**SHIBA**

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**Purpose Statement : In quest of helping to rehabilitate patients suffering from injury, illness or disability, of all ages, ranging from babies to elderly with an organization of repute.**

Abstract

1. Overall 15 years of fast paced professional growth driven by hard work, determination to learn and the resolve to achieve.
2. Expertise in various domains involving Orthopedics, chest physiotherapy, Neurosurgery.
3. Honed skills through various seminars on :

6th Annual Physiotherapy Meet-2000, New Delhi.

Workshop on Orthopedics St. Stephen’s Hospital, Delhi.

Workshop on Chest Physiotherapy at St. Stephen’s Hospital, Delhi.

**Work History/Accomplishments**

Working as physiotherapist at : Indian Red Cross Society

Nawab Ganj, Saharanpur (U.P.) India.

Period : August 2000 – Till Date (15 years)

Designation : Senior Physiotherapist.

**Responsibilities :**

1. Preparing for therapy, demonstrating exercise – use of mobility aids, with setting up equipment & maintaining.
2. Providing encouragement and support to patients by helping to work towards achievable results.
3. Dealt with a wide range of patient of various age group (around 224116 patients)

|  |  |
| --- | --- |
| Diagnosis | Number of Patients |
| Osteoarthritis  Cervical Spondylitis  Lumbar spondylitis, pivd, sciatica  ankolysing spondylitis  Periarthitis, frozenshoulder  Tennis/golfers elbow  Paraplegia/hemiplegia  Fractures  Backache  Polio  Cerebral palsy  Planter fasciitis/calcaneal spur/  metatarsalgia  Wrist/foot drop  Post Operated cases  Sprain/Strain  Gynecological problems  Amputation | 52022  36321  24554  19634  8485  8483  30727  11398  8867  4953  2937  3034  11729  9849  9302  2304 |

**Modalities work on :**

1. Short wave diathermy, ultrasonic therapy, infra red lamp
2. Wax bath, interferintal therapy, trans electric nerve muscle stimulation
3. stimulation, continous passive mobilizer, lumbar/cervical traction
4. exercise therapy, passive, active ressisisted, coordinating, balancing
5. gait training.

**Academic Credentials**

**Six month compulsory Internship :**

1. VIMHANS (Vidhya Sagar Institute for Mental Health & Neuroscience), New Delhi
2. St. Stephen’s Hospital, Delhi

**Diploma in Physiotherapy & Rehabilitation (31/2 yrs)** 1999 64 %

[Aligarh Muslim University) (AMU)]

**12th**  1995

68%

[U.P. Board]

**10th**

65%

[CBSE Board]

**Other Qualification :**

B.A.S.M. (Bachelor of Alternate System in Medicine)

from Indian Institute of Alternative Medicine, Kolkata

**Personal Vitae**

Date of Birth : September 19th, 1978

Marital Status : Married, Two Children (5 & 8 years old)

Languages : English, Hindi & Urdu

Strengths : Highly caring, patient sensitive, tolerant and tactful attitude , confident, quick learner

Interest : Reading, Writing Articles and Listening Music