

CURRICULUM VITAE

THUSHARIKA DILRUKSHI DISSANAYAKA

**Department of Physiotherapy,
Faculty of Allied Health Sciences,
University of Peradeniya,
Peradeniya, Sri Lanka**

E-mail: thushfhs@yahoo.com

Phone: 0094-716305852/ 0094-783891568



Education

- Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka – B.Sc. in Physiotherapy: **First Class**
- Faculty of Medicine, University of Peradeniya, Sri Lanka – Diploma in Exercise and Sports Sciences
- G.C.E. Advanced Level Examination 2005
Biology – B Chemistry – B Physics – B

Membership

- Sri Lanka Medical Council (SLMC) – Physiotherapist
- YSF lifetime membership (YSF/D/21)

Research interests

My principal research interests lie in the fields of musculoskeletal rehabilitation, back pain, pain management, sports physiotherapy and physiotherapy education. I am currently investigating the effectiveness of Transcutaneous Electrical Nerve Stimulation (TENS) and Interferential Therapy (IFT) on myofascial pain syndrome patients with myofascial trigger points in upper trapezius and influence of pain catastrophizing for my Master of Philosophy.

Research presentations and publications

- [Dissanayaka T. D, Marambe K. N, Liyanage E \(2012\), Third year Physiotherapy students' perception of problem based learning in Musculoskeletal physiotherapy, Scientisfic Session 2012, Faculty of Medical Sciences, University of Sri Jayawardanapura, Abstract book, pg15](#)
- [Liyanage, I., Rajaratne, S. A., Kariyawasam, A., Dissanayaka T. D., Rajaratne, J. \(2012\), Effectiveness of muscle strengthening program in a group of disabled military personnel – A preliminary study, 3rd Biennial Conference of the South Asian Association of Physiologists \(SAAP3\), Abstract Book, pg 131.](#)

Ongoing Research Projects

- The level of awareness on Physiotherapy among Advanced Level Science students in the Kandy zone.

Supervisors: Dr. BMHKS. Banneheka, Department of Anatomy, Faculty of

Dental Sciences, University of Peradeniya

Dr. Anula Kariyawasam, Department of Physiology, Faculty of
Medicine, University of Peradeniya

Teaching Experience

- Temporary Lecturer, Department of Physiotherapy, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka – from October 2011 to December 2012
- Lecturer (Probationary), Department of Physiotherapy, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka – from December 2012 to present

Working Experience

- Academic Sub warden- Wijewardena Ladies Hostel
- Official Physiotherapist in the health camp for Down Syndrome Day organized by Kosala Duhullawa Foundation in Royal College, Colombo, 2012
- Official Physiotherapist for the Rajans Rugby Day at the Nittawelaground, Kandy, Sri Lanka in February 2011
- Field Officer, Motivation Sri Lanka – From June 2012 to October 2011
- Official Physiotherapist in the health camp for physically and mentally challenged children care workshop, Maththegoda Camilla School, 10th July 2010

Special Courses attended

- “ Manual Therapy Concepts in integrated approach (Cyriax, Maitland, Mohanty, Kalternborn and Butler concepts) for the peripheral joints, temporomandibular joint and neural tissue” from 28th September to 1st October 2012 in Colombo, conducted by Prof. Umasankar Mohanty
- “Basic Motor Skills of Children with down syndrome, Motor development and intervention”, February 2012 in Kandy, Sri Lanka, conducted by Dr. Peter E. M. Lauteslager
- “Introduction to Sports Medicine”, February 2012 in the Olympic House, Sri Lanka
- “Human Resource Management”, December 2011 in the University of Peradeniya
- “Fit for life wheelchair prescription course”, July 2011 in Motivation Sri Lanka (MSL), Colombo
- “IRB Rugby Ready Course”, International Rugby Board, August 2009, University of Peradeniya, Sri Lanka

Workshops attended

- 3rd Biennial Conference of the South Asian Association of Physiologists (SAAP3), Taj Samudra Hotel, Sri Lanka, 07th – 10th November 2012.
- International Sports Medicine Conference, conducted by the Sri Lanka Sports Medicine association (SLSMA) at the Sri Lanka Foundation Institute, Independence Avenue, Colombo, Sri Lanka, 2012.
- Organizing committee member of “ Together for a better world for all including persons with disabilities” 2nd work shop for the International Day for differently abled persons conducted by the Department of Physiotherapy, Faculty of Allied Health Sciences, University of Peradeniya, 2011
- Volleyball and Swimming programme, conducted by the Institut für Sportwissenschaften of the George-August University of Göttingen, Germany, in co-operation with the department of Physical Education, University of Peradeniya, Sri Lanka.
- 10th Asian Spinal Cord Network Conference Sri Lanka, October 2011.
- Short course on Analysis of Experimental Data: Biological & Medical Applications conducted by Post Graduate Institute of Science. August 2011

- Sports Medicine and Rehabilitation Workshop 2011, conducted by Global Hospitals Group-India in collaboration with Sri Lanka Sports Medicine Association.
- Regional Symposia and Exhibition on “Making the Disabled, Differently Able Human Beings” jointly organized by the Faculty of Allied Health Sciences, University of Peradeniya and the Sri Lanka Medical Association, held on 18th-20th June 2008

Language skills

- G.C.E. Ordinary Level Examination 2000
 - English Language D (Distinction)

IT skills

- MS office, SPSS, Minitab

Extracurricular activities

- Faculty of Allied Health Sciences, University of Peradeniya - Member of Elle Team 2007
- Faculty of Allied Health Sciences, University of Peradeniya - Member of Badminton Team 2007
- Ferguson High School, Rathnapura – Member of the Netball team 2000
- Ferguson High School, Rathnapura – Member of the Netball team 2002
- Senior Prefect (2001/02), Ferguson High School, Rathnapura, Sri Lanka

References

Dr. B. M.H. S.K. Banneheka,
Senior Lecturer,
Department of Anatomy,
Faculty of Dental Sciences,
University of Peradeniya
Peradeniya.
Telephone: 0094 (0)717804140
bmhsk@yahoo.com

Dr. Anula Kariyawasam,
Senior Lecturer,
Department of Physiology,
Faculty of Medicine,
University of Peradeniya,
Peradeniya.
Telephone: 0094 (0) 718667836
tashiya2004@yahoo.com