

## Urvi Bheda, BPT, MPT, MS Ex Science

Licensed Physical Therapy Assistant (New York)

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### EXPERIENCE

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#### LONG ISLAND UNIVERSITY TUTORING CENTER

Brooklyn, NY

*Human Anatomy & Physiology Tutor*

*October 2023 – Present*

- Led individual and group sessions, adapting instruction to varied learning styles & academic levels.
- Used 3D models, charts, and visual aids to simplify complex anatomical & physiological concepts.
- Created custom lesson plans, review materials, and practice quizzes to reinforce course content.
- Promoted active learning and clinical relevance through discussions and applied examples.
- Tracked student progress and provided feedback to improve academic performance.

#### NANAVATI MAX SUPER SPECIALITY HOSPITAL

Mumbai, India

*Musculoskeletal Physical Therapist*

*August 2021 – May 2023*

- Conducted comprehensive evaluations and reassessments to develop & adjust individualized treatment plans based on patient goals.
- Maintained detailed patient records and progress documentation.
- Completed rotatory clinical hours across orthopedic, neurology, pediatric, medicine & surgery, oncology, and intensive/critical care departments (in-patient and out-patient settings).
- Delivered orthopedic & sports physiotherapy care, including on-field support during regional and state-level cricket, football, and athletic events.
- Received extensive clinical training under Dr. Ali Irani, renowned Physical Therapist and former Physiotherapist of the Indian National Cricket Team

#### KLE Dr. Prabhakar Kore Hospital & MRC

Belagavi, India

*Physical Therapy Intern*

*August 2019 - February 2020*

- Supported patient assessments across musculoskeletal, neuromuscular, cardiopulmonary, and integumentary systems in both in-patient and out-patient settings.
- Documented patient progress, treatment modifications, and departmental logs.
- Collaborated with supervising therapists to adjust treatment plans based on patient response and evolving clinical needs.

Clinical Rotations Included:

- Internal Medicine, General Surgery, Obstetrics & Gynecology Wards
- Pediatrics OPD & Wards, Neurology OPD and Wards
- Neurosurgery, Orthopedics OPD & Wards, Artificial Limb Center
- Cardio-Pulmonary Physiotherapy including ICU, ICCU, MICU, NICU
- Community-Based Rehabilitation, District Hospital OPDs and Wards

### EDUCATION

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#### LONG ISLAND UNIVERSITY

Brooklyn, NY

*Master of Exercise Science, Exercise Physiology & Sports Nutrition (GPA 4.0)*

*May 2025*

*Dean's Award for Academic Excellence*

#### NMIMS'S SUNANDAN DIVATIA SCHOOL OF SCIENCE

Mumbai, India

*Master of Physiotherapy, Musculoskeletal Sciences.*

*May 2023*

#### KAHER INSTITUTE OF PHYSIOTHERAPY

Belagavi, India

*Bachelor of Physiotherapy*

*August 2020*

### RESEARCH PROJECTS

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- **"Relationship Between Agility, Power, Core Strength, and Dynamic Balance with Shooting Performance in Basketball Players"**  
*Nanavati Max Super Specialty Hospital, Mumbai | June 2022 – March 2023*  
Investigated key physical performance metrics influencing shooting accuracy in basketball players, with implications for sport-specific training and performance optimization.

- **"Breast Cancer Knowledge in Nuns of Belagavi City – An Observational Study"**  
*KLE Dr. Prabhakar Kore Hospital & M.R.C., Belagavi | September 2019 – March 2020*  
Assessed awareness and understanding of breast cancer among a specific female population to identify gaps in knowledge and opportunities for targeted health education.

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### WORKSHOPS AND CERTIFICATIONS

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- **Certificate in Orthopedic Manual Therapy (COMT)** – *Capri Institute of Manual Therapy*  
Completed 64 contact hours of training based on an integrated approach.  
*Held at KAHER Institute of Physiotherapy, Belagavi | Jan 28 – Feb 4, 2020*
- **Workshop on Fitness and Sports Medicine** – *Seth G.S. Medical College & K.E.M. Hospital, Mumbai*  
Participated in sessions focused on athletic performance and injury prevention.  
*Confluence'17 | July 27, 2017*
- **Workshop on Trauma Management** – *Lifesupporters Institute of Health Sciences*  
Trained in emergency response and trauma care techniques.  
*Authorized International Training Center of the American Heart Association | July 24, 2017*

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### VOLUNTARY ACTIVITIES

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- Volunteered for various marathons, on field physical therapist for various sport events like cricket, kabaddi, football, table tennis and athletics tournaments in Mumbai. (2021-2023)
- Volunteered at Shantai Vrudhashram (Old age home), Primary Health Care Centre, Disha (School for differently abled children), Ankur (School for differently abled children), all located in Belagavi. (2015-2020)