

ABOUT THE FOUNDER



K.B. SANKAR PANDY
Founder – Move Fit

For over **24 years**, **Sankar Pandey** has worked extensively in the area of Orthopedic physiotherapy, Movement therapy, ergonomics, posture correction, Workplace Wellness, early intervention, and Occupational health speciality.

- ☑ He specializes in musculoskeletal disorder like prevention and management of disc prolapses, spondylitis, carpal tunnel syndrome, sports injury and rehabilitation.
- ☑ He has also been delivering a diverse range of training and presentations for MNC's clients Including Infosys, Cap Gemini, Mahindra Research Valley, Allison Transmission, Timken, Greatoo, Renault-Nissan, Samsung, etc.
- ☑ Over the Years, Sankar Pandey has conducted 115 training programmes and seminars on Ergonomics, postural disorders and corrections, cardio-pulmonary fitness, Behavioral based safety, Health and wellness, Nutrition and Prevention of RSI/Musculoskeletal disorders.
- ☑ Over the years, Sankar Pandey has treated and cured several orthopedic disorders like arthritis, disc prolapses, spondylitis, carpal tunnel syndrome, sports injuries with movement therapy, manual techniques, tapping methods with acute care and precision. etc.
- ☑ A visionary with a strong desire to excel & with complete passion, started Move Fit, a movement therapy service to the corporates to ensure an integrated approach between humans, machines, and work systems. As one of the leading ergonomic movement therapists, Move Fit will support your organization to ensure an evidence-based approach to creating productive & healthy working environments.
- ☑ Sankar Pandey Holds a Master's degree in Physiotherapy(Orthopedics) & Bachelor's degree in Physiotherapy, Movement Therapy from Kinetic Control Society in the United Kingdom, and Certification in Office Ergonomics and WorkPlace Analysis(2015).



Sankar pandey is also an active life member of the Indian Association of Physiotherapy (L 5940)

SPECIALTIES:

- ☑ Ergonomics Assessments and Workspace design
- ☑ Repetitive strain injury / Musculoskeletal disorders rehabilitation and prevention
- ☑ Product Design Ideation / Innovation