



Sri Ramachandra Medical Centre

Department of Physiotherapy

The Department of Physiotherapy, Sri Ramachandra Medical Center is pleased to announce the admission to Fellowship Program in Pelvic Health Physiotherapy

Course Details:

1. Fellowship in Pelvic Health Physiotherapy

- **Qualification** : BPT / MPT
- **Number of seats** : 3
- **Course Duration** : 01 Year
- **Course Fee** : Rs. 100000 (Rupees One lakh only)+GST
- **Stipend** : **Stipend Provided**
- **Training timings** : 8.00 AM to 4.00 PM
- **Attendance requirement for examination:** 90%

Highlights

Competency based modular curriculum
Faculty : APTA certified Pelvic floor therapist
Clinical exposure @ BIRTH BASIX, Chennai

Last date for submitting Application	August 31 2025
Interview at SRMC	Will be intimated
Course commences on	SEPTEMBER 2025

Those interested may kindly submit the prescribed application form to below address

Address for communication:

The Medical Director
Sri Ramachandra Medical Centre
Porur, Chennai – 600 116.
Phone – 044 – 45928552 (8am to 4 pm)

(Or)

Head of the Department
Department of Physiotherapy
Sri Ramachandra Medical centre
Porur, Chennai – 600 116.
Phone – 044 – 45928628 (8am to 4 pm)

Website: <https://www.sriramachandra.edu.in/medical/fellowship/>
email id: fellowship.mc@sriramachandra.edu.in



SRI RAMACHANDRA MEDICAL CENTRE

Porur, Chennai - 600 116.

DEPARTMENT OF PHYSIOTHERAPY

APPLICATION FORM 2025 Session

Affix your latest
colour Passport
size photograph
here.

(Note: Please fill in each column in your own handwriting and put a tick mark (✓) wherever necessary and strike off the portion not applicable. Incomplete application form will not be accepted).

1. a) Name of the candidate (AS PER PROVISIONAL / DEGREE CERTIFICATE IN BLOCK LETTERS)	:	
b) Expand the initials	:	
c) Complete address (with District, State & PIN CODE) to which communication is to be sent	:	
d) Phone No. with STD Code	:	Residence : Mobile : E-mail ID :
2. a) Father's Name Contact Details	:	Mobile : E-mail ID :
b) Mother's Name Contact Details	:	Mobile : E-mail ID :
c) Husband's Name Contact Details	:	Mobile : E-mail ID :
3. Gender	:	Male ☐ Female ☐

4. a) Date of birth and age	:	DD/MM/YYYY	Age:
b) Place of birth, District and State	:		
5. Qualifying examination passed. (Self attested Photocopy of the Degree certificate and Statement of Marks of all examinations to be enclosed)	:	Name of UG Degree : University Regn. No : Month : Year : Name of PG Degree : University Regn. No : Month : Year :	
6. a) Name and address of the Physiotherapy College where qualified	:	UG PG	

7. a) Papers Presented /Published:

.....

8. a) Whether the candidate has passed all the examinations in the first attempt	:	MPT : Yes / No BPT : Yes / No						
b) If no, how many attempts were made to pass	:	<table border="1"> <thead> <tr> <th>Course</th> <th>No. of attempts</th> </tr> </thead> <tbody> <tr> <td>MPT</td> <td></td> </tr> <tr> <td>BPT</td> <td></td> </tr> </tbody> </table>	Course	No. of attempts	MPT		BPT	
Course	No. of attempts							
MPT								
BPT								

DECLARATION BY THE CANDIDATE

I declare that the information furnished by me herein is true and correct. In case any information furnished herein is found to be incorrect or any document is found to be not genuine, I agree to forego my claim for admission and abide by the decision of the Sri Ramachandra Medical Centre authorities.

I further declare that I have read the prospectus furnished with the application form fully and understood the contents therein clearly and I hereby undertake to abide by the conditions prescribed therein. I undertake to abide by the Rules and Regulation of Sri Ramachandra Medical Centre.

Place:

Signature of the Candidate

Date:

Name:

Submit online Application (with attachments) to

The Medical Director,
Sri Ramachandra Medical Centre,
Porur, Chennai – 600 116.

medicaldirector@sriramachandra.edu.in copy marked to
principal.physiotherapy@sriramachandra.edu.in

Department of Physiotherapy
Fellowship Program in Pelvic Health
Physiotherapy

The Department of Physiotherapy, Sri Ramachandra Medical Centre, Porur, Chennai is pleased to announce the admission to Fellowship Program in in Pelvic Health Physiotherapy

AIM OF THE COURSE:

- To promote interdisciplinary care by training professionals to work collaboratively with gynecologists, urologists, and other healthcare providers.
- To address social stigma and enhance quality of life by enabling early identification and effective management of pelvic floor dysfunctions.
- To contributes to research and innovation in pelvic health through structured education and clinical exposure.
- Growing demand for skilled professionals who can assess and manage pelvic floor disorders using evidence-based, patient-centred approaches.

LEARNING OUTCOMES:

- Develop advanced clinical expertise in the assessment, diagnosis, and management of pelvic floor dysfunctions across various populations.
- Enhance patient communication and counselling skills to address sensitive pelvic health concerns with empathy and professionalism.
- Promote preventive and lifestyle-based strategies such as bladder retraining, bowel management, ergonomics, and stress management.
- Engage in research and academic activities to contribute to the growing body of knowledge in pelvic floor rehabilitation.

PUBLICATIONS AND PRESENTATIONS:

* Complete at least **one original research project** as principal author with the purpose of preparation of a manuscript suitable for publication in a peer-reviewed journal.

* Present scientific work at regional, national or international scientific meetings.

METHOD OF EVALUATION:

Formative Assessment:

- * The fellow will undergo initial fully supervised rotation in specific areas and will undertake independent role after assessment from the concerned faculty. The level of supervision will be tapered according to the experience and confidence gained.
- * The course is divided into four levels with modules, each having an assessment. Each module will have seminar, assignment, skill assessment and case study presentation.

- * Formal assessment should be done by faculty and fellowship supervisor every 2 months.

Summative Assessment (at the end of course):

- * Internal Assessments: At least two formal internal assessments will be conducted during the fellowship program. A final exit examination is mandatory after completing clinical fellowship training conducted once a year. which consist of written and clinical examinations.
- * It is mandatory for all trainees to attend the Internal Assessments during their training. Candidates must secure 50% in both theory and clinical exams to pass the final fellowship examination and be awarded a Clinical Fellowship Certificate by the organizing institution.

Structured format of the fellowship programme

Competencies (prerequisites):

- Sound background knowledge
- Clinical examination and therapeutic skills
- Interpersonal & Communication Skills
- Professionalism

Responsibilities:

- Fellows are expected to handle patients 6 days/week
- Fellows to take part in team rounds every day
- Fellows will participate in periodic case presentations
- Fellows will participate in activity-based learning, Case discussion
- Fellows to maintain clinical logbook

The Fellow will have rotation in the following areas:

Obstetrics and Gynaecology outpatient department -4 months

Obstetrics and Gynaecology inpatient ward-2 months

Urology and Surgical gastro enterology outpatient department -3 months

Urology and Surgical gastro enterology inpatient ward - 2 months

Birth Basix,Adyar,Chennai -1 month

SYLLABUS

4 Level Course Structure Overview:

Level 1: Bladder Health & Pelvic Floor Foundations-5 modules

Deepen knowledge in pelvic anatomy, bladder function, and treatment strategies for urinary incontinence and pelvic organ prolapse.-

Level 2: Bowel Dysfunction & Anorectal Rehabilitation-10 modules

Understand complex bowel disorders such as constipation, dyssynergia, and fecal incontinence, with an emphasis on functional retraining and biofeedback.

Level 3: Chronic Pelvic Pain Management-6 modules

Understand pain conditions like vaginismus, vulvodynia, endometriosis, and neuralgia—combining manual therapy, neuroeducation, and holistic care models.

Level 4: Clinical Internship at Birth Basix

This is a **selective, hands-on training experience** designed for pelvic health professionals who have completed Levels 1–3 of the Pelvic Floor Physical Therapy Course Series.

Fellowship competencies:

- Understand foundational and advanced knowledge of the anatomy, physiology, and pathophysiology related to bladder, bowel, and gynecological conditions relevant to pelvic health physiotherapy.
- Analyze patient history, symptom diaries, and screening questionnaires to identify key signs of pelvic floor dysfunction and prioritize physiotherapy evaluation.
- Perform safe and thorough pelvic health assessments using both external and internal techniques, integrating musculoskeletal, functional, and postural evaluations.
- Critically synthesize examination findings to develop a physiotherapy diagnosis, functional problem list, and individualized goals for pelvic health dysfunctions.
- Develop evidence-based treatment plans tailored to individual needs across bladder, bowel, and gynecological conditions using exercise, manual therapy, biofeedback, and education.
- Apply validated outcome measures to monitor treatment effectiveness and plan accordingly for long-term symptom resolution and function restoration.
- Demonstrate professional, ethical, and culturally sensitive practice specific to pelvic health.
- Critically evaluate pelvic health literature, incorporate clinical guidelines into practice, and engage in research and educational initiatives in pelvic physiotherapy.

Recommended list of textbooks & journals:

Textbooks:

- Evidence-Based Physical Therapy for the Pelvic Floor: Bridging Science and Clinical Practice, Kari Bo
- Fitness for the Pelvic Floor by Beate Carrière
- Pelvic Rehabilitation: The manual therapy and exercise guide across the lifespan - Maureen Mason
- Pelvic Floor Re-education by Kaven Barssler

Journals:

- * Journal of women's and pelvic health physical therapy
- * BMC Women's health
- * Women's Health Issues

