

DR. SHIVANI SHINGALA

29/B, Shantinagar street 1, behind J.K.V school, Jantafatak, Jamnagar, Gujarat, India

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EDUCATION

D.Y. Patil University 2020-2022

D.Y. Patil school of physiotherapy, Nerul, Navi Mumbai

Masters in sports physiotherapy

Saurashtra University 2015-2020

Government Physiotherapy College, Jamnagar

Bachelor of physiotherapy

PROFESSIONAL EXPERIENCE

Sports Physiotherapist at Mission Health (Satellite), Ahmedabad.

- Currently, working as sports physiotherapist since November 2022.

6th Agnel Open Basketball Tournament, Vashi, Mumbai May 2022

- Worked as On Field Sports Physiotherapist with Sportzee Sport Academics and Events
- Dealt with On Field injuries and aided players back to field as quickly as possible.

AFC women's Asian cup India 2022: 20 January – 6 February 2022

- medical touchline team
- Worked as sports physiotherapist- On field and in practice matches.

Mumbai Suburban Kabaddi Selection Matches 2022, Ghatkopar, Mumbai

January 2022

- Worked as On Field Sports Physiotherapist

Sports physiotherapist at D.Y. Patil Sports Academy, Senior Cricket Team, Nerul, Navi Mumbai November 2020-july 2022

- Worked with professional-elite, amateur cricketers on field and off field.
- On field physiotherapist for Times Shield and other Tournaments.
- On field physiotherapist for FSI-Football School of India Matches and Selection Trails.

Sports Physiotherapist at Tendulkar Middlesex Global Academy.

November 2020-july 2022

- Aided academy cricket players on and off the field.
- Worked on assessment, injury prevention and rehabilitation aspects.

Assistant physiotherapist at Sportobuddy Football Championship, Mumbai season 3

November 2021

Dealt with on field injuries in the game of football. Showed immediate action and aided the player on field as quickly as possible.

Internship at Govt. Physiotherapy College, Jamnagar and GG Government hospital, Jamnagar, Gujarat

October 2019-March 2020

- Successfully completed 6 months of internship tenure.
- Gained experience at college and GG hospital OPDs and handled patients in Musculoskeletal OPD, orthopaedic ward, medicine and surgery wards, ICUs, paediatric department of GG hospital.

RESEARCH EXPERIENCE

D.Y Patil University

2022

Researcher

- **Worked On Effects of Plyometric Training on Reactive Strength Index and Agility in Basketball Players** Under the Guidance of Dr. Bindya Sharma

PROFESSIONAL SKILLS

- Assessment And Management of Sports Injuries and Conditions
 - Sport Specific Fitness Assessment and Management
 - Mulligan Mobilization Technique
 - Myofascial Release
 - Kinesio Taping, Rigid Taping
 - Manual Therapy Techniques
 - Neurodynamic solutions
 - Basic Life Support and Active Life Support
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