on Balance, Posture, and Functional Recovery in Stroke Survivors: A Systematic Review, Sanhita Bose, IJDDT, Volume 16 Issue 35s, 2026
- 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
- 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
- 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
- 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, 12, 48-51, <https://doi.org/10.22271/multi.2024.v6.i12a.536>, 2709-9350, 2709-9369, 2024
- 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
- 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
- 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
- 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
- Pelvic floor muscle function and training: From mechanistic insights to maternal health outcomes, Sanhita Bose, Global Dimensions Of multidisciplinary Research And Innovation, 978-81-995443-6-9

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- Physiotherapeutic home-based exercise protocol for foot pain, LD-37105/2025-CO, 09/13/25
- Physiotherapeutic home-based exercise protocol for elbow pain, LD-37108/2025-CO, 09/14/25
- Physiotherapeutic home-based exercise protocol for shoulder pain, LD-37180/2025-CO, 09/14/25.

PATENT

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