

## CURRICULUM VITAE

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

E-mail: [joshmanoharan@kakayanan.org](mailto:joshmanoharan@kakayanan.org)

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

### RECOGNITION

Physiotherapist of the Year, Philippines

Forttuna Global Excellence Awards, Dubai 2024

### WORK EXPERIENCE

#### Physiotherapist (Partner)

##### British School Manila

Leading private non-profit international school in the Philippines

36th Street, University Park, Bonifacio Global City, Taguig City, Metro Manila

September 2024 – Present

#### 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 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

- Asian Society of Regenerative Medicine Annual Convention - Regenerative Medicine in Asia: Current and Future Technologies, Nov 6-7, 2024, Shangri-La Fort, Bonifacio Global City, Taguig City
- 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 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 (IPOPHIL)
- 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

- Philippine Academy of Medical Specialists, Diplomate since Nov 2024
- Asian Society of Regenerative Medicine, Member since Nov 2024
- UP Manila Alumni Association, Board of Trustee since April 2024
- 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, President, 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
- British Women's Association, Member since Nov 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>  
 Business Standard  
[https://www.business-standard.com/content/specials/celebrating-global-excellence-forttuna-awards-2024-honors-trailblazers-redefining-industries-and-transforming-lives-125021701291\\_1.html](https://www.business-standard.com/content/specials/celebrating-global-excellence-forttuna-awards-2024-honors-trailblazers-redefining-industries-and-transforming-lives-125021701291_1.html)  
 Talk Alley <https://youtu.be/Bv1t7wU-d7Q>  
 CNN Philippines <https://www.youtube.com/watch?v=X5rmdRJVtTc>  
 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>  
 Daily Tribune <https://tribune.net.ph/index.php/2020/07/29/learning-online-at-any-age/>

## 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