



# Dr. V. Sendil Coumar. PT

## Senior Physiotherapist

Tutor - Movementology Academy

Optimizing Movement health since 2005 in Pondicherry



### My Contact

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✉ sendilcoumar@gmail.com

☎ 9486114137 / 7708274401

📍 109 & 113 kamatchi amman koil street  
Pondicherry -605001.

🌐 [www.ramphysio.in](http://www.ramphysio.in)

### Hard Skill

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- Advanced Manual Therapy Expertise
- Specialized Rehabilitative Modalities
- Biomechanics-Driven Corrective Exercise Prescription
- Certified Movement & Orthopaedic Specialist
- Diverse Taping & Pain Management Proficiency

### Soft Skill

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- Patient-Centric Approach
- Holistic & Integrative Problem-Solving
- Adaptive & Innovative Practitioner
- Collaborative & Multidisciplinary Engagement
- Empathetic & Empowering Communicator

### About Me

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With over two decades of dedicated practice, I bring a wealth of expertise and a deep commitment in restoring optimal function and enhancing well-being. My journey in physiotherapy began with a Master's degree completed in 2006, laying the foundation for a career marked by continuous learning and clinical excellence.

My professional philosophy is built upon a comprehensive and integrated approach, drawing from a diverse range of advanced certifications:

- Orthopaedic Manual Therapy (OMT): I am certified in this highly specialized field, employing hands-on techniques to diagnose and treat musculoskeletal conditions with precision.
- Arthrorehab Certified: This expertise allows for targeted and effective rehabilitation for joint-related conditions, from post-surgical recovery to degenerative concerns.
- Kinetic Control Movement Therapist: I possess a profound understanding of movement dysfunction, enabling me to identify and correct faulty patterns that contribute to pain and injury.

### Professional Experience

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My extensive clinical experience spans diverse and demanding environments:

- Pain Management: Since 2006, I have dedicated myself to alleviating chronic and acute pain at Ram Physiotherapy Center, developing nuanced strategies for lasting relief.
- Sports Rehabilitation: For a decade, I proudly served Sri Aurobindo School Sports Rehab Department, guiding athletes through recovery and back to peak performance.
- Rehabilitative Strength and Conditioning: My 8 years at Layers Movement Priority Rehab Centre focused on building resilient bodies through tailored strength and conditioning programs.
- Community Rehabilitation: I also possess invaluable experience from the Community Health Centre, Government of Puducherry, addressing the diverse needs of the wider community.

My career is a testament to unwavering dedication in bridging the gap between injury and optimal living. I invite you to explore how my specialized skills and extensive experience can serve your journey toward improved health and mobility.