

# DR. PARNEET KAUR BEDI

dr.parneetbedi@gmail.com

www.drparneetkaur.com

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## Profile Overview

Dr. Parneet Kaur Bedi is an exemplary and experienced Physiotherapist (elective as neurology), Osteopath, Energy & Trauma healing therapist with a demonstrated history in preventing spine and knee surgeries by providing world-class rehabilitations facilities. With 13+ years of experience and more than 10,000+ patients, her proficiency and prowess have enabled her to showcase her knowledge in multiple research papers, publications and conferences.

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## Professional Memberships

- Life Member of Spinal Cord Society (Indian Chapter)

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## Work Experience

- **2013-Present Self Practice, Brain,Spine & Joint Clinic,Kharar, Punjab, India, Brain,Spine & Joint Clinic is one of the advanced and exclusive integrated pain relief and wellness clinic.**
- Established **1st** & only clinic with Advance Physiotherapy, Manual Therapy, Spinal Alignment, Spinal Cord Injury Rehabilitation, Osteopathy, and Energy & Trauma Healing in Tricity.
- Mentoring & directing **3** Physiotherapists to provide advance Physiotherapy Techniques i.e. BWSTT, Surface Spinal Stimulation, Cranial Stimulation, Fascia Reorganisation therapy, Cupping Therapy and advanced Dry Needling procedures.
- Prevented **2000+** spine & **1000+** knee replacement surgeries successfully through special care, detailed & personalised treatment via basic, hands on & manual techniques
- Treated **10,000+** cases of hemiplegia, paraplegia, quadriplegia, stroke, brain injury, post fracture complications, back pain, neck pain, insomnia, anxiety, depression, postural disorders, menstruation related problems, headache, spinal injuries, migraine and various other neurological ailments.

### Specialities Of Clinic

- Advance Physiotherapy
- Spinal Alignment
- Spinal Cord Injury Rehabilitation
- Osteopathy
- Energy & Trauma Healing
- State-of the –art Physiotherapy Techniques
  - BWSTT

- SSS
- Cranial Stimulation
- Cupping Therapy
- Dry Needling procedures
- Spine & Joint Biomechanical Alignment

## Education

Year	Name of Institute	Course/Degree	Grade/Rank
2019	Kinergetics Reset, <b>Australia</b>	Kinergetics	N.A.
2014-2019	Department of Physiotherapy, Punjabi University <b>Punjab, India</b>	<i>Ph.D. in Spine</i>	N.A.
2014-2016	The Osteopathic College of Ontario <b>Ontario, Canada</b>	<i>Diplomate in Osteopathic Manipulative Theory &amp; Practice</i>	N.A.
2010-2012	Department of Physiotherapy, Punjabi University <b>Punjab, India</b>	<i>Masters of Physiotherapy, Core Module: Neurology</i>	<i>Grade: 72.94% University Rank holder, 1st Position, Gold Medal Awardee</i>
2005-2009	Department of Physiotherapy, Punjabi University <b>Punjab, India</b>	<i>Bachelors of Physiotherapy</i>	<i>Grade: 70% University Rank holder, 1st Position</i>
2004-2005	Mala Devi Kalra Arya School, <b>Punjab, India</b>	Senior Secondary Education	<i>Grade: 70.2%</i>
2002-2003	Shri Guru Harkrishan Public School, <b>Punjab, India</b>	Higher Secondary Education	<i>Grade: 81.8%</i>

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## Academic Research Experience

**2020 Efficacy of Activity Based Therapy in Comparison with Surface Spinal Stimulation in Traumatic Incomplete Spinal Cord Injury with Special Reference to Locomotion- A Central Pattern Generator Controlled Function**

## A RCT was conducted on a sample size of 40 individuals with AIS C & D grades

to determine the effect of Activity Based Therapy alone and in combination with Surface Spinal Stimulation in individuals with traumatic incomplete SCI looking for the following:

- On reduction of spasticity as measured through Modified Ashworth Scale (MAS), Penn Spasm Frequency Score and H-Reflex (latency and H/M ratio).
- On locomotion activity as measured through Walking Index for Spinal Cord Injury-II (WISCI-II) and Spinal Cord Injury Functional Ambulatory Index (SCI-FAI).
- On Functional activity as measured through Spinal Cord Independence Measure Spinal Cord Injury-III (SCIM-III).
- On Neural Circuitry through the tibial Somatosensory Evoked Potential (t SSEP) and ASIA chart scores (Lower extremity muscle strength, pin prick sensation and light touch sensation).

It was concluded that the combined effects of ABT and SSS as neuromodulatory non invasive therapeutic approach can prod and strengthen the central pattern generator in lumbar spinal cord and this combinative therapeutic plan can be utilised for locomotor and functional gains after SCI.

### 2012 Quality Of Life of Individuals with Paraplegia in Punjab

- Assessed quality of life via application of different scales through 1:1 interviews & survey of 50 respondents with SCI
- Evaluated independence level, ambulatory, status & community reintegration components of life
- Conceptualized trifling allocation of resources despite new technology & rehabilitation strategies to conclude that Quality Of Life of SCI population is not at par with global standards

### 2009 Therapeutic Interventions in Autonomic Dysreflexia in SCI Patients- Literature Review

- Studied & analyzed previous research publications to gauge & summarize most effective interventions

## Research Fellowships

Year	Position	Project	Organisation
2015-2016	Senior Research Fellow	A clinical trial to evaluate safety and efficacy of Trioflam DRR oil with Phonophoresis against Conventional Ultrasound Therapy in the management of Osteoarthritis of Knee	Cadila Pharmaceuticals Limited, Ahmedabad, Gujarat, India.
2014-2015	Senior Research Fellow	Effectiveness and cost-effectiveness of telephone-based support versus usual care for treatment of pressure ulcers in people with spinal cord injury in low-income and middle-income countries: study protocol for a 12-week randomised controlled trial	John Walsh Centre of Rehabilitation, Sydney Medical School, University of Sydney

# Clinical Internships

## 2010-2012 Masters of Physiotherapy Program

- **Indian Spinal Injuries Center** **New Delhi**
  - Received Exposure in disciplines of OPD Orthopedics, Neurology, Intensive care, Pediatrics & Hydrotherapy
  - Acquired & demonstrated knowledge to manage & treat **4000+** patients with spinal injuries via management methods i.e. hippotherapy, hydrotherapy, wheelchair skills & sports
- **University OPD, Department of Physiotherapy, Punjabi University** **Punjab, India**
  - Conceptualized Electrotherapeutic and Manual therapy interventions for orthopedic cases of back pain, disc related ailments, arthritis, amputee management post fracture, hand rehabilitation and sports injuries
  - Assisted in Neurological OPD to analyze cases i.e. cerebral palsy, developmental delay, hemiplegia, head injury rehabilitation, nerve injuries and post surgical rehabilitation
- **Geriatrics OPD** **Punjab, India**
  - Dealt with problems associated with pain management, arthritis, balance and coordination disturbances of elderly population via Electrotherapeutic & Manual therapy intervention
- **Navjivani Special School for Children, Rehabilitation Council Of India** **Punjab, India**
  - Facilitated in treatment of neurological conditions i.e. mental retardation, genetic disorders, speech and hearing impairments & cerebral palsy
- **District Disability Rehabilitation Centre** **Punjab, India**
  - Understood disability acts, rights & duties of disabled people
  - Learned prosthetics & orthotics designing and application of adaptive equipment
  - Developed comprehensive skills of patient handling & management with clinical reasoning and expertise

## 2005-2009 Bachelors of Physiotherapy Program

- **University OPD, Department of Physiotherapy, Punjabi University** **Punjab, India**
  - Facilitated in examination & assessment of patients
  - Treated patients through physiotherapy techniques & prescription of exercise programmes
- **Geriatrics OPD** **Punjab, India**
  - Recorded & maintained progress records & reports of patients via scales & charts
- **Navjivani Special School for Children, Rehabilitation Council Of India** **Punjab, India**
  - Prepared case studies to design & implement exercise protocol for patients
- **Brains hospital** **Punjab, India**
  - Studied **100+** Neurology cases of Parkinsonism, Alzheimer's, Neuropathies, Head injury & Epilepsy in detail
- **Sadbhavna Hospital** **Punjab, India**
  - Assisted in **50+** Cardiac & Pulmonary cases i.e. COPD, Bronchitis & Asthma
- **Dr Mittal's Orthopedic Clinic** **Punjab, India**
  - Provided assistance to senior doctor by managing **50+** patients
- **Physiotherapy Department, Ivy Super Specialty Hospital** **Punjab, India**
  - Oversaw **300** OPD patients on monthly basis & gained knowledge about ICU Care, burns rehab & knee replacement rehabilitation

## Awards & Honours

- 2018**      **ISICON, Hyatt Regency**      **Tamil Nadu, India**
- **3rd Prize** in Paper Presentation Competition on 'Tapping Central Pattern Generator for locomotion in individuals with incomplete Spinal Cord Injury through Surface Spinal Stimulation and Activity Based Therapy'
- 2018**      **Physicon, PGIMER**      **Punjab, India**
- **1st Prize** in Paper Presentation Competition on 'Impact of Surface Spinal Stimulation and Activity Based Therapy on Central Pattern Generator for Locomotion in Individuals with Incomplete Spinal Cord Injury'
- 2012**      **World Physiotherapy Day Celebrations, PGIMER**      **Punjab, India**
- **3<sup>rd</sup> prize** in Poster Presentation Competition on 'Role of Physiotherapy in Primary Health Care: Enriching GrassRoots'
- 2012**      **Physiocon, Department of Physiotherapy, PGIMER**      **Punjab, India**
- **1<sup>st</sup> prize** in Quiz Competition
  - Presented Paper on 'Literature Review On Epidemiology Of Spinal Cord Injury In India'
- 2010**      **World Physiotherapy Day Celebrations, Gian Sagar College Of Physiotherapy**      **Punjab, India**
- **2<sup>nd</sup> prize** in Quiz Competition
  - Presented paper on 'Therapeutic Interventions In Autonomic Dysreflexia In Sci Patients Literature Review'
- 2007**      **International Conference of Physiotherapy & Sports Sciences 'Intercops'**      **Punjab, India**
- **1st Prize** in Poster Presentation on 'Practicing Profession Or Moving Towards Health Hazards'

## Conferences & Presentations

Year	Publication/Presentation	Organization
<b>2018</b>	Tapping Central Pattern Generator for locomotion in individuals with incomplete Spinal Cord Injury through Surface Spinal Stimulation and Activity Based Therapy	ISICON, Hyatt Regency, Tamil Nadu
<b>2018</b>	Impact of Surface Spinal Stimulation and Activity Based Therapy on Central Pattern Generator for Locomotion in Individuals with Incomplete Spinal Cord Injury	PHYSIOCON, PGIMER, Punjab
<b>2017</b>	Distangling Central Pattern Generator for Locomotion through Therapeutic Interventions	2 <sup>nd</sup> Annual conference of Society of Indian Physiotherapists, Feb 10-12,2017,Bengaluru.
<b>2016</b>	Activity Based Therapy and Surface Spinal Stimulation for recovery of walking in individuals with traumatic incomplete spinal cord injury	1 <sup>st</sup> annual conference of Society of Indian Physiotherapists,Jan 23-24,2016,Ahmedabad Gujarat.
<b>2015</b>	Tapping the Neural Circuitry: Surface Spinal Stimulation in Spinal Cord Injury	ISICON, Le Meridien, New Delhi

<b>2013</b>	Context And Task Related Approach In Rehabilitation After Stroke: A Systematic Review	ISACON PMR 2013,1st Hands-on Workshop & Cme On Stroke Rehabilitation, Christian Medical College & Hospital Ludhiana
<b>2013</b>	Spinal Cord Injury In Punjab: Need And Reality	Patiala Chapter Of Indian Science Congress
<b>2013</b>	Effect Of Electrical Stimulation On Quadriceps Muscle Strength And Vertical Jump Height In Novice Basketball Players	International Conference on futuristic Trends In Physical Education
<b>2012</b>	Literature Review On Epidemiology Of Spinal Cord Injury In India	Physiocon, Department of Physiotherapy, PGIMER, Punjab
<b>2012</b>	The Magnitude Of Physiotherapy Management And Community Reintegration In Individuals With Paraplegia Of Punjab	Isicon, International Spine And Spinal Injuries Conference
<b>2012</b>	Role Of Limbic System In Recovery Of Sci: Autonomic And Functional Recovery Perspectives	Workshop On Comprehensive Management Of Spinal Cord Injuries, Indian Spinal Injuries Center, New Delhi
<b>2012</b>	Survey Study On Need Of Practical Examination In Physiotherapy Curriculum At Postgraduate Level	National Seminar on Methodology Of Physiotherapy Education :Issues And Challenges, Department of Physiotherapy, Punjabi University, Patiala, Punjab
<b>2010</b>	Therapeutic Interventions In Autonomic Dysreflexia In Sci Patients Literature Review	World Physiotherapy Day Celebrations, Gian Sagar College Of Physiotherapy, Punjab
<b>2010</b>	Empowering The Golden Ager, Prevention Of Falls In Elderly	National Seminar on Role of Physiotherapy in health care delivery: Need and Reality, Department of Physiotherapy, Punjabi University, Patiala, Punjab
<b>2010</b>	Role Of Spinal Electrical Stimulation In Reduction Of Spasticity In SCI Patients	3 <sup>rd</sup> Pre Commonwealth Games, Netaji Subhash National Institute of Sports Patiala, 49 <sup>th</sup> ISCOS, 10 <sup>th</sup> SCS, 9 <sup>th</sup> ASCON, Annual Scientific Meeting
<b>2007</b>	Practicing Profession Or Moving Towards Health Hazards	19th Annual conference of Physiology at Faridabad Institute of Technology, Haryana

## Additional Professional Qualifications

Dates	Course/ Workshop	Duration	Resource Person	Organization
27-31 Oct 2020	Pelvic Rehabilitation	5 hours	Dr.Vardhman Jain (PT)	Physiohelp India, New Delhi.
11 Oct 2020	Diastasis Recti	2 hours	Dr.Vardhman Jain (PT)	IHFE Academy,Mumbai.
20 Sept 2020	Scar Rehabilitation	2 hours	Dr.Vardhman Jain (PT)	Physiohelp India, New Delhi.
15 Aug-3 Sep 2020	Trigger Point Dry Needling	20 hours	Dr.Vardhman Jain (PT)	Physiohelp India, New Delhi.
18-22 June 2020	TMJ & Perspective	10 hours	Dr.Vardhman Jain (PT)	Physiohelp India, New Delhi.
7 June 2020	Story of Diaphragm	3 hours	Dr.Sudarshan Joshi (PT)	Brawn Institute Indore
18-22 May 2020	Trapezitis,Coccydynia, Plantar Fascia, Tennis Elbow &Thoracic Outlet Syndrome	10 hours	Dr.Vardhman Jain (PT)	Physiohelp India, New Delhi
11-17 May 2020	Gait Metrics-Evolution to Evaluation	4 days	Dr.Sudarshan Joshi (PT)	Brawn Institute Indore
14 Dec 2018	Gait Analysis	8 hours	Dr.Monica Chhabra(P.T)	Gait Analysis Lab,PGIMER, Chandigarh
16 June 2017	Research Methodology	8 hours	Multiple resource persons	ISIC,New Delhi
20-23 April 2018	Upper & Lower quarter Clinical Neurodynamics	4 days, 28 Hours	Dr.Kiran Challagundla (MPT Sports)	Neurodynamic Solutions Adelaide,South Australia.
17-18 Oct 2015	MFR & Trigger Point Release Techniques	2 Days, 16 hours	Dr.Arunmozhi (MPT,Sports)	BSJ Clinic Mohali,Punjab
17-18 Nov 2015	Rational Emotive Behaviour Therapy	2 Days, 16 hours	Dr.Amit Karkare	BSJ Clinic Mohali,Punjab
18-19 Oct 2014	Osteopathic Management of Lumbosacral Dysfunction	2 days, 16 hours	Dr. Narkeesh (Asstt. Professor)	BSJ Clinic Mohali,Punjab
3 March 2012 - 4 March 2012	Manual Therapy In Spinal Disorders And Neurodynamics	2 Days, 16 Hours	Dr. Narkeesh (Asstt. Professor)	Department Of Physiotherapy, Punjabi University, Patiala, Venue: Sports Injury Center, Safdarjung Hospital, New Delhi.



<b>17 April 2011</b>	Taping And Wrapping Techniques	8 Hours	Dr. Sandeep Singh & Dr. Mithilesh Kumar ( Lecturer, MPT Neuro & Asstt. Professor, MPT Sports )	Department Of Physiotherapy, Punjabi University, Patiala
<b>1 November 2010 - 3 November 2010</b>	Comprehensive Management Of SCI	27 Hours	National & International Faculty	Indian Spinal Injuries Center , New Delhi
<b>12 September 2009 - 13 September 2009</b>	Integrated Therapeutic Approaches in Adult Paediatric Neurological Rehabilitation	20 Hours	Dr. Narkeesh & Dr. Harihara Parkash (Reader; Ph.D. Neuro & Principal, MPT Paeds, Neuro)	All Saints Institute Of Medical Sciences And Research , Ludhiana, Venue: Ivy Hospital, Mohali
<b>7 August 2009 - 23 August 2009</b>	Mulligan Concept	88 Hours	Dr. Deepak Kumar (Director & Senior Consultant Manipulative Physiotherapist)	Capri Institute, New Delhi
<b>5 October 2009</b>	Cardiopulmonary Resuscitation & First Aid Management	8 Hours	Dr. Anupam Shrivastava	Satguru Partap Singh Apollo Hospital , Ludhiana, Venue:Punjabi University, Patiala
<b>18 February 2009 - 19 February 2009</b>	Orthotics & Prosthetics	16 Hours	Dr. Nirmalendu Guin (Prosthetist & Orthotist)	PGIMER, Chandigarh, Venue: Punjabi University, Patiala
<b>4 October 2007 - 5 October 2007</b>	Combining NDT & SI Principles In Management Of Child With Cerebral Palsy	16 Hours	Dr. Saravanan Sivnathi (Neuro Developmental Therapist)	Punjabi University, Patiala
<b>4 December 2006</b>	Fitness Sports & Disaster Management	4 Hours	Dr. Ali Irani (President, LAP)	Punjabi University, Patiala

## Publications

- Parneet Kaur Bedi & Narkeesh Arumugam.(2018), ***Association of Lower Limb Muscle Strength & Walking Ability in Individuals with Incomplete Spinal Cord Injury***, *J Res Development*.6(3)
- Parneet Kaur Bedi & Narkeesh Arumugam.(2018), ***Influence of Activity Based Therapy & Surface Spinal Stimulation on Spinal Cord Integrity for Locomotion & Neurological Recovery in Patients with Incomplete Spinal Cord Injury: A Case Series from India***, *Progress In Orthopedic Science*, 4(2). 7-12
- Parneet Kaur Bedi, Narkeesh Arumugam & Harvinder Singh Chhabra. (2018), ***Effectiveness of Activity Based Therapy in Comparison with Surface Spinal Stimulation in People with Traumatic Incomplete Spinal Cord Injury for Activation of Central Pattern Generator for locomotion: Study Protocol for a 24-Week Randomized Controlled Trial***, *Asian Spine J*.12(3) 509-516
- Parneet Kaur Bedi & Narkeesh Arumugam (2017), ***Evolutionary Trend of Tibial SSEP in Traumatic Incomplete Spinal Cord Injury***. *International Journal of Current Research* 9(5). 50552-50555

- Parneet Kaur Bedi & Narkeesh Arumugam (2016), ***Effect of Locomotor Training with Body Weight Support on Gait and Lower Limb Strength in Incomplete Spinal Cord Injury-A Case Report***, *Int J Physiother.*3(4). 478-481
- Parneet Kaur Bedi & Narkeesh Arumugam (2016), ***Tapping the Neural Circuitry:Surface Spinal Stimulation in Spinal Cord Injury: a Case Report***. *JESP*, 12(1). 69-75
- Parneet Kaur Bedi & Narkeesh Arumugam (2015), ***Activity based therapy & surface spinal stimulation for recovery of walking in individuals with traumatic incomplete spinal cord injury: A Case Report***, *International Journal of Recent Scientific Research*, 6(1). 5581-5583
- Parneet Kaur Bedi & Narkeesh Arumugam (2015). ***Somatosensory and motor evoked potentials as prognostic indicators of walking after spinal cord injury***, *International Journal of Physiotherapy*, 2(3). 472-482
- Parneet Kaur Bedi, Narkeesh Arumugam & Kanimozhi. (2014), ***The Need of Epidemiological Studies in SCI Management: A Review***, *International Journal of Therapies and Rehabilitation Research*, 3(2)
- Narkeesh A,Kaur P & Kanimozhi (2014), ***Challenges for Physiotherapist to treating acute stroke***, *Indian Journal of Physical Therapy & Rehabilitation*, Vol 3 (1).34-39
- Narkeesh A Kaur P and Gupta R. (2014), ***Bridging the gap in the field of Neuro Physiotherapy***, *Indian Journal of Physical Therapy & Rehabilitation*, Vol 3 (1).70-73
- Parneet Kaur Bedi, Narkeesh Arumugam, Kanimozhi (2014), ***Context and task Related approach in rehabilitation after stroke: a systematic Review***, *Int J Physiother Res*, 2(1):312-17
- Parneet Kaur Bedi & A. Narkeesh (2012), ***Physical Therapy in Spinal Cord Injury. Revival of Paraplegic :A Case Report***, *Indian Journal of Physical Therapy and Rehabilitation* Volume2, Pages 49-54. (ISSN No. 2248-9460)
- Parneet Kaur Bedi & Narkeesh Arumugam (2011), ***Post Traumatic Hemiparesis: A Single Case Study Highlighting The "Context And Task Related Approach"***, *Research & Review: A journal of Neuroscience (STM)* Volume 1, (ISO 9001:2008)

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## Publications in Conference Proceedings

- Parneet Kaur Bedi, A.G.K Sinha,Era Mangotra (2013), ***Role Of Electrical Stimulation In Quadriceps Muscle Strength And Vertical Jump Height In Novice Basketball Players***, *International Conference on Futuristic Trends in Physical Education*, Pages 407-411.Volume-3 (ISBN-978-93-80144-71-9)
- Parneet Kaur Bedi & Narkeesh Arumugam, ***Context And Task Related Approach In Rehabilitation After Stroke: Literature Review***, ISACON, Department of PMR & Department of Neurology, CMC & H Ludhiana
- Parneet Kaur Bedi & Sandeep Singh (2012), ***Literature Review On Epidemiology Of Spinal Cord Injury In India***, Physiocon Department of Physiotherapy, PGIMER, Chandigarh
- Parneet Kaur Bedi & Narkeesh Arumugam (2010), ***Therapeutic Interventions In Autonomic Dysreflexia Inspinal Cord Injury Patients: Literature Review***, Gian sagar Physiocon
- Parneet Kaur Bedi & Narkeesh Arumugam (2010), ***Role Of Spinal Electrical Stimulation In Reduction Of Spasticity In SCI Patients***, 49<sup>th</sup> ISCOS,10<sup>th</sup> SCS,9<sup>th</sup> ASCON, Annual Scientific Meeting, New Delhi

