

Scientific Publications, Conference and Workshop Presentations

Research Paper

- 1) Deepak Sharan, Joshua Samuel Rajkumar, Jeena Jose. Prevalence and risk factors of low back pain among caregivers of children with cerebral palsy post single event multilevel surgery (8th World Congress on Low Back & Pelvic Girdle Pain held in Dubai in 2013)
 - 2) Workstyle Risk Factors for Work Related Musculoskeletal Symptoms Among Computer Professionals in India Deepak Sharan • Prakriti Parijat • Ajeesh Padinjattethil Sasidharan •Rameshkumar Ranganathan • Mathankumar Mohandoss •Jeena Jose J Occup Rehabil DOI 10.1007/s10926-011-9294-4
 - 3) Risk Factors, Clinical Features And Outcome Of Treatment Of Work Related Musculoskeletal Disorders In On-Site Clinics Among It Companies In India: Ajeesh PS, Sharan D, Rameshkumar R and Jeena Jose; Work 41 (2012) 5702-5704, DOI: 10.3233/WOR-2012-0924-5702, IOS Press
 - 4) Outcome Of Single Event Multilevel Lever Arm Restoration And Anti Spasticity; D, Ajeesh PS, Manjula M, Rameshkumar R, Jeena Jose, Jospin P R, Rajitha Alva: International Cerebral Palsy Conference, 11-14 October, 2012, Pizza Italy.
 - 5) Ajeesh PS, Sharan D, Manjula M, Urmi Dhar, Mathankumar M, Rameshkumar R, Jeena Jose:Musculoskeletal Disorders In Caregivers Of Children With Cerebral Palsy Following A Multilevel Surgery; International Cerebral Palsy Conference, 11-14 October, 2012, Pizza Italy.
 - 6) Sharan D, Ajeesh PS, Rameshkumar R, Jeena Jose, Rajitha Alva: Functional Outcome Of A New Surgical Approach In Severe Cerebral Palsy (Gmfcs Iv And V); International Cerebral Palsy Conference, 11-14 October, 2012, Pizza Italy.
 - 7) Ajeesh PS, Sharan D, Manjula M, Urmi Dhar, Mathankumar M, Rameshkumar R, Jeena Jose:Virtual Reality Based Therapy For Post- Operative Rehabilitation Of Children With Cerebral Palsy; International Cerebral Palsy Conference, 11-14 October, 2012, Pizza Italy.
 - 8) Sharan D, Ajeesh PS, Rameshkumar R, Jose J, Mathankumar M. Does the work style contribute to musculoskeletal symptoms in Indian computer professionals? 10th International Symposium of **Human Factors in Organisational Design and Management (ODAM)**, April 4-6, 2011 at Grahamstown, South Africa http://www.ru.ac.za/static/conferences/odam2011_wp/
- World Congress of Ergonomics** on February **12-16**, 2012 at Recife, Brazil (<http://www.iea2012.org/>)
- 9) Ajeesh PS, Sharan D, Rameshkumar R, Jose J, Mathankumar M. Risk Factors, Clinical Features and Outcome of Treatment of Work Related Musculoskeletal Disorders in On-Site Clinics in Indian IT Companies
 - 10) Ajeesh PS, Sharan D, Rameshkumar R, Jose J, Mathankumar M, Jospin Paulina R. Virtual Reality Based Therapy for Post Operative Rehabilitation of Children with Cerebral Palsy
 - 11) Sharan D, Ajeesh PS, Jose J. Low Bone Mineral Density in young Indian Information Technology (IT) Professionals: Prevalence and Risk factors (30th **International Congress on Occupational Health**, March 18-23, 2012 at Cancun, Mexico)

2nd World Congress on Controversies, Debates & Consensus in Bone, Muscle & Joint Diseases on 21st to 24th November 2013. Brussels, Belgium

- 12) Sharan D, Ajeesh PS, Rameshkumar R, Jose J. **Risk Factors, Clinical Features and Outcome of Treatment of Work Related Musculoskeletal Disorders in On-Site Clinics in Indian IT Companies**, poster presented at the 30th International Congress on Occupational Health (www.icohcongress2012cancun.org/), at Cancun, Mexico (March 18-23, 2012).
- 13) Jerrish A Jose, Deepak Sharan (presenting author), Mathankumar Mohandoss, Rameshkumar Ranganathan, Jeena Jose. Outcome of a sequenced multidisciplinary rehabilitation protocol for treatment of fibromyalgia (BMJD13-ABS-1207)
- 14) Deepak Sharan, Mathankumar Mohandoss, Rameshkumar Ranganathan, Jerrish A Jose, Jeena Jose. Low back pain in Indian IT professionals and outcome of treatment using a sequenced protocol (Poster ID: BMJD13-ABS-1204)
- 15) Jerrish A Jose, Deepak Sharan, Mathankumar Mohandoss, Rameshkumar Ranganathan, Jeena Jose. Triad of symptoms in runners with anterolateral knee pain and outcome of a sequenced rehabilitation protocol (Poster ID: BMJD13-ABS-1208)
- 16) Jeena, Jose, Deepak Sharan, Mathankumar Mohandoss, Rameshkumar Ranganathan, Jospin Paulina, Joshua Samuel, Jerrish A Jose. Prevalence, risk factors and clinical features of musculoskeletal disorders in Indian Physiotherapists (Poster ID: BMJD13-ABS-1212)
8th Interdisciplinary World Congress on Low Back and Pelvic Pain at Dubai (October 27 - 31, 2013)
- 17) Sharan D, Mohandoss M, Ranganathan R, Jose J. Low back pain among caregivers of children with cerebral palsy
8th International Conference on Prevention of Work-related Musculoskeletal Disorders at Busan, South Korea (July 8-11, 2013) - This is a new world record for the maximum number of presentations in an International Ergonomics Conference from a single organization
- 18) Sharan D, Ajeesh PS, Mohandoss M, Ranganathan R, Jose J. Development and validation of a score for assessing severity and prognosis of musculoskeletal disorders
- 19) Sharan D, Jose J, Mohandoss M, Ranganathan R. Musculoskeletal disorders of the upper extremities due to extensive usage of hand held devices
- 20) Mohandoss M, Sharan D, Ranganathan R, Jose J. Co morbidities of Neck Pain among Information Technology Professionals
- 21) Mohandoss M, Ranganathan R, Sharan D, Jose J. Musculoskeletal disorders due to care giving: a case control study among caregivers of children with cerebral palsy
- 22) Jose JA, Jose J, Sharan D, Mohandoss M, Ranganathan R. Correlation of Rapid Entire Body Assessment scores with Key Indicator Method scores among workers of a food processing industry
- 23) Sharan D, Ajeesh PS, Rameshkumar R, Jose J. Risk factors, clinical features and outcome of treatment of work related musculoskeletal disorders in on-site clinics among IT companies in India. Work. 2012;41 Suppl 1:5702-4. doi: 10.3233/WOR-2012-0924-5702.
- 24) Sharan D, Ajeesh PS, Rameshkumar R, Jeena J, Mathankumar M. Does the work style contribute to musculoskeletal symptoms in Indian computer professionals? Proceedings of PREMUS 2010,

the 7 th International Conference on Work Related Musculoskeletal Disorders at Angers, France (August 9- September 1, 2010), page 270

- 25) Bhavsar N, Sharan D, Ajeesh PS, Manjula M, Dhar U, Jose J. **Effect of Ergonomic and Workstyle Risk Factors on Work Related Musculoskeletal Disorders among Information Technology Professionals in India**, paper presented at SEANES 2012 2nd Southeast Asian Network of Ergonomics Societies Conference (<http://www.seanes.net/seanes2012/>) at Langkawi, Malaysia (July 9-12, 2012).
- 26) Jose J, Sharan D, Ajeesh PS, Mathankumar M, Dhar U, Manjula M. **Risk Factors, Clinical Features and Outcome of Treatment of Work Related Musculoskeletal Disorders in On-Site Clinics in Information Technology Companies of India**, paper presented at SEANES 2012 2nd Southeast Asian Network of Ergonomics Societies Conference (<http://www.seanes.net/seanes2012/>) at Langkawi, Malaysia (July 9-12, 2012).
- 27) Jose J, Sharan D, Ajeesh PS. **Risk factors and Clinical features of Text Message Injuries**, paper presented at SEANES 2012 2nd Southeast Asian Network of Ergonomics Societies Conference (<http://www.seanes.net/seanes2012/>) at Langkawi, Malaysia (July 9-12, 2012).

Papers Published in Peer-Reviewed Medical Journals

- 28) Mohandoss M, **Sharan D**, Ranganathan R, Jose J. **Co morbidities of myofascial neck pain among information technology professionals**. Ann Occup Environ Med 2014; 26
- 29) **Sharan D**, Mohandoss M, Ranganathan R, Jose J. **Musculoskeletal disorders of the upper extremities due to extensive usage of hand held devices**. Ann Occup Environ Med 2014; 26: 22-2522-2522-25
- 30) **Sharan D**, Ajeesh PS, Rameshkumar R, Jose J. **Risk factors, clinical features and outcome of treatment of work related musculoskeletal disorders in on-site clinics among IT companies in India**. Work 2012 Feb; 41: 5702-4 (DOI 10.3233/WOR-2012-0924-5702)
- 31) **Sharan D**, Ajeesh PS, Rameshkumar R, Jeena J, Mathankumar M. **Does the work style contribute to musculoskeletal symptoms in Indian computer professionals?** Proceedings of [PREMUS 2010](#), the 7th International Conference on Work Related Musculoskeletal Disorders at Angers, France (August 9-September 1, 2010), page 270.

Workshops

20 December 2020 & 14 February 2021, Conducted two days Workshop on Myofascial pain Syndrome, Fibromyalgia & Myofascial Release Technique at Believers Medical College Hospital, PMR Department, Thiruvalla, Kerala by Recoup (Resource Person- Jeena Jose)

16 May 2018, Conducted an intensive 10-day Ergonomics Training and Intervention Programme for Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) in Bangladesh under Recoup, Bangalore.

March 17-18, 2018 conducted a well-attended CME on Myotherapy on at EMS Academic Campus, Perinthalmanna, Mallapuram, Kerala.

March 6-8, 2017 Senior Physiotherapists from RECOUP, conducted a course on Sports Rehabilitation (Sapthasara 2017), organised by the Kerala State Government in Thiruvananthapuram on. The course was attended by 34 Ayurveda Chief Medical Officers and Sports Ayurveda specialist doctors.

31 March 2017 A 2-day "Train the Trainers" programme in Office Ergonomics conducted at JSW Energy, Bellary. 40 participants were attended the training.

August 8, 2017, Ms. Jeena Jose, Senior Manager, RECOUP, conducted a training session on Ergonomics at the premises of Siemens, Electronic City, Bengaluru .

January 28-29, 2016, An on-site Ergonomics training programme was conducted at Mahindra Automotive Division, Chennai.

January 24-31, 2016, The 1st RECOUP Course on Design and Evaluation of Human Work (Module 1 on General Principles and Office Ergonomics) was conducted at RECOUP Hospital, Bangalore.

May 14-16, 2016, 1st RECOUP Course on Design and Evaluation of Human Work (Module 2: Industrial Ergonomics) at RECOUP Hospital, Bangalore.

05 October 2015, RECOUP – Netherlands Team celebrating 150 treatment sessions within 6 days of the arrival of Mr. Jerrish A Jose and Ms. Jeena Jose! Today Dr. Deepak Sharan joined the team for a day and had 16 consultations in Zwolle, Netherlands. Jerrish and Jeena will continue treating RSI patients from Netherlands and other European countries for another week and are completely booked. Thanks are due to Janneke Vaas for organising the sessions meticulously as usual and hosting the RECOUP team. The action shifts next month to Copenhagen, Denmark, where Mr. Jerrish Jose has his hands full with old and new Danish RSI patients.

25 Sep 2013, Workshop on Office Ergonomics & Advanced Ergonomic Workplace Analysis in Mumbai, from RECOUP.

December 07-08, 2013 Conducted Workshop on Ergonomics Workplace Analysis under Recoup platform at Dubai Holdings – Dubai

November - December 2013 RECOUP Team returns after a successful trip to the Netherlands.

Dr. Deepak Sharan, Mr. Jerrish A Jose and Ms Jeena Jose were invited by the Dutch RSI Association (www.rsi-vereniging.nl) to visit the Netherlands in November 2013. The highlights of the visit were: 1. A lecture on "What RSI Patients must know about new research that can change their lives" by Mr. Jerrish A Jose and Ms Jeena Jose at Amersfoort, which was well attended by RSI patients, medical and rehabilitation professionals. 2. Interaction with Dutch Physiotherapists at Zwolle on the SHARAN's Protocol. Over 200 Consultation and Therapy sessions at Zwolle using SHARAN's Protocol RECOUP is thankful to Janneke Vasse, Coordinator of the Dutch RSI Association for meticulously and tirelessly organising the programme and hosting the RECOUP team.

12, February 2012, Two day workshop on Ergonomic Workplace Analysis, Acharya N.G Ranga Agricultural University - Hyderabad

January 4-7, 2012, Conducted Workshop on Ergonomics in TATA Motors, Lucknow

Advanced Workshop on Ergonomic Workplace Analysis (January 19-21, 2012, September 16-18, 2011, October 29-31, 2010, April 23-25, 2010, September 27- 28, 2009)

Organising Secretary & Course Co-ordinator

May 1-5, 2013 Organising Secretary: 2nd Recoup International Conference on Ergonomics, in Bangalore, India

August 19-21, 22-25, 2013 Workshop on Basic Course on office Ergonomics & advanced Workshop on Ergonomics Workplace Analysis, Recoup, Bangalore.

May 19, 2014 Conducted Camp at Kozhikode, under Recoup and Sharanam Charitable trust

January 22, 2012 Workshop on Healthcare Ergonomics

Conducted Workshops on Musculoskeletal Disorders, Pediatric Rehabilitation & Ergonomics and conducted camps. Level 1, 2 & 3 Training programs for the Physiotherapist at RECOUP.

Workshops Attended

4th National Conference on Functional Management of Developmental Disabilities organised by Indian Academy of Pediatrics - Childhood Disability Group, Indian Academy of Pediatrics – Bangalore Pediatric Society, Center for Child Development and Disabilities, and RECOUP at Bangalore (November 2-4, 2007)

Workshop on Chronic Orofacial Pain (Oct 12, 2008) Guest Faculty: **Dr. Vishal Aggarwal**, Walport Lecturer in Primary Care Dentistry, Univ. of Manchester, UK

“It’s not growing pain!” Workshop on Musculoskeletal Pain in Children (Oct 9, 2008), Guest Faculty: **Dr. AV Ramanan**, Consultant Pediatric Rheumatologist and Senior Lecturer, Univ. of Bristol, UK

International Conference on Ergonomics (Sept 20 & 21, 2008), Guest Faculty: **Prof. Daniela Colombini, Dr. Natale Battevi and Ms. Lucia Pignini**, Univ of Milano, Italy

Advanced Course in Functional Spasticity Management (Aug 9-10, 2008), Guest Faculty: **Prof. V Saraph**, Pediatric Orthopaedic Surgeon, Medical University of Graz, Austria

Ergonomics Meets Design Symposium (June 22, 2008), Guest Faculty: **Dr. Era Poddar**, National Institute of Design, Bangalore

Advanced Ergonomics Course (January 12-16, 2009), Guest Faculty: **Prof. Arun Garg**, PhD, CPE and **Dr. Jay Kapellusch** (Univ. of Wisconsin, USA)

Functional Rehabilitation of Spastic Upper Extremity in Children (February 15, 2009) Guest Faculty: **Dr Eva Ponten** MD, PhD, Paediatric Orthopaedic & Hand Surgeon, Astrid Lindgren Children's Hospital, Karolinska University Hospital, Stockholm, Sweden

Research Methodology and Scientific Publication (August 22-23, 2009) Guest Faculty: **Dr. Vishal Aggarwal**, NIHR Clinician Scientist, University of Manchester, UK

Methods to assess levels of musculoskeletal discomfort among workers. Advanced Workshop on Ergonomic Workplace Analysis at Bangalore, organised by RECOUP (September 27- 28, 2009)

Work Related Musculoskeletal Disorders (WRMSD) Assessment Workshop (October 25, 2009)

Workshop on Stroke Rehabilitation (December 20, 2009). Guest Faculty: **Dr. Ganesh Bhat Bavikatte**, Speciality Registrar in Rehabilitation Medicine, Salford Royal NHS Foundation Trust, Manchester, UK

Conference on Chronic Widespread Pain (Jan 8-10, 2010) Guest Faculty: **Dr Michael Hutson**, Consultant Orthopaedic (Musculoskeletal) Physician, Nottingham and London, UK

Workshop on Taping Techniques (Feb 20-21, 2010)

Workshop on Giddiness and Vestibular Rehabilitation (March 21, 2010)

Workshop on Craniosacral Therapy (June 13, 2010)

Nov 2012 Workshop on Prenatal and Postpartum Fitness at RECOUP, conducted at RECOUP, Bangalore on Nov 24-25, 2012 by Elizabeth Noble, eminent Physiotherapist, author and trainer from USA

22, January 2013, attended Workshop on Participatory Ergonomics By Dr.Kazutaka Kogi (Ex President ICOH) visit Recoup

28, March 2013 attended Kinesiology Taping Workshop at Bangalore. The workshop was organised by Institute of Kinesiology Taping, Delhi and K.T.G. College of Physiotherapy, Bangalore

October 30-November 1, 2015 Functional Soft Tissue and Taping Course (including FAKTR - Functional and Kinetic Treatment with Rehabilitation, Provocation and Motion) was conducted at RECOUP Hospital, Bangalore. The faculty was Dr. Gregory H. Doerr, the developer of FAKTR from USA. The practical training was intense and comprehensive.

December 3-6, 2015 The official Janda Course for Physiotherapists, the course will be taught by Dr. Vladimir Janda's long time pupil Robert Lardner, from Chicago (USA), who co-authored the popular book 'Assessment and Treatment of Muscle Imbalance - The Janda Approach'.

14-23 January 2016, attended The official Schroth Certification Course for Scoliosis Rehabilitation was conducted at RECOUP Hospital, Bangalore, India. The faculty were Dr. Manuel Rigo and Dr. Gloria Quera-Salva from Barcelona, Spain.

March 18-21, 2016 Basic Certification Course on Prechtl's Method on the Qualitative Assessment of General Movements conducted by Dr. Christa Einspieler from University of Graz, Austria at RECOUP Hospital, Bangalore

March 30-April 3, 2016, India's first specialised Performing Arts Medicine (PAM) Clinic, The faculty were Rose Schmeig, Director and Michele Lynett Pye Associate Director, PAM Certificate programme, Shenandoah University, Winchester, USA. Musicians, Actors and Dancers with musculoskeletal symptoms or performance related issues requiring technique assessment and correction.

May 13, 2016, The Indian faculty of EPM International Ergonomics School attended the Manual Material Handling (Push and Pull) "train the trainers" course. The faculty was Marco Placci from EPM Emilia Romagna, Italy.

October 25-27, 2016 The workshop on the Evolution of Movement (EoM) was held at RECOUP Hospital, Bangalore. The teacher was Robin John Simmons SBAT MSTAT, from Zurich, Switzerland, the World's topmost authority on EoM and the Dart Procedures.

December 16-18, 2016, attended the Dynamic Neuromuscular Stabilization Course (Prague School) in Mangalore as a sponsored candidate from RECOUP Research and Education Foundation. The faculty is Robert Lardner from USA, who conducted the Course on Janda's Approach at RECOUP, Bangalore last year. Dynamic Neuromuscular Stabilization (DNS), is a manual and rehabilitative approach to optimize the movement system based upon the scientific principles of developmental kinesiology. The principles of DNS are applicable to all aspects of neuromusculoskeletal rehabilitation in all age groups.

2017 September: 1st World Congress on Myopain, hosted by Recoup at Bangalore (Hotel ITC Gardenia), and be as a part of Organising Committee

June 23- July 05, 2018 & September 2017 & 09-15 October 2017, Level 1, 2 & 3 course on Fascial Manipulation (Stecco method) at RECOUP, with the faculty Dr. Carla Stecco, Andrea Pasini (Italy) & Kobi Weiss (Israel)

January 30 – February 03, 2021 Internationally Accredited Course on Dry Needling (Basic & Advance)