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**Specialization:** Orthopedics

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**Research Interest:** Orthopedics rehabilitation, Sports rehabilitation, Manual therapy, Biomechanics and advance concepts, Morden concepts on physiotherapy rehabilitation.

## **PUBLICATION DETAILS:**

### **Research Articles:**

1. **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.
2. **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.
3. **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
4. **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>.

### **Book Chapter :**

1. **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.
2. **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.
3. **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.

4. **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.
5. **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.