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Freelance Healthcare Research Professional & Manual Therapist,
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Academic and Professional Qualifications

Year	Degree	Discipline	University
2014	**Doctor of Philosophy (PhD)**	Physiotherapy	University of Otago, New Zealand
2008	**Master of Physiotherapy - Orthopaedics & Manual Therapy (MPT)**	Physiotherapy	Manipal University, India
2004	**Bachelor of Physiotherapy (BPT)**	Physiotherapy	The TN Dr MGR Medical University, India

Work experience

Part-time (teaching/research) positions held while doing PhD at the University of Otago

- 2014 Research Assistant, School of Physiotherapy, University of Otago
- 2013-2014 Senior Demonstrator, Department of Anatomy, University of Otago
- 2011-2012 Demonstrator, Department of Anatomy, University of Otago
- (Anatomy for Physiotherapy, Medicine, and Physical Education courses)
- 2012 Anatomy Tutor, Maori Centre, University of Otago
- 2011 Research Assistant, School of Physiotherapy, University of Otago
- 2011 Senior demonstrator/tutor, School of Physical Education, University of Otago (Motor control and biomechanics for Physical Education Course)

- **Guest lecture**
- 2014 Invited guest lecturer – RVS college of Physiotherapy (Tamil Nadu), India
- 2011 Invited guest lecturer - Manipal University (Karnataka) and PSG College of Physiotherapy (Tamil Nadu), India

Year	Place of work	Nature of work
July 2009 to June 2010	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Mumbai, India	(Orthopaedic and Manipulative) Physical Therapist & clinical instructor for Physiotherapy students/interns/trainees
August 2008 to June 2009	Tirupur Physiotherapy Clinic and Pain Relief Centre, Tirupur, Tamil Nadu, India	Orthopaedic and Manipulative Physical Therapist
August 2005 to June 2008	Manipal College of Allied Health Sciences, Manipal University, India	Postgraduate Trainee involved in treating patients and teaching undergraduate Physiotherapy students
August 2004 to June 2005	Sri Kumaran Hospital, Tirupur, Tamil Nadu, India	Clinical Physical Therapist and fitness trainer

Research Interest

- **Surface electromyography**
- **Hamstring injury**
- **Pelvic compression belt/External Pelvic compression**
- **Unipedal stance**
- **Gait analysis**
- **Anticipatory postural adjustment**
- **Athletic injury**
- **Muscle strength dynamometer**
- **Craniocervical flexion test**
- **Motor control**
- **Systematic reviews**

Current Professional Affiliations/Memberships

- **Editorial Board Member, *Journal of Medical Science and Clinical Research*** (http://jmscr.igmpublication.org/home/index.php/2013-12-23-15-46-40/board-member)
- **Editorial Board Member, *Physical Medicine & Rehabilitation – International*** journal (http://www.austinpublishinggroup.com/physical-medicine/editorialBoard.php)
- **Editorial Board Member, *International Journal of Pharma and Bio Sciences*** (http://www.ijpbs.net/editorial-board.html)
- **International Editorial Advisory Board Member**, ***Indian Journal of Physiotherapy and Occupational Therapy*** (http://www.ijpot.com/editorial.html)
- **Life Member**, the Indian Association of Physiotherapists – L 22252 (2008 to present; Associate member – 2005 to 2008)

Publications in peer-reviewed journals

- **Arumugam A,** Milosavljevic S, Woodley S, Sole G (2014). Effects of external pelvic compression on isokinetic strength of the thigh muscles in sportsmen with and without hamstring injuries. ***Journal of Science and Medicine in Sport***, In Press http://dx.doi.org/10.1016/j.jsams.2014.05.009. (Impact factor 2.899)

- Ahmed O H, Claydon L S, Ribeiro D C, **Arumugam A**, Higgs C, David Baxter G (2013). Social media for physiotherapy clinics: considerations in creating a Facebook page. ***Physical Therapy Reviews***, 18(1):43-48.

- **Arumugam A,** Milosavljevic S, Woodley S, Sole G (2012). Evaluation of changes in pelvic belt tension during two weight-bearing functional tasks. ***Journal of Manipulative and Physiological Therapeutics***, 35(5):390-395. (Impact factor 1.647)

- **Arumugam A,** Milosavljevic S, Woodley S, Sole G (2012). Effects of external pelvic compression on form closure, force closure, and neuromotor control of the lumbopelvic spine - a systematic review. ***Manual Therapy***, 17(4):275-284. (Impact factor 2.237)

- **Arumugam A,** Milosavljevic S, Woodley S, Sole G (2012). Can application of a pelvic belt change injured hamstring muscle activity? ***Medical Hypotheses***, 78(2):277-82. (Impact factor 1.054)

- **Arumugam A,** Mani R, Raja k (2011). Interrater reliability of the cranio-cervical flexion test in asymptomatic individuals – a cross-sectional study**.** ***Journal of Manipulative and Physiological Therapeutics***, 34(4):247-253. (Impact factor 1.647)

- Chandrasekaran B, **Arumugam A,** Davis F, Kumaran D S, Khundrakpam C et al (2010). Resistance exercise training for hypertension (Protocol). ***Cochrane Database of Systematic Reviews***, doi: 10.1002/14651858.CD008822 (Impact factor 5.785)

- **Arumugam A,** Mani R, Raja k, Cherian p (2010). Reliability and concurrent validity of the modified sphygmomanometer in cranio-cervical flexion test on asymptomatic individuals. ***Indian Journal of Physiotherapy and Occupational Therapy***, 4(4):1-7.

Invited book review:

- **Arumugam A,** Devan H (2013). Book Review - Whittle's gait analysis (5th ed). ***Physical Therapy Reviews***, 18(6):463-466.

Invited commentary on a clinically applicable paper:

- **Arumugam A** (2014). Commentary on - Silder A, Sherry M, Sanfilippo J, Tuite M, Hetzel S, Heiderscheit B (2013). Clinical and morphological changes following 2 rehabilitation programs for acute hamstring strain injuries: A randomized clinical trial. *Journal of Orthopaedic and Sports Physical Therapy* 43: 284-299. ***New Zealand Journal of Physiotherapy***, 42(1):47.

Refereed peer-reviewed conference abstracts:

- **Arumugam A**, Milosavljevic S, Woodley S, Sole G (2013). Effects of application of a pelvic compression belt on isokinetic strength of the thigh muscles in sportsmen with hamstring injuries. *Proceedings of the Stride'13 - an international Physiotherapy conference, International Journal of Pharma and Bio Sciences, p. 4.* (http://www.ijpbs.net/admin/upload/con_11.pdf)

- **Arumugam A**, Milosavljevic S, Woodley S, & Sole G (2013). Effects of application of a pelvic compression belt on isokinetic strength of the thigh muscles in healthy sportsmen. *Proceedings of the Physioforward Scientific Conference, Dunedin, New Zealand, p. 25.* (http://www.otago.ac.nz/physio/otago050122.pdf)

Manuscript under review:

- **Arumugam A,** Milosavljevic S, Woodley S, Sole G (2014). Effects of external pelvic compression on electromyographic activity of the hamstring muscles during unipedal stance in sportsmen with and without hamstring injuries. ***Manual Therapy***, under review. (Impact factor 2.237)

Thank you

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