Sharon

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With DHA Registration

Visa Type: Visit Visa valid up to 31-12-2020

Qualified Physiotherapist, targeting assignments in Healthcare industry with a reputed organization, preferably **Physiotherapy**

**CORE COMPETENCIES**

**Physiotherapy**

**Arthropathy**

**Hydrotherapy**

**Feedback Therapy**

**Ergonomic Advice**

**Gait Training**

**Dysphagia Management**

**Incontinence Management**

**Mobilization/Manual Therapy**

**Basic Wheelchair Training**

**Treatment Planning/ Treatment**

**Modification**

**Patient Management (Patient**

**Assessment / Patient Appraisal)**

**Wellness Promotion**

**Movement Restoration**

**Healthcare Services**

**Fitness Training**

**Antenatal and Postnatal Physio**

**PROFILE SUMMARY**

* A healthcare professional with nearly **4 years** of experience in

**Physiotherapy & Healthcare Services**

* Extensive knowledge of implementing **Neurodynamic technique in**

**Cervicobrachial Pain Syndrome**

* Significant experience in **diagnosing illnesses and prescribing and** **administering appropriate treatment for various ailments or diseases**
* Exhibited excellence in **Hydrotherapy** which includes utilizing the unique properties of water specifically for the patient to maximize function, which can be physical, physiological or psychological
* Gained robust understanding of **Arthropathy** including chronic pain, and loss of joint mobility, muscle strength and proprioception
* In-depth exposure of assessment and management of **Dysphagia**
* Expertise in providing **Ergonomic Advice** about correct trunk posture to improve spine, head and neck alignment that results in less fatigue when sitting at a desk for prolonged periods of time
* Commendably conducted Ergonomics sessions in MNCs, hospitals and schools
* Hands-on exposure in **handing Musculoskeletal, post op TKRs,**

**THRs, fractures and surgical conditions**

* **In-depth knowledge** of **ICU, Cardiopulmonary Rehabilitation & transplant units**
* Proficient in **diagnosing illnesses; prescribing & administering** **appropriate treatment/therapy**
* Excellence in **forging, leading and delivering quality services, with** **proven record in patients/ clients care**
* Experience in **implementing policies that promote & protect** **health, safety, security, and the quality of work life, the environment and organizational effectiveness**

**ORGANIZATIONAL EXPERIENCE**

**Jun’16-Feb’20** in New Delhi, first hospital in India to be JCI accredited,a multi-specialty tertiary acute care hospital with 710 beds and one of the most sought after destinations in Asia for healthcare having 52 specialties under one roof.

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**Growth Path:**

**Jun’16-Oct’19** as Junior Physiotherapist

**Nov’19-Feb’20** as Physiotherapist

**Key Result Areas:**

* Assessing and diagnosing patients' injuries/ functional problems and discussing movement problems with patients while observing patients as they perform specific tasks
* Mentoring and supervising students, junior physiotherapists and physiotherapy support workers as well as conducting their trainings on new techniques and technologies available for treating patients
* Identifying problems and remedy them using a range of treatments to reduce pain and improve movement
* Planning and recommending a range of exercises for patients to improve strength and fitness
* Educating patients on the prevention of further injury and helping them improve breathing patterns (cardio-respiratory physiotherapy) and encourage/ teach patients to relax
* Executing submaximal exercise testing for cardiac patients
* Assisting the patients to improve coordination, balance, muscle strength and sensation (neurological physiotherapy)
* Helping children with disabilities to coordinate their movements, growth and development

**Highlight:**

* Received Service Excellence award in 2017

**EDUCATION**

* **Basic Life Support (BLS Provider)** from American Heart Association 2019
* **Master of Physiotherapy (Musculoskeletal)** from Indian Spinal Injuries Centre (Institute of RehabilitationSciences), Guru Gobind Singh Indaprastha University, Delhi with 69.07%in 2016
* **Bachelor of Physiotherapy** from Jamia Hamdard University, Delhi with74% in 2014
* **12th** from St. Anthony’s Sr. Sec. School (CBSE Board), New Delhi with70.4% in 2009
* **10th** from St. Anthony’s Sr. Sec. School(CBSE Board), New Delhi with 85.4% in 2007

**LICENTIATE**

* Dubai Health Authority(Eligibility letter)
* Indian Association of Physiotherapists
* The Delhi Council for Physiotherapy and Occupational Therapy

**CASE STUDY**

* Study on Post Arthroscopy SLAP lesion (type II-combined) for 1.5 months

**PERSONAL DETAILS**

**Date of Birth**: 24th October 1991

**Languages Known:** English, Hindi & Malayalam

**Nationality:** Indian

**Marital Status:** Married

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