



## KULSHRESHTHA SUMANT SHYAM

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Dr. Sumant S. Kulshreshtha (P.T.) graduated from Barkatullah University -physical therapy program in 2006 and completed examination for **Masters in Sports Physical Therapy** in 2011. He has successfully completed Executive Post Graduate program in **Sports Management** from I.I.M.-Rohtak (Batch-2018-2020)

Dr. Kulshreshtha is co-founder of Physionize Advance Physiotherapy & Posture Care Centre, as a multi-disciplinary physical therapy and wellness center, Physionize provides integrated, collaborative care to restore, maintain, and enhance physical well-being through the use of physical therapy, manual therapy, fitness physicals and exercise prescription, counseling, personal training, posturology, group fitness and sports enhancement classes.

He has taken numerous post-graduate courses in mainly manual therapy and is currently a preceptor for the physical therapy program at various universities. He has completed more than 1000 hours of International hands on training in various disciplines.

He celebrates empowering his patient's lives and being part of their recovery. He helps any injury whether acute or longstanding, sports, work or accident related with **Rapid Recovery System**. He also enjoys integrating his skills and experience into the clinical setting to help a variety of Sports injury patients regain and exceed their pre-injury levels & have successfully treated players from the national Cricket & badminton team.

He has closely worked with Indian Kayaking & Canoeing Team for Olympics (2021 & 2024) and have worked closely with national & international football players along with the Technical Director- from Germany - Mr. Mike Hilbig (Bayern Munich).

Being Evidence based Practitioner, he believes in systemic approach to heal & enhance the human performance. He has helped numerous people in India & abroad resume their physical best, living healthier lifestyles, preventing any medical or surgical intervention to the patient. He has the privilege of catering to a wide variety of clients including: International athletes, elite sports persons from various disciplines as well as corporate employees along with regular IPD/ OPD patients.

His chief area of interest is Sports Science, Posture, Work-site wellness; he has been extensively involved in treating repetitive stress injuries & pain management through posture correction, Manual therapy & Advance Sports Therapies.

Dr. Sumant is also actively associated in an international project for elite athletes and sport wellness and sports assessment for school going children. He is a recognized expert of alternative practice models, fitness, wellness, and health promotion, and is interested in helping physical therapists explore and consider new and innovative ways to succeed in practice.



He has successfully imparted training to more than 10,000 participants from various disciplines.

- **C.E.O & Co-Founder**-Sportanix Healthtech Private Limited, Bhopal
- **Co-Founder & Manual Physiotherapist** - Physionize Advance Physiotherapy & Posture Care Center
- **Regional Ambassador**, for India- I.A.W.H.P. - U.S.A
- **Executive Committee Member**, Madhya Pradesh, The Indian Association of Physiotherapists.
- **Executive Member Advisory Body** , National Council for Sports Science & Physical Education, New Delhi -India
- **Assoc. Professor- Sports P.T.**—MADHYA PRADESH MEDICAL UNIVERSITY, Jabalpur (M.P.)
- **Assoc. Professor** – Sports Physiotherapy - Rajeev Gandhi College of Physiotherapy, Bhopal (M.P.)
- **Head- Corporate Wellness** -Value Jobs Consulting, New Delhi
- **Corporate Wellness Trainer**- WORKPLACE OPTIONS, U.S.A. India Office -Bangalore
- **Advisory Board Member** Ramagya International Sports Academy, Noida (U.P.)
- **Athlete Performance & Assessments** - Indian Kayaking & Canoeing Federation, Bhopal
- **Sports Physiotherapy Consultant** -Global Sports Injury Conclave Series -2020, Bangalore
- **Associate Consultant** – Monroe Medical International, Belfast- U.K
- **Consultant Specialist Physiotherapist**, Leo Defence Academy, Jaipur
- **Trainer** to G.O.I.(National Training Academy, New Delhi)
- **Member, Chinesport Academy-Italy**
- **Certified Manual Therapist** - Mulligan concept - New Zealand
- **Certified Foot Specialist** - Foot Balance -Finland
- **Posturologist** -API-U.S.A.
- **Consultant Physiotherapist** - **Healthcrum** Online Wellness Portal
- **Member** – DJO Learning Institute International, U.K.
- **Member** -International Sports Technology Association
- **Member** - European Platform for Sport Innovation, Belgium
- **Member** - Global Sports Innovation Centre, Madrid
- **Study Group Member** - The Olympic Studies Centre, Lausanne, Switzerland
- International Olympic Committee, **Young Leaders Program** (2020-21)
- **Ex-Consultant Sports Physiotherapist**- Eric Benny Football Academy (Germany) & HMG Sports Excellence Centre, Bhopal
- **Ex- Faculty**- P.G.D.H.M. –M.P. Bhoj Open University, Bhopal
- Trained with Global practitioners in the field of Corporate Wellness, Sports & Manual Physiotherapy



**Awards:**

- ***Health Hero Award for Covid-Care by Practo Technologies, Bangalore***
- ***Innovative Sports Physiotherapist Award by Sports India 2019, New Delhi***
- ***Pride of Physiotherapy Award***, by M.P. Physiocon, India
- ***Significant Contribution Award*** in the field of Physiotherapy, I.A.P.
- ***Best Internee*** during compulsory Internship
- ***Best Cadet-N.C.C.-1*** Maharashtra Battalion, Mumbai
- ***Best Cadet, N.C.C.-Army wing*** (Bhonsala Military College, Nashik)
- ***All-rounder Cadet***(Runner Up Trophy)-ATC ,N.C.C
- He has been awarded for various scientific & extra co-curricular activities of The Indian Association of Physiotherapists & other national & international organizations

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