

MASTER'S DEGREE IN PHYSIOTHERAPY AT LITHUANIAN SPORTS UNIVERSITY, KAUNAS, LITHUANIA

WINTER SEMESTER – 2024/2025

STATEMENT OF PURPOSE

SRUTHI ANTONY RAJ,

I, Sruthi Antony Raj, hereby declare that this statement of purpose is entirely my work and made independently. I affirm that all information herein is accurate to the best of my knowledge.

I am writing to express my desire to pursue a Master's degree in Physiotherapy at Lithuanian Sports University (LSU), Lithuania. I am deeply eager to embark on this educational journey, driven by my profound passion for understanding motor learning, sports rehabilitation, healthy ageing, ergonomics and injury prevention. I intend to express my interest in physiotherapy and my desire to pursue higher education in the field, at LSU, Lithuania.

My academic journey commenced with a profound interest in healthcare and understanding the mechanisms of the human body during sports, athletic performance, and exercise. Pursuing a Bachelor of Physiotherapy was a natural choice, as I was excited to delve into the physiology and mechanics behind the human body's structure and function. Throughout my undergraduate studies, I delved into subjects such as Human Anatomy, Physiology, Psychology, Biomechanics, Exercise Therapy, Electrotherapy, Community Medicine, Neurology, Orthopaedics, Cardiopulmonary, Physical Medicine, and Rehabilitation. Biomechanics, Physical Medicine and Rehabilitation were the subjects that triggered my interest towards gait analysis, posture and balance analysis, motor control and motor learning, amputation-prosthetics and Orthotics and Neuro-rehabilitation, especially Traumatic Brain Injury. To further broaden my knowledge and skills, I completed a Diploma in Yoga for Youth Empowerment at Bharathidasan University, enriching my understanding of holistic healthcare practices and complementing my dedication to promoting the overall well-being of youth.

As a social hazard Road Traffic Accidents stand out as the foremost concern. My commitment to promoting life after severe head injury in a clinical setting was exemplified in my final year project, "Right Median Nerve Stimulation and Multimodal Sensory Coma Stimulation Program on the Level of Consciousness and Functional Status in Patients with Traumatic Brain Injury." This initiative underscored my dedication to exploring innovative approaches to rehabilitation and improving the lives of individuals facing neurological challenges. During my six months of internship, I was particularly drawn to the ergonomic complications of a sedentary lifestyle and mechanical low back aches due to improper usage of muscles.

I initiated working as a clinical physiotherapist at Kovai Medical Centre and Hospital (National Accreditation Board for Hospitals and Health Providers), Coimbatore, to modify a tailored rehabilitation protocol for individuals facing different levels of Traumatic Brain Injuries and to educate the importance of workplace ergonomics and healthy ageing and also currently working in PADA Insoles-Coimbatore, to make people understand the importance of foot care especially for diabetes ulcers and neuropathy, flat feet, and callus in athletes and sportspersons. This experience laid the groundwork for developing practical skills in gait

analysis, foot examination with scanning and hands-on experience in moulding customised orthotics- insoles with quality assessment across a diverse population.

Moreover, the high incidence rate of high-intensity sports and fitness-induced cardiac arrest prompted me to delve deeper and created a narrow space of evidence-based practice. My literature review on rehabilitation among athletes and non-athletes fuelled my interest in enhancing performance and developing precise exercises with psychological support toward sports and everyday exercise routines. This sparked my profound interest in a Master's degree in Physiotherapy. Enrolling in the master's program at LSU is a pivotal step in aligning my passion with a structured pursuit.

Upon reviewing the module descriptions of the master's program, I gained insight into the university's comprehensive curriculum. Subjects such as Modern Rehabilitation Technologies, Evidence-Based Physiotherapy and Differential Diagnosis, Biokinesiology and Electrophysiology, Methodology and Statistics in Biomedical Research, Innovation and Project Research, Biology of Skeletal muscles and genetics, Sports Physiotherapy, Advanced Technologies in Neuromuscular Physiotherapy, Telerehabilitation and master's thesis will enhance my knowledge and practical skills. These subjects will help me develop tailored exercise protocols for diverse populations, from sedentary individuals to high-performance athletes. I am particularly excited about the opportunity to work with DR Sigitas Kamandulis and DR Jurate Pozeriene on Exercise-Induced Muscle and Tendon Damage and Neuromuscular Rehabilitation. These experiences will enrich my research skills and align perfectly with my passion.

Choosing Lithuania over other countries is driven by its reputation as a hub of healthcare excellence, its holistic approach, high-quality education, healthy work-life balance, affordability, and ample research opportunities. As a well-trained healthcare professional from LSU, I recognise my significant responsibility in promoting ergonomics in sports as an essential part of everyday life, enhancing quality of life, reducing the risk of chronic conditions and promoting better rehabilitation. I aim to educate people about the importance of sports and physical activity from an international perspective.

In the long term, I hope to establish a fitness studio and an exercise academy with a rehabilitation centre in my country to promote the essentials of physical activity across all age groups. This phase will also allow me to spend quality time with my family, who have provided unwavering support and encouragement throughout my journey. In conclusion, I am sincerely enthusiastic about the opportunity to pursue a Master's program at Lithuanian Sports University, Kaunas, Lithuania. I trust that my qualifications, passion, and dedication make me a strong candidate for this program. Thank you for your time and consideration.

Sincerely,

SRUTHI ANTONY RAJ