

Aastha Monga

E: aasthamonga30@gmail.com

M: +91 7740025472, +91 9818905882

PROFILE

An experienced academician with over a decade of progressive teaching socially diverse students in USA as well as in India and a physical therapist who has worked in both in- patient and out-patient care. Author of several research papers in journals and peer reviewed conference presentations; Author of a published book, Factors Leading to Disability in Chronic Non Specific Back Pain, ISBN-13: 978-3659423567, published by Lambert Publishing House; Received “Practitioner Status” by the University of Iowa, USA.

PROFESSIONAL EXPERIENCE

Lecturer

Aug 2018- June 2019

Department of Kinesiology, Towson University, Maryland (USA)

- Taught undergraduate students in exercise science major: Foundations of Exercise Science, and Fundamentals in Health and Physical Fitness Assessment
- Mentor of the Departmental ‘Pre-Physical Therapy Club’

Graduate Research and Teaching Assistant

Aug 2016-May 2018

Carver College of Medicine, Department of Physical Therapy and Rehabilitation Science

University of Iowa, Iowa City, Iowa (USA)

Researcher in the Applied Neuro Plasticity Laboratory, directed by Dr. Stacey L. DeJong; investigating the movement patterns of people after stroke and healthy individuals, examining how connections between motor cortex and upper limb muscles change after stroke using transcranial magnetic stimulation (TMS).

Supervised and mentored eight graduate students (2nd Year DPT) on the research project “Cortical mapping with TMS quantifies upper limb flexion synergy after stroke.

- Assisted in conducting research in the lab, including participant recruiting, design and set up of experimental setup, data collection and compilation
- Completed and managed laboratory operations including sourcing inventory, maintenance, purchasing, and review of materials for Institutional Review Board (human research subjects boards)
- Independently gathered, and analyzed data for research projects including Reliability of electromyography and maximum voluntary isometric contractions; created and submitted research reports and posters for presentation in the department
- Mentored undergraduate research students to ensure proper understanding of concepts and completion of assigned experiments

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Gian Sagar College of Physiotherapy (India), Assistant Professor

May 2014-June 2016

- **Taught students at both undergraduate and postgraduate levels** courses including Kinesiology, Biomechanics, Basics of Exercise Physiology & Nutrition, Exercise Science, Therapeutic Physical Agents, Exercise Therapy, Physical Therapy in Orthopaedics Conditions and Spinal Disorders, Physiotherapy in Neurological Conditions
- Provided full learning experience and support for students beyond set classes, worked with students for the academic excellence by providing a dynamic climate for life-long learning
- Developed section exams and final exams; Graded quizzes, assignments and course exams
- Involved in the supervision and mentoring of undergraduate students' research projects
- **Did extensive clinical work for the physical assessment and treatment of patients' in outpatient and inpatient departments in the 600-bedded hospital**
- Designed and implemented customized treatment plans for patients, including electrical modality treatments (electrical stimulation, therapeutic ultrasound), and active and passive therapeutic exercises
- Administered traction techniques, heat/ice, TENS modality to resolve pain
- Trained and taught patients how to avoid health issues and injuries in the future
- Documented and reported use of equipment, treatment and patients' progress based on their unique diagnoses, and home treatments plans in the patient record files
- Coordinated treatment plans with other physical therapy and medical staff

Gian Sagar College of Physiotherapy (India), Lecturer

Sept 2012-May 2014

- **Taught undergraduate students** Anatomy, Physiology, Biomechanics, Kinesiology, Electro Therapy, Exercise Therapy, and Physiotherapy in Orthopaedics Conditions
- Developed section exams and final exams; graded quizzes, assignments and course exams
- **Evaluated patients in the physical therapy outpatient department** and planned their treatment care to promote the ability to move, reduce pain, and restore function
- Instructed patients with individualized take-home plans, to ensure a proper rehabilitation
- Taught patients on how to use therapeutic adaptive equipment, including orthosis/prosthesis, crutches, wheelchairs, and helped them perform exercises in parallel bars
- Worked with other health care providers in the organization to prevent the loss of mobility in patients by developing fitness-and wellness-oriented programs for healthier and more active lifestyles

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Volunteer

June 2009-July 2009

Prayaas Rehabilitation Centre, Chandigarh (India)

- Performed assessment, diagnosis and physical therapy treatment for neurological, orthopaedics, cardio-vascular, pre- and post-surgical complications and other medical conditions, especially for children with cerebral palsy, intellectual and developmental disability under the supervision of organisation physical therapists

Intern

Sept 2009-March 2010

G.M.C. & Hospital, Chandigarh (India)

- Research Project: "To study the effectiveness of ultrasound and deep friction massage in neutral and mild abduction and external rotation position in supraspinatus tendinitis." Supervisor: Dr. Yamini Ghambir (PT)
- 6 months rotatory duty in various departments including Orthopedics, Intensive Care Unit, Pediatrics, Surgery, Burn Unit, Spinal Cord Injury Rehabilitation Unit and Pulmonary Medicine
- Worked under the supervision of physiotherapy staff to assess and treat patients

EDUCATION

University of Iowa, Iowa City, Iowa (USA)

Master of Arts (MA), Physical Rehabilitation Science

2016-2018

Non- Thesis Program GPA= 3.24

Punjabi University, Patiala, Punjab (India)

Master of Physical Therapy (MPT), speciality in Musculo-Skeletal;

2010-2012

- First class degree with GPA = 3.78; Departmental Rank = 04/28
- Dissertation Title: Impact of Back Muscle Functions, Spinal Range of Motion and Fear-Avoidance Beliefs on Disability in Chronic Non-Specific Low Back Pain. Supervisor: Dr. Sonia Singh PT, PhD
- Authored a book on Factors leading to Disability in Chronic Non Specific Back pain (ISBN 978-3-659-42356-7; published by Lambert Publishing Company)
- Presented a research poster at WCPT Congress Amsterdam, 2011

Punjabi University, Patiala, Punjab (India)

Bachelor of Physical Therapy (BPT)

2005-2009

- First class degree with GPA = 3.81 and Second Rank in University
- Published two research papers in peer-reviewed international journals

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PUBLICATIONS AND SCHOLARLY CONTRIBUTIONS

1. **Monga A.** and Singh S. (2013) Factors leading to Disability in Chronic Non-Specific Back Pain. Germany: LAP Lambert Academic Publishing. (ISBN 978-3-659-42356-7)
2. **Monga A.** and Singh S. (2013) Impact of Back Muscle Functions, Spinal Range of Motion and Fear Avoidance Beliefs on Disability in Chronic Non-Specific Low Back Pain. *Human Biology Review*, 2(1): 46- 55.
3. **Monga A.**, Multani N.K., Dhiman P. (2011) Relationships Amongst Gait Speed, Balance and Lower Extremity Muscle Strength in Elderly. *Physiotherapy*; 97;S1:e825. (Peer-reviewed research abstract)
4. Singh S., Kaur K., **Monga A.** (2011) A Cost-Effective Method to Study the Age Related Changes in Kyphotic Index, Lordosis, Spinal Range of Motion and Muscle Strength in Women. *International Conference of Physical Therapy, AIIMS 2011* at All India Institute of Medical Sciences, New Delhi (India), Nov 2011. (Peer-reviewed conference proceedings)

PEER-REVIEWED CONFERENCE PRESENTATIONS

1. **Monga A.**, Multani N.K., Dhiman P.: Relationships Amongst Gait Speed, Balance and Lower Extremity Muscle Strength in Elderly. Poster Presentation. *16th International Congress of the World Confederation for Physical Therapy (WCPT)*, Amsterdam, Holland, 21 June 2011.
2. Singh S., Kaur K., **Monga A.**: A Cost Effective method to study the age related changes in Khyphotic Index, Lordosis, Spinal Range of Motion & Muscle strength in Women. Podium Presentation. *International Conference of Physical Therapy, AIIMS 2011* at All India Institute of Medical Sciences, New Delhi (India), 6-7 Nov 2011.
3. **Monga A.**, Arumugam N.: Physiotherapy in Dyslexia. Poster Presentation. WCPT - Asia Western Pacific Region (AWP) & Indian Association of Physiotherapists (IAP) Congress, Mumbai, India, Jan 2009.
4. **Monga A.**, Singh A.: What is the Symbol of Love: The Limbic System of Human Brain; **Poster Presentation.** *19th Annual Conference of Physiology*, Faridabad, India, Dec 2007.

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INVITED POSITION

Associate Editor

Annals of Physiotherapy & Occupational Therapy,

Editor

General and Social Science: Current Trends

November 2018 – Present

December 2018- Present

AWARDS & HONORS

- Awarded '**Practitioner**' status by The University of Iowa's Center for the Integration of Research, Teaching and Learning (CIRTL) (April 2018)
- Winner (3rd Position) Poster Presentation: "Role of Physiotherapy in Primary Healthcare"; World Physiotherapy Day Celebration at Post-Graduate Institute of Medical Education and Research (PGIMER), Chandigarh (India) 8th Sept, 2011
- Winner of the Manual Therapy crossword puzzle. Physiotimes Magazine, Vol-3, Issue-2, September 2011 (ISSN No. 0976-1993)
- Distinction in Paper (Theory): Physiotherapy in Medical and Surgical Conditions in BPT-4th Year (August 2009)
- Received an Award of Appreciation from the Vice Chancellor of the University for Participation at WCPT - Asia Western Pacific Region (AWP) & Indian Association of Physiotherapists (IAP) Congress, Mumbai, India, Jan 2009
- Departmental Rank: 1st in BPT-3rd Year; Received Scholarship (3000 INR) from the Punjabi University (September, 2008)

PROFESSIONAL DEVELOPMENT AND CERTIFICATION

CPR Certification

2018-2020

American Heart Association Heartsaver CPR AED Program

Continuing Medical Education/ Workshops

- Black & Gold Running Symposium (for 4 credit hours) Feb 2018
- Orthopaedics Physical Therapy Diagnosis and Neural Tissue Mobilization in Low Back Ache Nov 2011
- Taping & Wrapping Techniques- Upper and Lower Extremity (1 Day/8 Hours) April 2011
- Upper & Lower Quarter Mulligan's Concept Course (7 Days/56 Hours) Aug 2009

Professional Life Member

Indian Association of Physiotherapists

2010-Present

Languages: English (Expert), French (Beginner), Hindi, Punjabi