**CURRICULAM TAE**

***Of***

**SABA**

**Saba.367961@2freemail.com**

## **PERSONAL SKILLS**

*Hardworking*

*Patient Handling*

*Listening skills*

Learning through work

## **PERSONAL DETAILS**

Saba

DOB : 19/05/1990

*Nationality : Indian*

# Languages : Hindi / English / Urdu

**ACADEMIC QUALIFICATIONS :**

B.Sc., – (Zoology, Botany & Chemistry) - Kanpur University

B.PTh – Integral University

# SEMINAR, CONFERENCE & WORKSHOP

* + *Workshop of manual stretching technique, 19 April 2014.*
	+ *Workshop on manual muscle testing technique, 26th April, 2014.*
	+ *Workshop on fitness, sports, medicine, disasters management and on for pain relief techniques, 7 Sept. 2011.*
	+ *Conference on Rehabilitation Society of Physical Therapist India, 7-8 Sept., 2014.*
	+ *Workshop on Cyriax techniques for soft tissue dysfunction, 21 Nov, 2014.*

**EXPERIENCE :**

**Working as Physiotherapist (Part Time)**

***Zaina Ortho Care from 13th Sep* *2011 – till date***

**Areas of Expertise :**

*Musculoskeletal physiotherapy*

Gynae Physiotherapy

Orthopedics Sports injuries

Stroke management

Neurology

ICU

**Duties & Responisbilities :**

* *Post sports Injuries rehabilitation (muscle strength, balance, ROM & flexibility, Co-ordination).*
* *Orthopedics problems management (Muscles strain, sprain, tear, joint stiffness, fractures, gait problems).*
* *Manual therapy ( Mulligans, Maitland and Mckenzie)*
* *The application of electro-physical modalities.*
* *Neurological disorders management in the intensive care unit.*
* *Physiotherapy role in the respiratory system disorders.*
* *Gynae Pre & Post-natal physiotherapy*

**Working as Receptionist / Student counselor**

***Era’s Medical College from March 2016 to till date***

**Duties & Responisbilities :**

* + Looking after the information desk
	+ Counselling of students.
	+ Collection of fees
	+ Looking after all administrative works