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**PHYSIOTHERAPIST**

**Versatile and competent Physiotherapist** offering over **3 years** of experience in the Medical fraternity and **over 6 years** experience in Health Promotion Therapy. Comfortable working with all age groups, dealing with a wide range of physical problems. Strong expertise in Exercise Therapies and treating patients with musculoskeletal, neurological and lymphatic cases. Hands on experience in working in a fast paced organization providing optimal health care to patients. Primarily seeking a challenging opportunity in Dubai and may consider other Middle East countries.

**Core Competencies:**

* Certified Decongestive Lymphodema Therapist (Földi method) ▪ Certified in Neurodynamic Treatment ▪ Training & Development ▪ Bedside Manners ▪ Infection Control ▪ Stroke Management ▪ Assessments & Diagnosis▪ Professionalism ▪ Safety & Compliance ▪ Equipment Sterilization ▪ Post Operation Procedures ▪ Case Management▪ Risk Assessments

**Personal Details:**

**Date of Birth** : 23th April, 1977

**Nationality** : Hungarian

**Gender**  : Female

**Driving License** : Hungarian

**Languages known** : Hungarian, English C1, German A2

**Educational Qualification:**

**Passed Dubai Health Authority Exam : 22.12.2013**

**Registered Physiotherapist in Denmark: Autorisation**

**Physiotherapist Sep 2006 – Jul 2010**

Semmelweis University Faculty of Health Care, BSc, Hungary

**Master of Physical Education** **Sep 1999 – Jul 2004**

Semmelweis University Faculty of Physical Education and Sport Sciences, MSc, Hungary

**Coach - Taekwon-do Sep 1996 – Jul 1998**

Hungarian P.E University, Hungary

**Training & Courses:**

**Planed Bobath Therapy course: 09.05.2014-21.05.2014**

**Reflexology course (50 lessons)**

**Complex Decongestive Physical Lymphedama Therapy by Földi (Földi-Schule Viszen LTD) (180 lessons)**

**Treatment of Temporomandibular Joint Dysfunctions (20 lessons)**

**Treatment of Periferial Neural Structures (40 lessons)**

**The pelvic girdle and the lumbar segmental stabilization program (international guideline) (10 lessons)**

**Geriatric professional day. 1 day course (10 lessons)**

**Biomechanical changes of shoulder complex during degenerative process and their physiotherapy management (10 lessons)**

**Memberships:**

***Volunteer - National Institute for Medical Rehabilitation***

* The Department undertakes the therapy for out and inpatients suffering from different neurological, Locomotor Diseases, Traumatic Injuries, Vertebrae and Bone-Joint Surgery
* Rehabilitation of children over 10 years of age
* The department includes 40 beds.

***Member*** - ***Hungarian Physiotherapist Association***

**Career Progression:**

**VIP Physiotherapist From: Feb 2012-**

**Iraq- Kurdistan**

KRG Heevi Hospital

Private Outpatient Clinik

**Key Deliverables:**

* Identified the physical problems of patients
* Applied rehabilitation treatment on patients with TBI
* Provided Aquatherapy for patients with neurological disorders
* Interacted with Physicians in Botox treatments in Austria
* Designed programs and apply exercise therapy, neuromobilisation and massage after orthopaedics surgeries
* Collaborated with Australian and German Bobath physiotherapist

**Physiotherapist From: 2010 June-2012 Feb**

Danubius Zrt. Danubius Thermal Hotel

**Key Deliverables:**

* Identified the physical problems of patients
* Interacted with physicians of the clients admitted in order to gain additional information on the patients’ health history and provide the client with utmost safety measures
* Assisted clients in different physiotherapy exercises
* Treated patients with different chronic diseases including SM, Stroke, RA, PHS and various other physical problems
* Designed programs and choose exercises yielding optimum results; created special rehabilitation programs for clients suffering with injuries
* Treated problems associated with the muscles, bones and joints, as well as the circulatory, respiratory and nervous system
* Apply Lymphdrainage

**Fitness Instructor From: Marc 2006-June 2010**

Danubius Zrt. Danubius Thermal Hotel

* Mentored and guiding clients in weight gain/ weight loss issues
* Mentored clients on diets and proper fitness regimes
* Demonstrated movements and exercises appropriate to clients treatment procedures and capacities
* Ensured enhancements in fitness, stamina and over all physical health
* Motivated and encouraged clients to realize his/her strengths and weaknesses
* Assisted individuals in effectively achieving their fitness goals

**Volunteer Physiotherapist From: Jul 2010- Feb2012**

National Institute for Medical Rehabilitation

**Key Deliverables:**

* Evaluated clients’ abilities, requirements and physical conditions; developed suitable training programs to meet special requirements
* Provided post surgery care to patients suffering from joint & spinal problems
* Assisted patients’ rehabilitation process post accidents, injury and strokes
* Maintained and updated important documentation of patient reports and records
* Educated patients about preventive care and created awareness of possible liabilities that could arise due to negligence
* Conducted research and kept abreast with new techniques and technologies available for treating patients
* Referred patients in need of specific medical attention to appropriate health consultants

**PE. Teacher From: Oct 2004- Marc 2006**

Brendon LTD

**Key Deliverables:**

* Assisted pregnant women in customized fitness regimes
* Prescribed specific and functional programs to the client to suit their physical health capacity; ensured enhancements in fitness, stamina and physical health
* Provided fitness counseling services and scheduled personal training sessions for various age groups
* Devised special exercise regimes for children within the age group of 1-3 years

**Research:**

Katalin Racz-Henrietta Andrejszki, Comparative Analysis of School Results of Active & Inactive Children Aged 10-14

**Computer Skills:**

Microsoft Office

**Interests**  : Show Jumping and Running, Taekwon-Do, Gymnastics

**Sport Results** : 6 times Hungarian Champion in sport Taekwon-Do

Open Austria 1st Place 2000, 2nd Place 1998,

US. Open 2nd Place 1999 California-Los Angeles

Open Dutch 2nd Place 2000,2001 Dutch- Eindhoven

European Championship 5th Place 1998-Eindhoven, 2000-Patras

World Championship 8th Place 1999 Canada-Edmonton