

## CURRICULUM VITAE

### **Joshua Joel C. Manoharan, PTRP**

Address: 1519 Avida 34<sup>th</sup> Tower 2, 34<sup>th</sup> St., Bonifacio Global City, Taguig City, Metro Manila, Philippines 1634

Birth: November 19, 1991

E-mail: joshmanoharan@gmail.com

Mobile: +63 917 506 1556

Career Objective: With the right support system, I aspire to effectively advocate for optimal well-being through movement. Using different channels, I also aim to share science-based advice to improve the quality of life of Filipinos around the world and foreigners living in the Philippines.

### EDUCATION

#### Tertiary

Bachelor of Science in Physical Therapy

University of the Philippines - Manila, Philippines (Jun '08 – Apr '13)

#### Secondary

Rogationist College, Cavite, Philippines (Jun '04 – Apr '08)

#### Primary

Amadeo Elementary School, Cavite, Philippines (Jun '98 – Apr '04)

### LICENSURE

Physical Therapist Registered, Philippines

License Number: 025239

### WORK EXPERIENCE

#### Peer Reviewer (Volunteer)

Philippine Journal of Physical Therapy

A peer-reviewed research publication of the Philippine Physical Therapy Association in partnership with the University of St. Augustine for Health Sciences

Room 107, UHOP Office, PMA Building, PMA Complex, North Avenue, Quezon City

November 2022 - Present

#### Founder, President (Full time)

Kakayanan Digital Rehab Inc.

Digital platform aiming to bring equal access to online and in-person physical therapy services for Filipinos of all socioeconomic demographics nationwide

10-01 One Global Place, 25th St. cor. 5th Ave. Bonifacio Global City, Fort Bonifacio, Taguig City

April 2021 – Present

#### Chief Physiotherapist (Partner)

Raya Clinic, Centuria Medical Makati & Cebu City

Preventive & Regenerative Medicine Clinic advocating for holistic well-being for Filipinos  
2505 25th Floor, Centuria Medical Makati, Century City, Gen. Luna St., Brgy. Poblacion, Makati City  
January 2021 – Present

**In-House Physiotherapist & Content Producer (Contractor)**

**Rebel App**

The number 1 Fitness and Wellness app for Filipinos  
8 Eu Tong Sen Street, #16-82, The Central, Singapore (059818)  
September 2020 – Present

**Physiotherapist (Contractor)**

**Kerry Sports Manila, Shangri-La at the Fort**

Manila's largest indoor lifestyle and leisure club  
6F, Shangri-La at The Fort, Bonifacio Global City, Taguig City  
February 2020 – Present

**Physical Therapist (Contractor)**

**Sunshine Place Senior Recreation Center**

A venue for older adults to live actively, through engaging in recreational classes and age-appropriate physical training programs.  
56 Jupiter St., Brgy. Bel-Air Makati City, Metro Manila  
July 2017 – Present

**Studio Manager, Head Coach, Resident Physiotherapist (Full time)**

**F45 Training BGC Stopover**

A global fitness community specializing in innovative, high-intensity group workouts that are fast, fun, and results-driven pioneering in Manila  
BGC Stopover Pavilion 31<sup>st</sup> St. cor. 2<sup>nd</sup> Ave, Bonifacio Global City, Taguig City  
April 2015 – February 2021

**Special Lecturer, Department of Physical Therapy (Part time)**

**University of the Philippines - Manila College of Allied Medical Professions**

Republic of the Philippines' premier institution of higher learning offering academic programs in the health sciences, health professions education, arts, and sciences.  
UP Manila Compd., Pedro Gil St., Ermita, Manila  
November 2013 – February 2016

**Sports PT (Contractor)**

**Arenaball Philippines**

Recreational American Football Team pioneering in Manila  
ASCOM Football Field, Fort Bonifacio, Taguig City  
January 2014 – February 2016

**Physiotherapist (Full time)**

**Physio Asia Therapy Centre Manila**

Offering comprehensive treatment programs in Physiotherapy and Rehabilitation, this clinic leverages on the use of the latest technology to aid patients to get back to full recovery quickly.  
McKinley Park Residences, 31<sup>st</sup> St. cor 3<sup>rd</sup> Ave., Bonifacio Global City, Taguig (previous address)  
October 2013 – July 2014

## CONTINUING PROFESSIONAL EDUCATION

- 15th Post-Graduate Course: Psychotherapy Essentials, Nov 21-24, 2022 - Online by UP-PGH Department of Psychiatry and Behavioral Medicine
- Bouncing Back from the New Normal: 28th Annual Convention, Nov 17-19, 2022 - Grand Hyatt Manila by Philippine Academy of Medical Specialists
- Business for Good with Nanette Medved-Po, Nov 1, 2022 - Manila House Private Members Club by Asia Society Philippines
- Opening Research Frontiers for the Busy Practitioner: So the Intervention Works - What Now? A (Simple) Overview of Implementation Science AND Grant Writing for Beginners: Tips to Transcend the Daunting, Oct 23, 2022 - Online by UP Manila College of Allied Medical Professions (UPM CAMP)
- Opening Research Frontiers for the Busy Practitioner: Applied Quantitative Data Analysis for the Allied Health Professional, Oct 9, 2022 - Online by UP Manila College of Allied Medical Professions (UPM CAMP)
- Opening Research Frontiers for the Busy Practitioner: An Introduction to Writing Case Reports, Oct 8, 2022 - Online, UPM CAMP
- Cardiac Rehabilitation: Bridging the Gap to Recovery, Aug 12-13, 2022 - Online by Cardiac Rehabilitation Society of the Philippines (CARESP)
- Impetus 2021: Forum for Modern Physical Therapists [Speaker], Dec 4, 2021, National Conference held online by the Philippine Physical Therapy Association (PPTA)
- "Game On" Orthopedic Manual Therapy Unleashed in 21<sup>st</sup> Century Care: PAOMPT 5<sup>th</sup> International Conference, Nov 7, 14 & 21, 2021 - Online by Philippine Association of Orthopedic and Manual Physical Therapists (PAOMPT)
- Sports Medicine From Head to Toe: The 72nd Philippine Orthopedic Association (POA) Annual Conference, Nov 16 - 18, 2022 - Online by POA
- LEAP IP Forward >> IP Masterclass for Health Care Professionals, April 29, 2021 - Online by Intellectual Property Office of the Philippines (IPOPIL)
- World Physiotherapy Congress 2021 - Online (Bursary Recipient), April 9-11, 2021
- Physical Therapists in Online Practice [Speaker], March 21, 2021, Online by PPTA
- F45 Training Asia Pacific Conference Oct 2018 - Melbourne, Australia
- F45 Training Sales Workshop Apr 2018 - F45 Training BGC Stopover
- Master Functional Trainer Workshop Feb 2018 - Anytime Fitness High Street, BGC
- Proper Diet Workshop, Feb 2017 - F45 Training BGC Stopover
- Fitness and Club Manager Essentials 101, Jan 2017 - F45 Training BGC Stopover
- F45 Management Training, December 2016 - F45 Training Crowsnest Sydney, Australia
- Kettlebell Training Level 2, December 2016 - F45 Training BGC Stopover
- Training and Nutrition for Hypertrophy; An Evidence-Based Approach, June 2016 - F45 Training BGC Stopover
- Fundamentals of MMA Conditioning, May 2016 - F45 Training BGC Stopover
- Demonstration Class on Functional Dry Needling, October 2014 - UPM CAMP
- Capacity-building Workshop for Clinical Supervisors, October 2014 - UPM CAMP
- Physical Therapy Apprenticeship Program, August 2014, Philippine General Hospital
- Singapore International Physiotherapy Congress, May 2014 - Raffles City Convention Centre, Singapore, Singapore
- Clinical & Sales Training, Apr - May, 2014 - Physio Asia Therapy Centre, International Bldg., Orchard Rd., Singapore, Singapore

- Postgraduate Course on Manual Therapy of Temporomandibular Joint: An Integrated Evaluation and Treatment, Dec. 2013 – Our Lady of Lourdes Hospital, Quezon City
- Cervical Spine: A Manual Therapy Approach, Oct. 2013 – Our Lady of Lourdes Hospital, Quezon City
- Applying Manual Therapy Techniques in Stroke Rehabilitation: A Hands-on Workshop, Sept. 2013 – UPM CAMP

### ORGANIZATIONS

- Asia Society Philippines Member
- Philippine Academy of Medical Specialists Auxiliary Member
- Australia New Zealand Association Manila Board Member
- Philippine Physical Therapy Association Member

### MEDIA FEATURES

Tatler Asia <https://www.tatlerasia.com/style/wellness/chiropractic-physical-rehab-wellness>  
 Talk Alley <https://youtu.be/Bv1t7wU-d7Q>  
 CNN Philippines <https://www.youtube.com/watch?v=X5rmdRJZvTc>  
 TEDx British School Manila (BSM) Talk <https://youtu.be/mm4pUFAyAuU>  
 When In Manila  
<https://www.wheninmanila.com/easier-access-to-health-and-wellness-with-teletherapy/>  
 Rappler <https://www.rappler.com/sports/how-to-beat-heat-with-recovery/>  
 Philippine Star  
<https://philstarlife.com/self/955607-what-to-know-about-sore-muscles-after-exercising>,  
<https://www.pressreader.com/philippines/the-philippine-star/20200802/282102049009230>  
 Daily Tribune <https://tribune.net.ph/index.php/2020/07/29/learning-online-at-any-age/>  
 Malaya Philippines [https://malayaph.com/news\\_business/marketing-board-20/](https://malayaph.com/news_business/marketing-board-20/)

### SOCIAL MEDIA

LinkedIn:

<https://www.linkedin.com/in/joshua-manoharan-23aa267a/>

Facebook

<https://www.facebook.com/thefortphysio>

<https://www.facebook.com/kakayananph>

Instagram

<https://www.instagram.com/thefortphysio/>

<https://www.instagram.com/kakayanan/>

## CHARACTER REFERENCES

**Amit Oberoi**

General Manager

Shangri-La at the Fort, Bonifacio Global City (BGC), Taguig City

amit.oberoi@shangri-la.com

**Cheryll S. Karim**

Director

Blast Functional Fitness, Inc. (F45 Training BGC Stopover), BGC, Taguig City

ckarim@f45training.com.au

**Randolph Molo, MD, FPOA**

Orthopedic and Sports Medicine Specialist and Arthroscopic Surgeon

St. Luke's Medical Center – Global City, Taguig City

rmmolo@stlukes.com.ph

**Maribeth Anne P. Gelisanga, PTRP**

Chief Physical Therapist

Department of Rehabilitation Medicine, Philippine General Hospital (PGH), Manila City

mpgelisanga@up.edu.ph