**Ankita**

**Career Overview**

A dedicated physiotherapist with knowledge of worker compensation and injury management and exposure to a plethora of traumatic, non-traumatic, sports injuries, pulmonary, cardiac, geriatric and neurological (paralytics, cerebral palsy etc.) cases. I am having an excellent experience of all kinds of physical assessment.

About 12 years of experience in

* Managing varied caseloads of fractures, frozen shoulder, back and neck pain problems, ligament injuries, knee and hip arthroplasties, paraplegia, quadriplegia, Parkinson’s disease, stroke, disc prolapse, multiple sclerosis, peripheral nerve injuries, and cerebral palsy.
* Devising exercise protocols to reduce pain and ameliorate patients’ conditions
* Consulting with staff and clients regarding safety, health and environmental issues.
* Providing education to workers on safe manual handling
* Doing physical assessment of candidates for return to work and placement.
* Doing physical assessment of candidates for pre and post treatment records.
* Assessing worker’s needs using my knowledge of physical injuries and treatment to educate them regarding the performance of their job role
* Utilizing equipment including weights for strengthening exercises; traction, hot and cold packs and other electrotherapy tools to reduce spasm and pain.

**Academic Excellence:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exam passed** | **School/College** | **Board/University** | **Year** | **Marks** |  |
|  |  |  |  | **obtained** |  |
|  |  |  |  |  |  |
| **S.S.C.** |  | Gujarat Secondary | March/1999 | 565/700 |  |
|  |  | Education Board, |  |  |  |
|  | Vijapur | Gandhinagar. |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |
| **H.S.C.** |  | Gujarat Secondary Board, | April- | 329/450 |  |
|  |  | Gandhinagar. | May/2001 |  |  |
|  | Vijapur |  |  |  |  |
|  |  |  |  |  |  |
| **First year** |  | Rajiv Gandhi University Of | 2003 | 464/800 |  |
|  |  | Health Science, Bangalore. |  |  |  |
|  | Mangalore. |  |  |  |  |
|  |  |  |  |  |  |
| **Second year** | --- Do --- | --- Do --- | 2004 | 374/600 |  |
|  |  |  |  |  |  |
| **Third year** | --- Do --- | --- Do --- | 2005 | 324/500 |  |
|  |  |  |  |  |  |
| **Fourth Year** | --- Do --- | --- Do --- | 2006 | 648/1000 |  |
|  |  |  |  |  |  |

I have completed my six months rotatory internship from 09/02/2006 to 8/08/2006 from GENERAL HOSPITAL, Ahmedabad with a posting in the following wards:

|  |  |  |  |
| --- | --- | --- | --- |
| (1) Neurology | | (6) | Burns |
| (2) | Medicine | (7) | Pediatrics |
| (3) | Orthopedics | (8) | Emergency |
| (4) | Surgery | (9) Trauma | |
| (5) | Cardio thoracic | (10) Obs. and gynecology | |

**Employment History**

**HOSPITAL** December 2006 to till date

**Job profile**

* Providing assessment and treatment of the patients with pain and injuries.
* Providing group therapy program to injured workers and patients with chronic pain
* Providing assessment of the injured workers to insurance company and employers.
* Dealing with documentation regarding return to work (RTW) plan and insurance plan.
* Providing education to workers on safe manual handling
* Consulting with staff and clients regarding safety, health and environmental issues.
  + Doing physical assessment of candidates for pre and post treatment records
  + Providing appropriate treatment to patients post surgery for joint arthroplasties and openly reduced fractures and ligament injuries.
  + Providing treatment to post surgical indoor patients, teaching them breathing, ankle and foot pump exercises to avoid hazardous complications while in bed.
  + Improving upon the patient’s condition using proper stretching and strengthening techniques.
  + Caring for the geriatric population with technical expertise and providing counselling for psychiatric issues of patients.
  + Rehabilitate patient with ACL tear
* Reducing pain symptoms in Patelofemoral pain syndrome by patella mobilization and

taping

* + Devising balancing strategies for patients suffering from Parkinson’s disease and

Cerebellar ataxia.

* + Rehabilitating paraplegics to the level of their maximum functional abilities which resulted in improved quality of life.
  + Educating parents about the importance of Antenatal and Postnatal care and exercises.
  + Assessing physical health, identifying any neuromuscular or musculoskeletal problems. .

**Professional Association and Certification:**

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Member of The Indian Association of Physiotherapists- Registration

Number

**Certifications, Seminars & workshop attended**

-I had registered as a delegate and attended the “2nd ALL INDIA PHYSIOTHERAPY STUDENTS CONFERENCE” organized by south kanara Physiotherapy teachers Association held at 11th January 2005, at town hall Mangalore,

-I had awarded the Merit certificate for secured FIRST place in C.B.R. during my fourth year B.P.T.

-I have attended seminar on “Recent Trends in Management of Ischemic Heart Diseases for physiotherapist” held at Mangalore on 14th December 2005.

-I have attended the Five days i.e. 40 hours, course on “INTRODUCTION TO NDT” in the month of March 2007.

-I had registered as a delegate and attended the “4th ANNUAL PHYSIOTHERAPY STUDENTS CONFERENCE” organized by south kanara Physiotherapy teachers Association held at 7th to 10th February ,at bejai church hall, Mangalore,

-I had Participated in an intensive 4 days (32 Hrs) CPD in, “OMT Basic & advanced DRY NEEDLING” Practitioner course (Certificate of CPD completion) in March 2019.

* I had attended Course of “Myofascial Assessment & Treatment Tool” on December

30, 2019 by PTRE (Physical therapy research & educational Foundation) Provider MATT Systems

* I had attended Course of “MyofascialDecompression Therapy” and also receive awarded title of MATTS Certified Therapist” from December 28, 2019 to December 30,

2019 by PTRE (Physical therapy research & educational Foundation) Provider MATT Systems

* I had Completed Practical training including exam under “ Instrument Assisted Soft Tissue Manipulation” and has been awarded “ MATTS Certified Therapist” on 22nd – 24th June 2019 by PTRE (Physical therapy research & educational Foundation) Provider MATT Systems

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**Mobile Number** : 0504973598

**Reference** : Mr. Anup P Bhatia, HR Consultant, Gulfjobseeker.com

**YouTube Video CV**

<https://www.youtube.com/channel/UCdsv_v9Czkx2Dc8bW4Bt4wA>

**View My CV on Gulfjobseeker.com CV Database**

<http://www.gulfjobseeker.com/employer/cv_database_highlighted_cv_freetocontact.php>

**Chat with me Live on Zoom**

<https://zoom.us/j/4532401292?pwd=SUlYVEdSeEpGaWN6ZndUaGEzK0FjUT09>