Syamala Buragadda

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Objective: Looking for an avenue where my academic and clinical skills can be utilized to the maximum. An opportunity to gain and impart knowledge, motivate and lead in the field of research and add to my learning curve.

**Work Experience:**

* **Researcher, King Saud University, Riyadh, Saudi Arabia (2-07-2011 – till date)**
* **Assistant Professor, MM institute of physiotherapy and rehabilitation,** **India (04-04-2010 to 16-6-2011.**
* **Asst. Professor, Swatantra Institute of Physiotherapy &Rehabilitation, India (20-03-2006 to 31-03-2010.**
  + - **Tutor, Sanjeevani college of physiotherapy, India (10-06-2003 to 15-11-2003)**

**Education:**

* **Fellowship Diploma in Clinical Rehabilitation-London Academy of Sports and Health Sciences, UK. (2014-2015) Certificate ID# 13024841DIP224**
* **Master of Physiotherapy (Neurology) -Dr. N.T.R. University of Health Sciences, India(2003- 2005)**
* **Bachelor of Physiotherapy, Sri Venkateswara institute of medical sciences, India. (1998-2003)**

**Paper publications:**

1. Syamala Buragadda, Adel A Alhusaini, Ganeswara Rao Melam, Nisha Arora. ***Effect of complete decongestive therapy and a home program for patients with post mastectomy lymphedema.*** J. Phys. Ther. Sci. 2015:27.
2. AlEisa E, Tse C, Alkassabi O, Buragadda S, Melam GR*.* **Predictors of global job satisfaction among Saudi physiotherapists: a descriptive study.** *Annals of Saudi Medicine*; 2015, 35(1):46-50
3. Ganeswara Rao Melam, Syamala Buragadda, Adel Alhusaini, Pavitra Dhamija**.** **Reaction and Movement Time in Down syndrome Children under Different Visual Feedback Conditions.** *J Nov Physiother; 2014: 4:4*
4. Ganeswara Rao Melam, Syamala Buragadda, Adel Alhusaini, Alaa I.Ibrahim and Shaji John Kachanathu. **Gender Differences in Static and Dynamic Postural Stability Parameters in Community Dwelling Healthy Older Adults.** *Middle-East Journal of Scientific Research 22 (9): 1259-1264, 2014.*
5. Hana Al-Sobayel, Einas Aleisa, Syamala Buragadda and Ganeswara Rao M. **Rehabilitation Services in Saudi Arabia: An Overview of its Current Structure and Future Challenges.** *J Gen Practice 2014, 2:6*
6. Einas Al-Eisa, Syamala Buragadda and Ganeswara Rao Melam. **Association between physical Activity and psychological status among Saudi female students.** *BMC Psychiatry. 2014, 14:238****.***
7. Shaji John Kachanathu, Shinu Philip, Shibili Nuhmani, Mohan Natho, Ganeswara Rao Melam, Syamala Buragadda**. A Comparative Study on Effect of Different Positional Isometric Neck Exercises Training On Neck Pain and Functional Ability in Patients with Neck Pain.** *Sch. J. App. Med. Sci., 2014; 2(1A):91-95*
8. G.R. Melam, Syamala Buragadda, Adel Alhusaini, Mohammed A. Alghamdi, Mansour S. Alghamdi, Parmveer Kaushal. **Effect of different positions on FVC and FEV1 measurements of asthmatic patients.** *Journal of Physical Therapy Science.2014; Vol. 26 No.4 (April).*
9. Einas al-Eisa, Syamala Buragadda, G. R Melam, Atheer o. al-osaimi, Huda a. al-Mubarak, Noura a. al-huwaimel. **Association between Physical Activity and Insomnia among Saudi Female College Students.** *Journal of Physical Therapy Science, 2013; 25: 1479–1482*.
10. Ashraf R.H., Ahmed h. Al-Johani, A.R. Zakaria, Abdulaziz Al-Ahaideb, Syamala Buragadda, Ganeswara Rao Melam, John k. Shaji**. Treatment of Knee Osteoarthritis in Relation to Hamstring and Quadriceps Strength.** *Journal of Physical Therapy Science, 2013; 25: 1401–1405*
11. Einas Al-Eisa, Syamala Buragadda & G R. Melam. **Effect of therapy ball seating on learning and sitting discomfort among Saudi female students.** *Bio Med Research International, 2013; Article ID 153165, 4.*
12. Fahad AlBahel, Ashraf Ramadan H., A R. Zakaria, Abdulaziz A.A., Syamala Buragadda & G. R. Melam. **Kinesio Taping for the Treatment of Mechanical Low Back Pain.** *World Applied Sciences Journal 2013; 22, 78-84.*
13. Syamala Buragadda, Asmaa Alyaemni, Ganeswara Rao Melam & Mohammed Abdulrahman Alghamdi**. Effect of Dual-Task Training (Fixed Priority-Versus-Variable Priority) for Improving Balance in Older Adults.** *World Applied Sciences Journal, 2012; 20, 884-888.*
14. Ganeswara Rao Melam, A.R. Zakaria, Syamala Buragadda, Deepesh Sharma & Mohammed Abdulrahman Alghamdi. **Comparison of Autogenic drainage & Active cycle breathing techniques on FEV1, FVC & PEFR in chronic obstructive pulmonary disease.** *World Applied Sciences Journal, 2012; 20, 818-822.*
15. Abdulrahim Zakaria, Ashraf Ramadan Hafez, Syamala Buragadda & Ganeswara Rao Melam. **Stretching Versus Mechanical Traction of Spine in Treatment of Idiopathic Scoliosis.** *Journal of Physical Therapy Science, 2012; 24, 1127–1131.*
16. Einas Al-Eisa, Syamala Buragadda, Afaf A.M. Shaheen, Amal Ibrahim & Ganeswara Rao, M. **Work Related Musculoskeletal Disorders: A Survey of Cause, Prevalence and Response to Musculoskeletal Injuries among Egyptian and Saudi Physical Therapists.** *Middle-East Journal of Scientific Research, 2012; 12, 523-529.*
17. Ashraf Ramadan, H., Zakaria, A., & Syamala Buragadda. **Eccentric versus Concentric contraction of Quadriceps Muscles in Treatment of Chondromalacia Patellae.** *World Journal of Medical Sciences, 2012; 7, 197-203.*
18. Zakaria, A., Melam, G.R., & Syamala Buragadda. **Efficacy of Pnf Stretching Techniques on Hamstring Tightness in Young Male Adult Population.** *World Journal of Medical Sciences, 2012; 7, 23-26.*
19. Syamala Buragadda, Ganeswara Rao Melam & Praveen Kumar B. **Significance Of Functional Reach Values Between Young And Geriatric Female Population -Role of Ankle and Subtalar Joint Ranges of Motion.** *Indian Journal of Physiotherapy and Occupational therapy. 2012; 6 (1):156-159.*
20. Ganeswara Rao Melam, Syamala Buragadda & B Praveen Kumar. **Effect of therapist applied PNF stretch vs. self-applied PNF stretch on hamstring flexibility in Young males.** *Indian Journal of Physiotherapy and Occupational therapy.2011; 5(4):56-59, 2011.*

**Papers submitted and yet to be published:**

* Ganeswara Rao Melam, Syamala Buragadda, Adel Alhusaini. **Sensorimotor intervention on handwriting performance and functional school skills of school going children in Saudi Arabia.** *Pediatric International Journal*
* Syamala Buragadda, Einas Al eisa. **Sleep wake patterns and academic performance in university students of Saudi Arabia.** *Bio Med Research International Journal*
* Ganeswara Rao Melam, Adel A Alhusaini1, Syamala Buragadda, Taranpreet Kaur, Imran Ali Khan. **Impact of brisk walking and aerobics in overweight women**. *Journal of Physical therapy Science*

**Present working Research projects:**

1. **Obesity, physical activity, maximum walking speed, sedentary behavior and academic performance in Saudi school children.**
2. **Fear avoidance beliefs and health literacy among Saudi women with chronic low back pain.**

**Workshops & Conferences:**

* **December 1-3rd 2015- International Pediatric Neuro Rehab conference at Prince Sultan bin Abdulaziz Humanitarian City**

**Professional Membership:**

* **Saudi Commission for Health Specialties (SCHS) specialist license -13-R-A-0048314.**
* **Basic Life Support –Saudi Heart Association 00103510092786**
* **Temporary member of Saudi Physical therapy association (SPTA), Riyadh, KSA.**
* **Life member of Indian Association of Physiotherapists - Reg.No.24960-L**

**Professional Skills:**

* **Motivated to serve with a good academic background and acumen for learning.**
* **A resolve for enhance patient care responsibilities.**
* **Eager to take on responsibility and adapt briskly.**
* **Willing to take on leadership role in the department.**
* **Analyze and undertake research.**
* **Expertise in research methodology, design and statistical analysis.**
* **Formulate and implement health education program.**

**Languages:**

**Telugu, Hindi, English**

**I assure you that above particulars given by me are true to the best of my knowledge and belief.**

**Yours sincerely,**

**Syamala Buragadda**