**PHYSIOTHERAPIST WITH DHA ELIGIBILTY LETTER**



SHRADDHA

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**PROFILE SUMMARY**:

 Offering **More than 2 Years** of Experience as **PHYSIOTHERAPIST**

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* Experience in Developing & Reviewing treatment programs along with patients to encourage Exercise &Movement by using Range of techniques

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* Possess Motivational management style with a record being able to deliver positive results Independently & under pressure

**STRENGTHS & SKILLS:**

* + Good Analytical, Interpersonal, communication & Listening skills coupled with well dedication and sincerity towards the Assigned job and
* Quick learner as well
  + Expert Physiotherapist providing direct patient care in Outpatient, Inpatient, Sports injury on field management and Rehabilitation
  + Trainer in Antenatal and Postnatal classes.

**II. EDUCATION**

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|  | **Degree** |  |  | **Institution** |  |  | **University** |  |  | **Country** |  |  | **Month/** |  |  |
|  | **Conferred** |  |  |  |  |  |  |  |  | **Year** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Bachelor of | |  | VSPM’s College of | |  | Nashik | |  |  |  |  |  |  |  |
|  | Physiotherapy | |  | Physiotherapist, | |  |  | India | |  | September/2014 | |  |
|  |  |  | University | |  |  |  |
|  | (BPT) | |  | Nagpur | |  |  |  |  |  |  |  |  |
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**III. LICENSES**

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| **Licensing Agency** | | |  |  | **Ref. No** |  | **Issued Date** | | |  | **Status** |  |
| Dubai Health Authority’s | | |  | DHA/LS/222018/784161 | | 03.04.2018 | |  |  |  | Valid |  |
| Eligibility letter (DHA), U.A.E | | |  |  |  |  |  |
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| **IV. PROFESSIONAL EXPERIENCE** | | | | |  |  |  |  |  |  |  |  |
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| **Title** |  | **Hospital/Agency** | | |  |  | **From** |  |  | **To** | |  |
| Physiotherapist |  | VSPM’s College of Physiotherapist, | | | |  | February/2014 | |  | Sept./2014 | |  |
| Internship |  | Nagpur, Maharashtra - India | | | |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  | | | |  |  |  |  |  |  |  |
| In-charge |  | Chaitanya Hospital Pune, | | | |  | October /2014 | |  | Dec./2016 | |  |
| Physiotherapist |  | Maharashtra - India | | |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Trainer in Antenatal |  | Tanushree Hospital and Garbhsanskar | | | |  |  |  |  |  |  |  |
| and Postnatal |  |  | January/2015 | |  | Sept./ 2016 | |  |
|  | Kendra.Pune, Maharashtra - India | | | |  |  |  |
| classes. |  |  |  |  |  |  |  |  |
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**VI. Area of Expertise**

Orthopedic rehabilitation

Neurological rehabilitation

Post-operative conditions

Sports Injuries

Obstetric and Gynecologist rehabilitation

**VII .CORE COMPITENCIES:**

* **ORTHOPEDICS**:Mulligan & Maitland techniques of Mobilization, Peripheral &vertebral Mobilization-Manipulations, Myofascial release techniques(MFR), Muscle Energy techniques (MET).

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* **NEUROLOGY:** Bobath techniques, Roods Approach, Motor learning programs,Sensory Reeducation techniques, PNF, Coordination & Balance training, Vestibular Rehabilitation, Stroke Rehabilitation, Spinal cord Injury Rehabilitation, Strengthening Exercises.

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* **CARDIOTHORACIC:** Cardio-Thoracic Endurance Training, Postural DrainageTechniques, Active cyclic breathing techniques(ACBT), Autogenic Drainage, Suctioning procedures, Cardiopulmonary Resuscitation, Ventilator Care, Spiro meter
* **PAEDIATRICS:** Cerebral Palsy& Mental Retardation Rehabilitation, Rehabilitationfor Muscular Dystrophy, Hydrocephalus, CTEV, Autism, Poliomyelitis, Neural

Tube Defects

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* **GERIATRICS:** Integumentary system Management, Balance & Coordination

Training, Aerobic Exercise Training.

* **MASSAGE MANIPULATIONS:** Administration of Massage Manipulations inconditions of Peripheral Nerve palsies, Facial Nerve Palsy, Edema, Pain etc.

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* **Gynecology :**Antenatal and postnatal Musculoskeletal, Posture correction, Breathingexercise ,stretching exercise,Flexibilty exercise, Health & Physical fitness for normal pregnancy.

**VIII. Roles and Responsibilities**

* Skilled assessment of patients with diverse and complex conditions using clinical reasoning skills and evidence based practices to provide accurate diagnosis.
* Clinical specialist in general Musculoskeletal conditions; Pediatric Disabilities; Neonatal Intensive Care cases; Sports Injuries; Physiotherapy in Intensive Care; General ward patients management.
* Makes independent clinical decisions to develop and deliver a patient focused treatment programme both for In/Out patients, as well as evaluation and re-evaluation of treatment outcomes.
* Applies Risk Assessment Principles to clinical practice.
* Responsible for the safe and competent use of rehabilitation equipment by patients and staff through in-service teaching, training and supervision of practice (i.e. Use of Walking Aids, Transfer Training)
* Administer treatment involving application of physical agents and Equipment’s like SWD, IRR, Traction, Combination ES/Tens, Ultrasound, Shock wave therapy machines.
* Administer Manual, Strengthening, Stretching exercises to help relieve pain, increase Strength and decrease or prevent deformities.
* Aid in home instructions and home exercise program.
* Participate in Interdepartmental staff meetings and Quality improvement programs for Patient care.

**IX. Training**

Done training in the following during college period,

1. PILATES-Gateway to core stability

**X. PROFESSIONAL GROWTH AND DEVELOPMENT**

**(a) Short Courses and Conferences**

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| Name |  | Place |  | Date |  | Conducted |  | Accredited |  | Credit |  |
|  |  |  |  |  |  | By |  | By |  | Hours |  |
|  |  | Sheraton |  |  |  | Neuro |  |  |  |  |  |
|  |  |  |  |  | spinal |  |  |  |  |  |
| Intracranial |  | Grand |  |  |  |  |  |  | 2.5 CME |  |
|  |  | November/2017 |  | hospital. |  | DHA |  |  |
| Meningiomas |  | Hotel. Dubai |  |  |  |  | Hours |  |
|  |  |  |  | Dubai, |  |  |  |  |
|  |  | ,UAE |  |  |  |  |  |  |  |  |
|  |  |  |  |  | U.A.E |  |  |  |  |  |
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**COMPUTER PROFICIENCY:** MS WORD, EXCEL, Power point presentation, PDF &Basic Computer skills.

**LANGUAGES KNOWN:** ENGLISH, HINDI, MARATHI - FLUENT inSPEAKING,

READING & WRITING

**Shraddha**