

SUMMARY

Motivated Physiotherapist with hands-on experience in physical rehabilitation and patient treatment. Skilled in assessing conditions, designing therapy plans, and applying evidence-based techniques for pain relief and mobility. Holds a Bachelor of Physiotherapy (BPT) with strong knowledge of anatomy and musculoskeletal disorders. Focused on improving patient outcomes through effective communication and ongoing education. Compassionate and dedicated to providing quality care. Committed to patient-centered therapeutic interventions.

EDUCATION

Bachelor of Physiotherapy (BPT)

Laxmi Memorial College of Physiotherapy, Mangalore
2017 - 2022

CERTIFICATIONS

- Kinesiology Taping** | June 2024
- Basic Life Support (BLS)
American Heart Association (AHA) | Mar 2025
- Manual Therapy Course**
Manual Therapy Foundation of India, Mangalore
Mar 2022 - May 2022
- Myofascial Management of Musculoskeletal Injuries**
Candor Aura Physio-Rehab Centre

MEMBERSHIP

Indian Association of Physiotherapists (IAP)

- Reg. No: L55546

SKILLS

- Assessment & Diagnosis
- Manual Therapy
- Injury Rehabilitation
- Therapeutic Exercises
- Neurological Physiotherapy
- Musculoskeletal Rehabilitation
- Patient Education
- Post-Operative Care
- Team Collaboration
- Documentation & Reporting
- Clinical Research & Data Analysis
- Pain Management
- Communication Skills
- Problem Solving
- Time Management

PROFESSIONAL EXPERIENCE

Physiotherapist

MAJ Hospital | Dec 2022 – Jan 2025

- Conducted physical assessments to determine patient conditions and functional limitations.
- Developed personalized treatment plans and administered techniques including manual therapy, electrotherapy, and therapeutic exercises.
- Monitored patient progress and adjusted treatments for optimal recovery.
- Provided post-operative rehabilitation, aiding recovery of strength and mobility.
- Collaborated with healthcare teams to coordinate care and ensure effective outcomes.
- Educated patients on posture, body mechanics, and injury prevention.
- Documented patient progress and ensured compliance with hospital protocols.

INTERNSHIP

AJ Institute of Medical Sciences and Research Centre

Mangalore, Karnataka (NABH Accredited)

- Assisted with assessments, diagnosis, and rehabilitation in outpatient settings.
- Provided post-surgical rehabilitation and pain management in Orthopedics.
- Treated neurological conditions with a focus on mobility and rehabilitation.
- Supported critically ill patients in ICU with respiratory care and mobility.
- Collaborated on physiotherapy for post-surgery and medical condition recovery.
- Worked with pediatric patients on growth, development, and mobility.
- Delivered physiotherapy for pain relief and comfort in palliative care.

TECHNICAL SKILLS

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint

LANGUAGES

- English
- Hindi
- Malayalam
- Kannada

PROJECTS

Effectiveness of Mobilization Techniques to Reduce Pain and Improve Shoulder Function in Adhesive Capsulitis

- Researched the impact of mobilization techniques on pain relief and shoulder mobility in Adhesive Capsulitis.
- Applied manual therapy techniques to assess improvements in function and pain reduction.

Effect of Myofascial Release Techniques in Reducing Pain and Improving Function in Patients with Plantar Fasciitis

- Studied the effect of myofascial release techniques on pain reduction and functional improvement in plantar fasciitis patients.
- Focused on enhancing foot function and alleviating discomfort through targeted therapy.

CONFERENCES AND PRESENTATIONS

- **CME on "Evidence Based Foundation of Basic Sciences in Physiotherapy Education"**, AJ Institute of Medical Sciences, Nov 2018
- **PHYSIOCON 2018**, Mangalore
- **CONFLUENCE 2019**, AJ Institute of Medical Sciences
- **Scientific Poster Presentation**, Indian Association of Physiotherapy
Title: "Effect of Pilates Exercises in Older Adults to Reduce the Risk of Fall"