



Dr. Shhalini Grover

Shhalini Grover, Manual Therapist and Associate Professor in Department of Physiotherapy, MRIIRS.

Her expertise includes:

- Manual therapy
- Strengthening and Conditioning
- Fitness & Weight loss Program
- Wheelchair skill rehabilitation
- Sports rehabilitation
- Functional Training and performance enhancement

About: Shhalini has a Bachelor of Physiotherapy degree and Masters in physiotherapy degree in musculoskeletal .She has done certificate courses in *Osteopathic and Chiropractic Technique “Back into Balance Osteopath School ,Basic Concept of Musculoskeletal Manipulative Therapy, Certificate in Upper and Lower Quarter Mulligan Concept, Certificate in Cyriax Mobilization and Manipulative Therapy. She has taken a series of Workshop on Isokinetic Dynamometry and its role in rehabilitation and also a series of Workshop on “Wheelchair skills –Basic and Advanced and their role in active rehabilitation. she is also Pursuing Ph.D from Manav Rachna International Institute of research Studies and has done various paper presentation on “Effectiveness of Lateral Shoe wedge on knee joint loading and Quadriceps torque in elderly Osteoarthritis patients”(DST Project), “Recreational Activities for Disabled” in 2nd Annual Symposium on Active Rehabilitation,“ Cardiovascular Status after SCI” at international conference “Comprehensive Rehabilitation of Spinal Cord Injury patients” Effect of Mckenzie Exercises on Cardiovascular Response in Different Body Types” at INTERCOMAT 2005. Research publication in the field of rehabilitation, sports injury and their management, vertigo patients and manual mobilizations.*