

CURRICULUM VITAE

Joshua Joel C. Manoharan, PTRP

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Birth: November 19, 1991

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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

Physiotherapist (Partner)

Health Club, Edsa Shangri-La, Manila

Exclusive membership club at Manila's Urban Oasis

1 Garden Way, Ortigas Centre, Mandaluyong City 1650 Philippines

February 2023 – Present

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 (Partner)

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 31st St. cor. 2nd 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, 31st St. cor 3rd Ave., Bonifacio Global City, Taguig (previous address)
October 2013 – July 2014

CONTINUING PROFESSIONAL EDUCATION

- Cardiac Rehabilitation Society Of The Philippines 27th Annual Convention - Multi-Faceted And Innovative Approach To Cardiac Rehabilitation, Aug 29-30, 2023, Crowne Plaza Galleria Manila, Ortigas Center Quezon City
- 53rd Annual Convention: Cardiology for All, May 23-24, Edsa Shangri-La, Manila by Philippine Heart Association - Philippine College of Cardiology
- 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 21st Century Care: PAOMPT 5th 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

- UP Manila College of Allied Medical Professions (CAMP) Foundation, Chairman, Board of Trustees since Oct 2023
- UP Manila College of Allied Medical Professions (CAMP) Alumni Association, Board of Trustee since Oct 2023
- Cardiac Rehab Society of the Philippines, Member since Aug 2023
- Australia New Zealand Association Manila, Chairman, Board of Trustees since May 2023
- Asia Society Philippines, Member since 2022
- Philippine Academy of Medical Specialists, Auxiliary Member since 2022
- Philippine Physical Therapy Association, Member since 2021

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/

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

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Maribeth Anne P. Gelisanga, PTRP

Chief Physical Therapist

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

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