**Name: Pratik**

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**Date of Birth:**  21st March, 1991

**Gender:** Male

**State:** Maharashtra.

**Country**: India.

**Category**: Paramedical.

**Sub-Category**: Physiotherapy.

**Qualification:** **Masters in Sports Physiotherapy (MSPT)**

**CAREER OBJECTIVES**

I look forward to be an efficient and dedicated professional Physiotherapist in the field of Musculoskeletal & Sports Physiotherapy by applying gained Knowledge and manual therapy skills for an effective, efficient and safe care to the players.

**CORE STRENGTH**

* Working with **“Indian National Senior & U23 Football team”.**
* Worked as Sports Physiotherapist with **“Indian National U23 Football team”** for **“AFC U23 Championship China 2018 Qualifiers, Qatar.**
* Worked as Sports Physiotherapist with **“DSK Shivajians FC” (Pune)** for **“Hero Federation Cup” 2017**, India.
* Worked as Sports Physiotherapist with **“Liverpool FC Football Academy – DSK Shivajians FC” (Pune)** for **“Hero I-League” 2017**, India.
* Worked with **"Hero Indian Super League"** team **"NorthEast United Football Club" 2016,** **season 3**, treating Marquee, International and National players.
* Worked with **"Premier Futsal League"** team **"Kochi" 2016 (Runners-Up), season 1**. It was the 1st ever initiated international futsal tournament conducted in India.
* Worked as Sports Physiotherapist at **All India Inter-University Women’s Cricket Tournament** for Guru Nanak Dev University Team (Winners) Conducted by Mumbai Cricket Association in Mumbai, 2015.
* Worked with National and International professional football players and helping them in screening, preventing and treating their injuries and focusing on their fitness level.
* Worked with Cyclists, Judo, Football players and attended several athletic events during the Postings of Masters Degree.
* Self-motivated, hard-working and goal oriented, with a high degree of flexibility, resourcefulness and commitment with good communication skills.
* A team player, able to work comfortably with people from diverse backgrounds and experience.

**ACADEMICS**

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| Qualification | Board / University | Year | Result |
| S.S.C | Secondary School Certificate | 2007 | 82.61% |
| H.S.C | Higher Secondary Certificate | 2007-2009 | 61.67% |
| B.P.Th | Tilak Maharashtra Vidyapeeth, Pune | 2009-2014 | 73.22% |
| MSPT | Guru Nanak Dev University, Amritsar | 2014-2016 | CGPA-8.63  (76.80%) |

**EXPERIENCE**

* Presently working with **“Indian National Senior & U23 Football team”.**
* Worked as Full time Sports Physiotherapist with **“Indian National U23 Football team”** for **“AFC U23 Championship China 2018 Qualifiers, Qatar.**
* **6 months** experience as a full time Sports Physiotherapist at **“Liverpool FC Football Academy – DSK Shivajians FC” (Pune)** for **“Hero I-League”** and **“Hero Federation Cup” 2017,** India.
* **4 months** experience as an official full time Sports Physiotherapist at **"NorthEast United Football Club "**for **Hero Indian Super League** 2016.
* **1 month** experience as Sports Physiotherapist at **Premier Futsal League 2016,** for team **Kochi (Runners-up).**
* Sports physiotherapist at **1st Amandeep Cricket Tournament** held in Amritsar from **20th -29th November, 2015.** It was a platform where National and International Level Players participated and teams like Air-India, ONGC etc participated.
* Head Sports Physiotherapist at **POWERGRID Inter-region Cricket Tournament**, conducted in Amritsar from **30th Nov.-5th December, 2015**
* Sports Physiotherapist at **All India Inter-University Women’s Cricket Tournament** for Guru Nanak Dev University Team (Winners) Conducted by Mumbai Cricket Association in Mumbai from **18th-22nd December, 2015.**
* Successfully completed **6 months** rotatory internship in **Saifee hospital** (MUMBAI) and **Asian Heart Institute** (MUMBAI) which includes postings at out patient departments of Musculoskeletal, Physiotherapy in General medical and surgical conditions, Neurophysiotherapy and Community Physiotherapy and Medical, Surgical, Orthopedic, Pediatric, Gynaecology , Oral Surgery Wards and Medical, Neonatal And Surgical ICU’s.

**WORKSHOPS, CONFERENCES AND CME**:

* **Mulligan Mobilisation Technique** (Spine And Periphery).

By Capri Institute. Resource person: Dr. Deepak Kumar. Credit hours: 64

* **Anti-doping** CME workshop by WADA. Resource person: Dr. Alka Beotra.

Credit hours: 8

* **Clinical Taping Techniques** For Peripheral Joints on February 25th & 26th, 2012.

By Manual Therapy Foundation Of India. Resource person: Prof. Umashankar Mohanty. Credit hours: 16

* **Thera-Band Academy**, Hands on workshop On Bands, Balls and Balance. Resource person: Dr. Mahendra Kumar Yadav (Certified Thera-Band Instructor). Credit hours:16
* **Kinesio Taping Association International (KTAI)**. Module KT1 and KT2. Resource person: Dr. Abhiya Gupta. Credit hours: 16
* **Basic Life Support (BLS)**, American Heart Association. By Life-supporters Institute Of Health science (Mumbai).
* **Palliative care for Cancer**. (Tata Memorial Institute for Cancer, Parel, Mumbai)

**PROJECT/ RESEARCH WORK**

* As a Part of **MSPT** course work, completed dissertation entitled **“Effect of core strengthening by unstable plank exercises on performance of Bowlers”** during 2015-16.
* As a Part of **B.P.Th** Internship, completed project entitled “**Concentric vs eccentric hamstring training: Effect on muscle strength and endurance in young male gym trainees: a randomized trial”** during 2013-2014.
* As a Part of B.P.Th Final Year, completed project entitled “**Effectiveness of hamstrings Flexibility in high speed Runners**” during 2012-2013.

**PUBLICATIONS**

* Article entitled **“Effect Of Obstacle Training Over Gait to Reduce The risk of falls in Geriatric Individuals”** published in **International Journal of Scientific Research and Education.** Vol(5)Issue(05)(May-2017) ISSN(e):2321-7545.

**CARRER SKILLS AND STRENGTH**

* Dynamic, Cooperative & having Positive Approach, Honest, Efficient and Sincere.
* Skilled application of wide range of Manual Therapy techniques indicated for assessment and treatment of musculoskeletal patients, with special interest in sports injury rehabilitation and training.
* Continual review the evidence based practice, implementing and evaluating change to ensure the highest possible standards of care offered.
* Excellent personal organizational and time management skill.
* Excellent observational, presentation and listening skills.
* Excellent interpersonal and communication skills with ability to communicate with a wide range of clients/players and professional colleagues.
* Active and responsible team member, flexible to work in any kind of environment.

**REGISTRATION AND MEMBERSHIP**

* **Maharashtra State Council For OT/PT**:
* **Member of Indian Association of Physiotherapists**:
* **Membership in Manual Therapy Foundation Of India**:

**SOCIAL ACTIVITIES AND CAMPS**

* Helpers Of The Handicapped, Kolhapur (Maharashtra).
* Leprosy Centre, Katraj, Pune (Maharashtra).

**EXTRACURRICULAR ACTIVITIES**

* Completed 21km Standard Chartered Mumbai Marathon Twice in 2hrs 15mins.
* Played as an All rounder Cricketer For MIG Cricket Academy for 4years. Also, played “**Ramakant Achrekar Trophy**” Mumbai (Winners)
* Represented as an All rounder Cricketer for Cardinal Gracias High School 2002-2006. With several news paper cuttings about the performances (Giles and Harris Shield).
* Represented School for Mumbai Suburb Inter School Chess Competition and secured second place.
* Represented college in various inter department football tournament.

**SPECIAL SKILLS**

* Excellent in communication skills and presentable personality.
* Computer literate with MS-CIT and sound knowledge of Windows, Microsoft Office, Internet.
* Languages: Fluently speak English, Hindi and Marathi.