



AV Internship Program: Up-skilling NextGen Rehab Leaders

- Section A: About Us
- Section B: Internship Objectives
- Section C: Internship Details
- Section D: Internship Terms & Conditions
- Section E: Disclaimer

Section A: About Us

➤ About Us

The **AV Internship Program**, an initiative under **Project Evidence Sphere**, is designed to transform Physical Therapists into **Next-Gen Rehabilitation Leaders**. Our vision is to create a future-ready physiotherapy community by combining **clinical mastery, non-clinical insights, market-ready skills, and entrepreneurial exposure**.

Through a **structured credit-hour framework**, participants will experience:

- Weekly clinical learning sessions & masterclasses
- Skill-based technical and non-technical training
- Research exposure & industry-driven case studies
- Mentorship and entrepreneurial opportunities

This **3-month global upskilling initiative**, conducted twice a year, aims to nurture and empower **10,000 Physical Therapists** between **8th September 2025 and 8th September 2026**.

➤ Program Description

The AV Internship Program delivers a **360-degree learning ecosystem** that nurtures both **scientific temperament** and **entrepreneurial mindset** in budding physiotherapists.

Our program is carefully designed to:

- Strengthen **clinical reasoning and decision-making**
- Integrate **research into clinical practice**
- Differentiate **quality care & low value care**
- Encourage **ethical and evidence-informed methodologies**
- Build overall confidence with promotion of **entrepreneurship, innovation, and technology adoption**.

The program is **free of cost**, opening doors for passionate learners that are curiously-driven, and committed to making a difference in the physiotherapy & rehabilitation landscape.

➤ Internship Structure

The program is divided into **three progressive sections**:

Stage 1: Clinical Learning & Masterclasses (Open for All – Post Screening)

- Weekly clinical sessions covering a range of clinically important topics, given below in the 5-module.
- Special masterclasses on **Entrepreneurship, Innovation & Technology** in physiotherapy.
- Screening & enrollment via **Google Form, personal interviews, and group discussions** to ensure only committed participants join.

Stage 2: Skilled Learning Sessions (Selective Progression)

- Advanced technical & non-technical, **market-ready skills** through exclusive masterclasses.
- Eligibility for stage 2 is based on **performance screening** and participant engagement during Stage 1.

Stage 3: Work With Us & Mentorship (Limited Selection)

- An exclusive chance to **collaborate directly with our venture**.
- Get **mentored by our core team** on entrepreneurship, leadership, and innovation.
- Limited seats reserved for highly motivated and high-performing participants.

✔ Disclaimer:

- Enrollment is **merit-based and passion-driven**—only curious, committed, and dedicated participants will move forward.
- Selection at each stage will be done through a **quality-assurance process** (performance scoring, interviews, and evaluations).
- Participants who remain true to themselves and committed to learning will gain the most from this journey.

 For the **first time ever in the global physiotherapy & rehabilitation community**, this program brings together **clinical expertise, innovation, and entrepreneurship** on a **mass upskilling platform**.

We invite you to be part of this movement—shaping a future where **data-driven, evidence-based, and entrepreneurial physiotherapists** redefine the healthcare landscape.

Section B: Internship Objectives

Develop critical, creative, logical, analytical, and decision-making skills among Physical Therapists.

➤ **MOV1 -**

- A. Upskill participants to make them industry-ready with quality learning.
- B. Provide exposure to global physiotherapy markets and best professional opportunities.

➤ **MOV2 -**

- A. Train participants to deliver high standards of patient care within their communities.
- B. Foster evidence-based clinical practice and research-driven physiotherapy solutions.

➤ **MOV3-**

- A. Enhance entrepreneurial and leadership skills in the rehabilitation sector.
- B. Provide active learning and practical experience with the help of industry partners to help them develop for independent practice.
- C. Equip them with technical and digital skills required in modern physiotherapy practices.
- D. Provide hands-on experience in clinical learning, branding, marketing, and business development and others for independent practice.

Here, MOV is used for Mission, Objective and Vision

Section C: Internship Details

➤ Duration & Session Timings:

- **Online Sessions:** Every Wednesday or Sunday between 7 PM - 10 PM.
- **Weekend Sessions :** Reserved for guest lectures Sundays, (*only on scheduled dates & time*)

➤ Additional Benefits:

- **Opportunity to work with our company** post-internship.
- **Industry exposure** through expert mentorship and networking.
- **Access to premium learning resources** and career guidance.
- **Certification upon successful completion**, supported by **Aarogya Virohan & Evidence Sphere**.
- There are many more opportunity spaces related to entrepreneurship, investment, incubation and others will be open for participants post completion.
- Top Internship performers will be rewarded as per company norms.

➤ Program Structure

❖ Stage 1. Clinical Learning & Masterclasses :

→ Introductory Module 1| Credit Hours: 3

Module Objectives:

A. Enhance Evidence-Based Clinical Decision-Making & Pain Science Knowledge

- Differentiate between valid scientific approaches and pseudoscientific practices in physiotherapy and rehabilitation.
- Develop a deep understanding of pain mechanisms, clinical reasoning, and evidence-based practice to improve patient outcomes.

B. Integrate Advanced Skills, Technology, and Ethical Practices in Patient Care

- Strengthen both soft and hard skills, incorporating cutting-edge technologies like AI, VR/AR, and robotics in rehabilitation.
- Uphold ethical standards, legal compliance, and professionalism while fostering research-driven physiotherapy practices.

Topics Covered:

1. Foundations of Physiotherapy & Rehabilitation

- **Understanding the Role of a Physiotherapist**
 - Who is an Ideal Physiotherapist?
 - Hard Skills & Soft Skills for Effective Practice
 - **Patient-Centric Care vs. Therapist-Centric Care**
 - Importance of Shared Decision-Making
 - Communication Strategies for Better Patient Compliance
-

2. Evidence-Based Practice (EBP) in Physiotherapy

- What is EBP & Why is it Important?
 - Hierarchy of Evidence & Research Appraisal
 - Integration of Clinical Experience, Patient Preferences & Research
 - Common Misconceptions & Barriers to EBP Implementation
-

3. Pain Science Education & Clinical Decision-Making

- Definition of Pain by IASP & Key Factors
 - Types of Pain & Their Categories
 - Models of Pain - Brief
 - Clinical Reasoning in Pain Management
 - Clinical Prediction Guidelines in Physiotherapy
 - Pain Neuroscience Education (PNE) & Patient Education
-

4. Understanding Pseudoscience & Quackery in Physiotherapy

- **Complementary & Alternative Medicine (CAM) in Rehabilitation**
 - What Works vs. What Lacks Scientific Evidence
 - What Evidence says about CAM Approaches?
 - **Identifying Quick Fixes & Misleading Treatments**
 - Common Myths in Physiotherapy
 - Ethical Responsibility in Practice
-

5. Future-Ready Technological Advancements in Rehabilitation

- AI & Machine Learning in Diagnosis & Treatment Planning
 - Virtual Reality (VR) & Augmented Reality (AR) in Rehabilitation
 - Wearable Tech & Remote Patient Monitoring
 - Robotics & Exoskeletons in Movement Therapy
-

6. Clinical Decision-Making & Professional Ethics

- Ethical Guidelines in Physiotherapy
 - Legal Aspects & Professional Responsibilities
 - Handling Ethical Dilemmas in Rehabilitation Practice
 - Informed Consent & Patient Rights
-

7. Research & Biostatistics in Physiotherapy

- Introduction to Research in Rehabilitation Sciences
- Understanding evidence, Ethical Vs Falsified
- Biostatistics for Clinical Decision-Making
- How to Critically Appraise a Research Paper?

→ Module 2- Pain Science and Pain Science Education

Credit Hours: 4

Module Objectives:

A. Understand the Science of Pain & Its Clinical Applications

- Define pain based on the IASP framework and analyze key physiological, psychological, and social factors.
- Differentiate between acute, chronic, nociceptive, neuropathic, and nociplastic pain and their impact on rehabilitation.
- Apply pain models and learn about pain theories (eg. Gate Control Theory, Neuromatrix Theory) plus learn ways to incorporate pain science education into clinical practice.

B. Enhance Clinical Reasoning & Evidence-Based Pain Management

- Utilize Clinical Prediction Guidelines (CPGs) and patient-centric approaches for effective pain management.
- Recognize the role of placebo, nocebo, and psychosocial influences in pain perception and recovery.
- Develop communication strategies to educate patients about pain and improve treatment adherence.

Topics Covered:

1. Introduction to Pain Science

- Definition by IASP (International Association for the Study of Pain)
- Key Factors in Pain Perception (Biopsychosocial Model)

2. Types and Categories of Pain

- Acute vs. Chronic Pain
- Nociceptive Pain (Somatic & Visceral)
- Neuropathic Pain
- Nociplastic Pain
- Referred Pain & Central Sensitization

3. Pain Models & Mechanisms

- Biomedical Model vs. Biopsychosocial Model
- Gate Control Theory of Pain
- Neuromatrix Theory of Pain
- Peripheral & Central Sensitization

4. Psychological Aspects of Pain

- Placebo & Nocebo Effects on Pain Perception
- Fear-Avoidance Model & Kinesiophobia
- Pain Catastrophizing and Psychological Factors

5. Pain Physiology & Neurobiology

- Role of Nervous System in Pain Processing
- Role of Descending Pain Modulation Pathways
- Inflammatory and Immune Responses in Pain

6. Pain Into Practice (Clinical Application)

- Pain Education & Patient Communication Strategies
- Rehabilitation Approaches & Multimodal Management
- Cognitive Behavioral Therapy (CBT) for Pain
- Graded Exposure & Pain Desensitization Techniques
- Manual Therapy, Exercise Therapy & Pharmacological Approaches

→ Module 3: What Evidence Says?

Credit Hours: 4

Module Objectives:

A. Develop Evidence-Based Clinical Practice:

- Train physiotherapists to critically analyze scientific literature & apply findings in real-world rehabilitation.
- Promote a research-driven approach to treatment selection & patient management.

B. Enhance Clinical Reasoning & Decision-Making Skills:

- Strengthen analytical thinking by evaluating treatment effectiveness through scientific validation.
 - Encourage strategic decision-making by balancing evidence with patient-specific needs.
-

Topics Covered:

Posture & Biomechanics

- Role of posture in musculoskeletal health & rehabilitation
- Postural assessment techniques
- Myths vs. evidence-based facts about posture correction

Trigger Points & Myofascial Pain

- Understanding trigger points & their clinical relevance
- Scientific evidence on trigger point therapy effectiveness
- Dry needling vs. manual trigger point release – What works?

Manual Muscle Testing (MMT) & Palpation

- Evidence-based application of MMT in physiotherapy
- Accuracy & reliability of palpation in clinical practice
- Clinical reasoning for selecting appropriate tests

Manual Therapy: What Works & What Doesn't?

- Joint mobilization & manipulation – Scientific basis & controversies
- Soft tissue techniques (IASTM, MFR) – Evidence-based efficacy
- When & why to incorporate manual therapy in patient care

Electrotherapy Modalities – Efficacy & Application

- Ultrasound, TENS, IFT, LASER, SWD, MWD, Traction, Infrared Therapy
- Shockwave Therapy & Magnetotherapy – What research says
- Critical analysis of overuse & dependency on electrotherapy

Complementary & Alternative Medicine (CAM) in Physiotherapy

- **Chiropractic Care, Cupping, Osteopathy, IASTM – Evidence-Based Review**
- Why & why not? Understanding myths, facts, and clinical applicability
- Ethical concerns, legal aspects & integration with modern physiotherapy

Aarogya Vidhan

→ **Module 4: Physiotherapy & Rehabilitation Practice (Clinical Foundations & Decision- Making)**

Credit Hours: 8

Module Objectives:

A. Strengthen Clinical Skills & Decision-Making

- Train participants in **structured assessment, clinical reasoning, and evidence-based treatment planning**.
- Enable physiotherapists to apply **systemic screening, prediction rules, and rehabilitation goal setting** effectively.

B. Develop Entrepreneurial & Management Mindset in Physiotherapists

- Provide insights into **establishing, managing & scaling** a physiotherapy and rehabilitation center.
 - Equip participants with **business acumen, financial planning & patient-centric service strategies**
-

Topics Covered:

History Taking, Patient Assessment & Examination

- Structured approach to subjective & objective history-taking
- Red flags & differential diagnosis in physiotherapy
- Standardized outcome measures in patient assessment

Human Physiological Systems & Systemic Screening

- Screening for **neuromuscular, cardiovascular, respiratory & metabolic disorders**
- Identifying **systemic causes of musculoskeletal pain**
- Referral protocols – When to seek medical clearance

Patient Approach & Communication Strategies

- Building trust & rapport with patients
- Delivering patient-centric explanations for better adherence
- Motivational interviewing & behavior change techniques

Clinical Reasoning & Decision-Making Process

- Understanding **pattern recognition, hypothesis testing & narrative reasoning**
- Integrating evidence, experience & patient values in decision-making
- Avoiding cognitive biases in clinical practice

Clinical Prediction Rules (CPRs) in Physiotherapy

- How to use CPRs for prognosis & treatment planning
- Validated CPRs for **low back pain, neck pain, knee osteoarthritis, and sports injuries**
- Limitations & clinical applicability

Rehabilitation Goal Setting & Case-Based Discussions

- SMART goal setting in rehabilitation
- Short-term vs. long-term goals in physiotherapy
- Case-based problem-solving for complex clinical scenarios

Entrepreneurship in Physiotherapy & Running a Rehab Center

- Business fundamentals for a successful rehab practice
- Financial planning, pricing strategies & revenue streams
- Branding & marketing for physiotherapy clinics

Practical Aspects of Rehabilitation Center Management

- Equipment selection & space optimization in rehab setups
- Legal & ethical considerations in private practice
- Hiring & managing a multidisciplinary healthcare team

Patient-Centered Service & Innovation in Rehabilitation

- Enhancing patient experience through tech-driven solutions
 - Implementing digital health tools (tele-rehab, AI-driven assessments)
 - Creating community engagement programs for preventive rehab
-

→ **MODULE 5: Implementation of Research & Biostatistics in Physiotherapy & Rehabilitation Practice**

Credit Hours: 8

Module Objectives:

A. Develop Competency in Clinical Research & Evidence Synthesis

- Equip physiotherapists with skills to **read, interpret & apply scientific research** to practice.
- Enhance **understanding of study designs, biostatistics & critical appraisal** for informed clinical decision-making.

B. Strengthen Research Writing & Ethical Publishing Skills

- Train participants in **systematic literature searching, academic writing & referencing techniques**.
 - Promote awareness of **research ethics, bias minimization & transparent reporting**.
-

Topics Covered:

A. Understanding Research & Evidence-Based Practice

Topic Selection in Physiotherapy & Rehabilitation Research

- Identifying clinically relevant research gaps
- Formulating research questions (PICO Model)
- Ethical considerations in topic selection

Study Designs in Clinical Research

- Observational vs. Experimental Studies
- Randomized Controlled Trials (RCTs), Systematic Reviews & Meta-Analyses
- Cohort, Case-Control, Cross-Sectional & Longitudinal Studies
- Qualitative vs. Quantitative Research in Rehabilitation

Methodology & Data Collection in Physiotherapy Research

- Designing interventions & control groups
- Blinding, randomization & minimizing bias
- Sample size calculation & statistical power

Biostatistics for Clinical Decision-Making

- Descriptive vs. Inferential Statistics
 - Common Statistical Tests (T-tests, ANOVA, Chi-Square, Regression Analysis)
 - Understanding P-values, Confidence Intervals & Effect Sizes
 - Interpreting research data for clinical applications
-

B. Writing: Scientific Writing & Publication

Article Searching & Literature Review

- Database searching (PubMed, Scopus, Google Scholar)
- Screening high-impact & peer-reviewed journals
- Conducting a systematic literature review

Critical Appraisal of Research Papers

- Evaluating study validity, reliability & bias
- Assessing statistical significance vs. clinical significance
- Understanding levels of evidence & research hierarchy

Addressing Research Errors & Bias

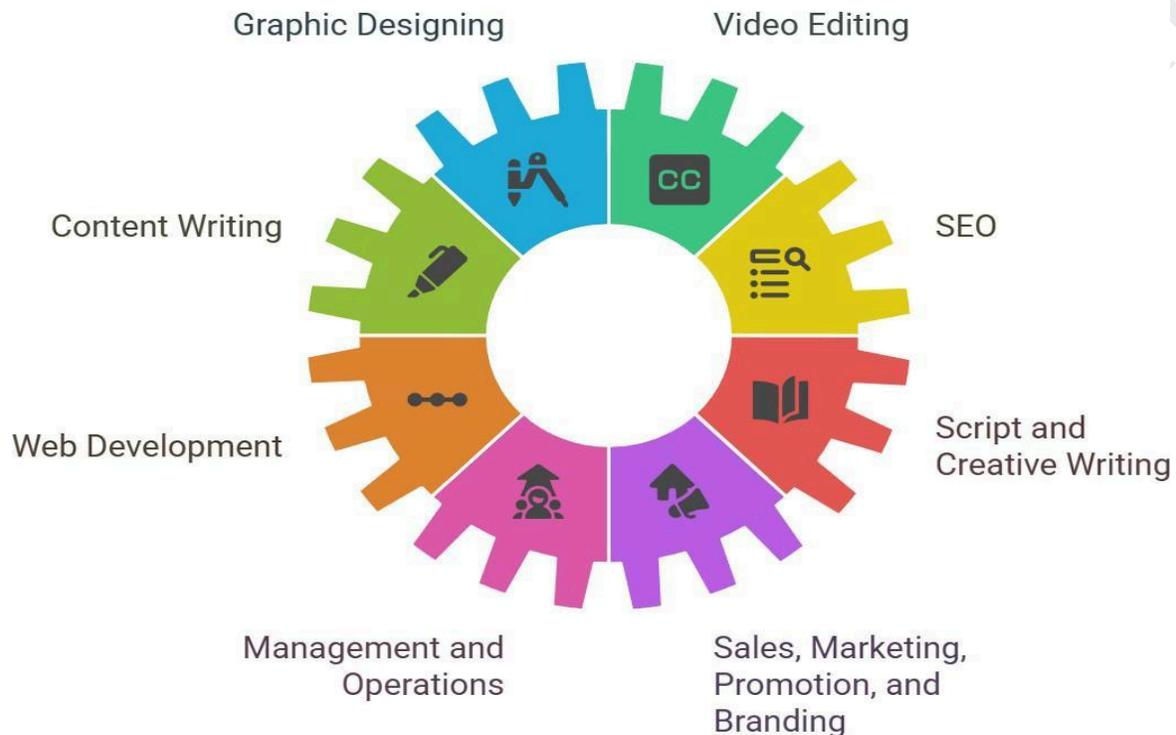
- Types of biases (selection, measurement, publication bias)
- Common research errors & how to avoid them
- Ensuring reproducibility & transparency in research

Citations & Referencing in Scientific Writing

- Referencing styles (APA, Vancouver, Harvard)
- Using citation managers (Mendeley, EndNote, Zotero)
- Avoiding plagiarism & ensuring ethical publishing

❖ Stage 2: Skilled Learning Sessions

Comprehensive Non-Clinical Skill Development



Topics:

Graphic Designing

- Basics of design tools (Photoshop, Illustrator, Canva, etc.)
- Principles of visual communication
- Practical projects: Logo creation, infographics design
- Hands On Project.

Video Editing

- Tools: Premiere Pro, Final Cut Pro, Da Vinci
- Editing workflows: Storyboarding to final output
- Hands-on project.

Content Writing

- Writing engaging and informative content
- Structuring articles and blogs
- SEO optimization techniques
- Hands-on Project

SEO (Search Engine Optimization)

- Keyword research and analysis
- On-page and off-page SEO techniques
- Tools: Google Analytics, SEMrush
- Hands On Project

Web Development (WordPress)

- Basic WordPress setup and management
- Designing user-friendly websites
- Case study: Build a functional WordPress site
- Hands On Project

Script and Creative Writing

- Enhancing narrative and storytelling skills
- Hands-on Project

Management and Operations

- Workflow optimization
- Effective team collaboration
- Activities & Project designed to to train participants in these skills

Sales, Marketing, Promotion, and Branding

- Strategies for market penetration
- Brand positioning
- Activities & Project designed to to train participants in these skills

Video Shoot and Filmmaking

- Basics of cinematography and videography
- Editing and post-production
- Be the Part in our shooting projects.

Entrepreneurship, Innovation, and Startups

- Business planning and pitching.
 - Case studies of successful startups.
-

❖ Stage 3: Work With Us & Mentorship (Limited Selection)

Duration: 3 Months (Extension Phase)

- **Project Work:** Gain hands-on experience in designing and conducting a **clinical research study**, with opportunities to **publish your work**.
- **Innovation Pitch:** Present your ideas and explore possibilities for real-world implementation.
- **Startup Exposure:** Collaborate with our **health-tech startup venture** and position yourself as an emerging leader in the physiotherapy fraternity.

Aarogya Virohan

Section D: Internship Terms & Conditions

1. Attendance & Participation:

- Participants must maintain regular **attendance** and active participation to be eligible for certification.

2. Task Submission & Performance Evaluation:

- Participants must complete tasks and submit progress reports **on time**.
- Performance will be evaluated based on **active participation, task completion, creativity, and learning outcomes**.
- **Top performers** will be recognized based on contributions.
- All **course materials, research work, and case studies** are the intellectual property of Aarogya Virohan and must not be shared or used for commercial purposes without prior permission.
- Violation of this policy may lead to **termination of the internship and legal actions** if necessary.

3. Code of Conduct:

- All interns must maintain **professional behavior** during sessions and interactions.
- **Disrespectful behavior, plagiarism, or academic dishonesty** will lead to immediate removal from the program.

4. Cancellation & Discontinuation:

- Participants failing to meet the requirements will be subject to **program discontinuation** without certification.
- The organization reserves the **right to terminate** any intern who does not comply with the policies.

5. Verification & Documentation:

- All interns must upload a **clear copy of their Aadhaar Card** via the Google Form provided on the **introductory day**.
- Failure to provide verification documents will result in disqualification from the program.

Section E: Disclaimer

- Aarogya Virohan reserves the **right to modify, change, or cancel** any aspect of the internship program at any time.
- The completion of this internship does **not guarantee** employment; however, **exceptional performers** may receive further collaboration opportunities.
- The program **does not offer stipends** but focuses on **value-based learning and career growth**.
- Any disputes arising during the internship shall be **resolved as per company policies** and legal provisions.

Warm regards,
Shivank Khare PT
Founder & Director

Certified True Copy

For further details or queries, feel free to contact!

- Email ✉️: evidencesphere@gmail.com
- Website 🌐: www.aarogyavirohan.com www.evidencesphere.com

We look forward to shaping the future of **rehabilitation and physiotherapy together!**

@Aarogya Virohan @Evidencesphere



Aarogya Virohan
Where Wellness, Finds You!

 **EVIDENCE SPHERE**
by Aarogya Virohan
Entrepreneurship | Upskilling | Innovation | Technology | R&D

 **CLINIC SPHERE**
by Aarogya Virohan
♦ Upskill | Brand | Grow with Clinic Sphere!

 **PHYSIO SPHERE**
by Aarogya Virohan
♦ Upskill | Innovate | Connect with Physio Sphere!