

# Fellowship Programs in the Department of Rehabilitation and Sports Medicine

## Introduction:

Rehabilitation and Sports Medicine is fast becoming the adjuvant standard of care across a vast majority of clinical and musculoskeletal conditions. It is an ever emerging field with new technologies in assessment and treatment. At Sir H. N. Reliance Foundation Hospital, the Department of Rehabilitation and Sports Medicine has a dedicated floor for these services which attracts more than 200 patients and clients on a daily basis.



Apply for a fellowship program in your area of interest to get this practical learning experience

1. Cardiopulmonary Rehabilitation
2. Inpatient and Critical Care Rehabilitation
3. Musculoskeletal Rehabilitation
4. Neuro Rehabilitation
5. Sports Science and Rehabilitation

**Duration: 1 year**

**Number of positions: 1 candidate per unit area**

## Eligibility criteria:

Physiotherapy (BPth) or Medicine (MBBS) or equivalent degrees from foreign institutes (with NMC approval).

## Admission criteria:

- Curriculum vitae
- Recommendation letters
- Statement of Purpose
- Interview with a panel of interviewers
- NEET marks if available
- Publications
- Local Physiotherapy / Medical Council Registration
- Personal fitness

## Scope of Learning:

The fellowship is designed to give the candidate theoretical and extensive practical training in the respective area to enhance clinical skills, knowledge and expertise. It is expected, the candidate will be job ready at the end of the year and would be satisfactorily deserving:

- Better Future opportunities
- Better pay scale
- Workplace credibility

## Curriculum:

The fellowship will be designed into a theory and a practical component as related to the specialty area focusing on following core areas:

- Anatomy and biomechanics: Musculoskeletal anatomy and functional anatomy of the human body, with a focus on the musculoskeletal system as related to movement. Systemic anatomy as relevant to the area of specialization.
- Exercise Physiology: Human physiology with effects of exercise on it and relevance of altered physiology on exercise.
- Clinical assessments: Specialty specific clinical assessments
- Designing and execution of a treatment plan: Application of scientific principles of medicine, physiotherapy and rehabilitation in management
- Specific manual therapy techniques and rehabilitation techniques as relevant to the specialization
- Preventive and prehabilitation: Focusing on assessments and exercises for prevention of diseases and injuries
- Research and evidence based practice: Basic research methodology and critical analysis of journal articles
- Interdisciplinary collaboration:
  - Clinical Rotations in allied areas like orthopedics, neurology, cardiology as applicable
  - Clinical rotations in related nutrition, psychology and yoga areas

## Log Book:

The candidate is expected to maintain and submit a duly signed log book at end of each month.

## Research Project:

The candidate is expected to submit a research proposal no later than at end of 2 months and submit the completed research project by end of the 11 months of fellowship.

## Attendance:

A minimum of 90% attendance is necessary during the clinical hours and 75% during the theory hours.

**Exit criteria:** The candidate will be granted a fellowship on the following grounds:

- Annual performance
- Exit interview
- Research project
- Attendance

In case of inability to complete the exit requirements, an extension of upto 3 months will be provided.

**Lodging/Boarding:** This will be the sole responsibility of the candidate

**Fees: Academic Fees:** Rs. 1 lakh

**Stipend:** Will be given

### Application for the course:

Email your entire Application for the fellowship to [Tvisha.Parikh@rfhospital.org](mailto:Tvisha.Parikh@rfhospital.org)

### Application to include the following documents:

- Latest Curriculum vitae
- 2 Recommendation letters: At least 1 out of the 2 recommendations should be from a person holding an academic position
- Statement of Purpose (SOP): This is the opportunity to tell us who you are, what enabled you to get so far in life and how you got interested to do what you wish to do further in life. The SOP should demonstrate a clear understanding of why you are making the application to this particular course, and to this particular institution. Describe how the course contributes to your plans for the future and Evidence that you have the ability, experience, skills and motivation to successfully contribute to the course, and to complete it. The SOP should be 450-700 words.
- Highest academic qualification certificate (BPth/MPth/MBBS/MD)
- PG NEET mark sheet if available
- Publications if any
- Local medical/physiotherapy council registration certificate
- Any other supporting documents to strengthen your application
- Complete the application form on the website <https://www.rfhospital.org/academics-and-research>

**Application fees: Rs. 1000/-**

[Click here to Register and Pay](#)

(Do email the payment proof for faster processing of application)

**The last date for the application is 1<sup>st</sup> September, 2023.**

Please note - Physical applications will not be accepted.

### Withdrawal from the course:

The fees once paid will be non-refundable. The candidate may be asked to discontinue the course in exceptional circumstances where disciplinary issues surface which may be against the policies of the organisation.