**SADAF**

**SADAF.370576@2freemail.com**

****

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |
|  |  |

## OBJECTIVE

I aspire to join a progressive and professionally managed organization that best explores my potential, adds to my experience, ensures continuous learning and where my knowledge and skills in the field will prove effective to meet the goals and objective of the organization.

## PROFILE

* Enthusiastic, hardworking and compassionate physical therapist with exceptional multi-tasking and organisational skills having license in India as well as Dubai( DHA eligibility letter)
* 2 years of musculoskeletal & sports therapy experience and strong credentials including Masters in sports physical therapy.
* Strong background in managing chronic and acute musculoskeletal & neuropathic disorders, sports injuries and fitness training.
* Dedicated to achieving superior patient outcomes while participating as a member of a multidisciplinary case-management team.
* Analytical and thorough therapist with proven ability to treat patients from birth to adulthood.
* Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist

## WORK EXPERIENCE

**Physical therapist at AKTIVORTHO (German Rehab Centre)**

 **May, 2015 – Sep, 2016**

|  |  |  |  |
| --- | --- | --- | --- |
| DUTIES* Evaluated and treated a wide range of conditions including chronic and acute pain, disc prolapse, dislocations, impingement syndromes, arthritis, muscle strains, ligament sprains, functional impairments, and Multiple sclerosis, Parkinson's, neuropathies and sports injuries.
 |  |  |  |
| * Planned and administered a range of treatments and therapeutic exercise programmes involving passive, active and resisted range of motion, muscle inhibition, facilitation and reeducation.
* Educated patients and family members regarding diagnosis, injury prevention and therapeutic treatment.
* Monitored and recorded patient progress in response to therapy.
* Contributed to team meetings and collaborated with management in the decision making process.
 |  |  |  |
|  |  |  |  |
| Central Reserve Police Force (CRPF) As Sports therapist –Nov, 2014—March, 2015 |  |  |  |

DUTIES

* Evaluated and treated sports persons pre and post operatively.
* Rehabilitated athletes post injury.
* Trained and educated sports persons for performance enhancement and injury prevention.

## Worked as Sports Physiotherapist

* Worked in international premier tennis league 2014, Delhi
* HTA AITA Men and women ranking tournament 2014, Jassowal, Ludhiana
* S. A. Raheem Memorial Inter-university Football Tournament 2013 organised by Jamia Milia Islamia
* Worked as sports physiotherapist at Pro-tennis academy, Vasant kunj, Delhi

## Freelance Physiotherapist- Oct, 2012-July, 2014

* Worked as a freelance Physiotherapist at home health care and treated several stroke, TKR, Post fracture and surgical cases.
* Evaluated and treated football, hockey, tennis players and wrestlers for ACL injuries and post operatively.

## Internships

**International Orthopaedic Rehabilitation and Prevention Private Limited (Mar, 2015- Apr, 2015)**

* Learning new techniques and methods of treatment according to European standard of medical care.

**St. Stephen’s Hospital, Delhi- An ISO: 9001 Certified Institution (6 Months- November, 2011 – May, 2012)**

* Physiotherapy OPD- 1month
* Cardio-pulmonary Physiotherapy (Surgical ICU, Medical ICU, Neuro ICU, Cardio-thoracic ICU) – 1 month
* Physiotherapy for inpatients (Medicine and Surgery) – 1 month
* Physiotherapy for inpatients (Orthopaedics and Rehabilitation medicine) – 1month
* Physiotherapy for inpatients (Neurology and Neuro-surgery) – 1month
* Physiotherapy management in Mother and Child Healthcare and Community Based Physiotherapy – 1 month

## ACADEMIC CREDENTIALS

* Post-Graduation in sports physiotherapy from Jamia Milia Islamia in 2014
* Graduation in physiotherapy from Delhi University in 2012
* Senior secondary from CBSE in 2006
* Higher secondary from CBSE in 2004

## PROFESSIONAL SKILLS

|  |  |
| --- | --- |
| * Musculoskeletal physiotherapy:
 | Advanced |
| * Manual therapy:
 | Advanced |
| * Kinesio-taping:
 | Advanced |
| * Dry needling:
 | Intermediate |
| * Sports therapy:
 | Intermediate |

## PROJECTS UNDERTAKEN

* MPT: Project titled “**Effect of eccentric strengthening versus Standard rehabilitation protocol in athletes after ACL reconstruction”**- Jamia Millia Islamia, 2014.
* BPT: Project tilted **“Effect of PNF (hold relax) technique on joint range of motion in post fracture stiffness”** – St. Stephens hospital, 2012.

## COMPUTER PROFICIENCY

* Well versed with Windows 98, 2000, 2003, XP, Vista Outlook, MS Excel, Word and PowerPoint.

## PERSONAL INFORMATION:-

Date of birth : 30 Dec 1988

Nationality : Indian

Sex : Female

Marital status : Married

Visa Status : Resident Visa

DHA License : Eligibility letter

Language : English, Hindi and Urdu