

FACULTY OF PHYSIOTHERAPY

SGT UNIVERSITY

LIST OF PUBLICATIONS TILL 2014-2019

1. Sethi C, Kalra S, Yadav J. A correlational study of BMI and fitness level among children in India in the age group of 13-16". J Sports and Physical Education, Photon.2014; 3:169-174.
2. Popli S, Yadav J, Kalra S. Effect of Static stretching versus retro walking on hamstring flexibility. Ind. J of Physio & Occup Therapy.2014; (8):3.
3. Yadav A, Yadav J, Kalra S .A comparative study of effectiveness between Myofascial release and Pressure release on pain and ankle range of motion in adults with soleus myofascial trigger points. Intl. J. of Orthopedics and Rehabilitation.2014;1:61-66
4. Vohra R, Kalra S, Yadav J. A comparative study of static stretching and PNF stretching on pectoral muscle flexibility. Ind. J of Physio & Occup therapy.2014; 8(3).
5. Chaturvedi R, Yadav J, Kalra S. To Compare the effect of Wobble Board as Bilateral Proprioceptive Exercise to Unilateral Leg Standing Exercise in Knee Osteoarthritis Patients: a Randomized Controlled Trial. Indian journal of Physiotherapy and Occupational Therapy.2015; 9(3):148-153.
6. Nayyar M, Yadav J, Rishi P. Effect of Retro Walking on Pain, Balance and Functional Performance in Osteoarthritis of Knee. Indian Journal of Physiotherapy and Occupational Therapy2015; 9 (3): 154-159.
7. Yadav J, Yadav J, Kalra S. Effect of Pelvic Floor Muscle Exercises in comparison with Core Stability Exercises on Pain, Functional status and Abdominal muscle endurance in Post-Partum females with Chronic Low back pain. Indian Journal of Health Sciences and Care. 2015; 2(2):121-125.
8. Sharma V, Yadav J, Kalra S. Effect of square stepping exercises versus strength and balance training on balance and risk of fall in elderly population. Journal for Physiotherapy.2016; 104:140-47.

9. Raghav M, Yadav J, Kalra S. Effect of adding specific hip strengthening exercises to traditional knee exercises in patients with Patellofemoral Pain Syndrome. *International Journal of Physiotherapy*. 2016; 3(1): 15-21.
10. Singh G, Yadav J, Rishi P: A Comparative effect of Mulligan Mobilization, Cyriax Physiotherapy and Eccentric Training Program in patients with Lateral Epicondylitis. *Journal for Physiotherapy*. 2016:113-126.
11. Pinki, Yadav J, Rishi P: Efficacy of Snags versus Deep Cervical Flexor Strengthening on Dizziness in Patient with Cervicogenic Dizziness. *Journal for Physiotherapy*. 2016: 135-141.
12. Raghav D, Yadav J, Kalra S. Effect of Thoraco-Lumbar Fascia Kinesio taping as a Therapeutic Intervention for Pain, Functional Disability in Non Specific Low Back Pain- A Pilot Study. *Indian Journal of Health Sciences & Care*. 2017; 4(1):9-13.
13. . Saher T, Kalra S, Yadav J, Thariwal S, Yadav S, Tanwar P. Role and importance of Physiotherapy during Palliative Care in India: A Review. *World Journal of Research & Review*. 2018; 7(4):1-8
14. Pancholi P, Yadav J, Kalra S. Effect of resistance band exercises on neck pain, disability and forward head posture in dentists with chronic neck pain. *International Journal of Dental and Health Sciences*. 2018; 5(2):253-263
15. Pawaria S, Sudan D, Kalra S, Yadav J. Effectiveness of cervical stabilization exercises with feedback on respiratory status in chronic neck pain patients with forward head posture. *International journal of Physiotherapy*. 2019; 6(3):70-74.
16. Pawaria S, Sudan D, Kalra S, Yadav J. Effectiveness of Cervical Stabilisation Exercises on Respiratory Strength in Chronic Neck Pain Patients with Forward Head Posture- A Pilot Study. *Journal of clinical and diagnostic research*. 2019. YC06-YC09.
17. Preeti, Kalra S, Pawaria S, Yadav J. Effect of Pilates on Lower Limb Strength, Dynamic Balance, Agility and Coordination Skills in Aspiring State Level Badminton Players. *Journal of clinical and diagnostic research*. 2019. YC01-YC06

18. Sachdeva S, yAdav J, Gulati M. Comparing efficacy of first rib mobilization and muscle energy technique on pain, disability and head position sense in patients with chronic mechanical neck pain. JCDR.2019;13(2)YC11-YC19.