

Ashly Mary Abin

PHYSIOTHERAPIST (6+ years exp)

Dubai, UAE

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OBJECTIVE:

Ability to accept challenges, insight into the needs and views of others, able to listen and identify issues and solve the problems innovatively and committed to deliver results.

EDUCATIONAL CREDENTIALS:

Post Graduate Certification (PGCert) from Queen Margaret University, Edinburgh (UK) with 60 academic credits (2011- 2012).

BPT	Rajiv Gandhi University of Health Sciences, Karnataka, India	First Class	2010
12TH	Central Board of Secondary Education, Kuwait	First Class	2005
10TH	Central Board of Secondary Education, Kuwait	First Class	2003

PROFESSIONAL LICENSE:

Dubai Health Authority (DHA)

Lifetime membership of Indian Association of Physiotherapists

Member of Federation of Indian Manual Therapists.

WORK EXPERIENCE (6 Years +):

ASTER SPECIALIST CENTRE FOR ORTHOPEDICS AND PHYSIOTHERAPY, DUBAI (3rd January 2016 to 25th June 2020).

Headquarter in Dubai, the Aster DM network is spread across 317 establishments across 9 countries. Working with the physiotherapy team my responsibilities were:

- Initiated use of 'dry needling' and 'kinesio taping' methods for pain management and functional improvement
- Use of Maitland, Mulligans mobilization techniques for pain relief and to increase mobility
- Presenting clinically relevant topics at the departmental in-service meetings regularly
- Weekly stock taking and regular procurement of consumables
- Equipment maintenance and follow up protocol with biomedical department
- Excellent knowledge and experience in local and international insurances its approval and claim procedures

Physiotherapist at Vikram Orthopaedic Centre, Bangalore (1st May 2013 - 30th June 2014).

Assistant Physiotherapist at Padmashree Diagnostic Centre, Bangalore (21st July 2010 - 22nd August 2011).

Responsibilities:

- Evaluating, planning and delivering care plans to the patients
- Assisted patients with physical movements to help restore quality of life
- Monitor progress of patients and reporting to the senior physiotherapist
- Educating patients for electrotherapy and exercise therapy sessions
- Working with post-surgical patients, arthritis, stroke, Parkinson etc.
- Perform tests to evaluate muscle, nerve and joint functional abilities
- Execute mobilization techniques for joints
- Carrying out all prescribed treatment plan
- Documentation of the patient records

SKILLS:

- Integrity and ethics
- Innovation
- Leadership
- Teamwork

- Hard working, sincere and time management skills
- Assessing, planning and organising treatment plans
- Effective communication with the senior doctors and patients
- Computer maintenance of the daily patient records
- Involved in proper hygiene of the physiotherapy department

INTERNSHIP (6 Months):

Fortis hospital, Bangalore, India.

- Trained with patients in Intensive Care Unit
- Inpatient wards which included Orthopaedic, Cardiothoracic, Neurological cases
- Paediatric and geriatric cases
- Pre-natal and Post-natal Cases
- Outpatient ward
- Presentations on tennis elbow, carpal tunnel syndrome, ACL rehabilitation, TKR, cerebral palsy
- Discussing treatment plans with my colleagues, senior therapists and the consultants

WORKSHOPS:

- “Manual therapy in clinical reasoning perspective” held from 10th Jan to 14th March 2010 (FIMT).
- Intensive Care Unit techniques and management demonstration held on 12th March 2010.
- Brunnstrom’s movement therapy held on 28th June 2009.
- Mobilisation of the nervous system held on 19th August 2007

PERSONAL DETAILS:

Name : Ashly Mary Abin

Date & Place of Birth: 15-09-1987 - Kuwait.

Passport Number : M4414095

Visa Type : Residence

Nationality : Indian

Gender : Female

Marital Status : Married

Languages Known : English, Hindi, Kannada and Malayalam

REFERENCES:

Dr. Prem James Charles

Orthopaedic Surgeon at Aster Specialist for orthopaedic and
physiotherapy, Qusais, Dubai
Telephone: 971-529069332

Mr. Pearlson

Head of Physiotherapy for Padmashree Diagnostic, Bangalore
Telephone: 91-9845093842, 91-9449076942

Dr. Vikram

Orthopaedic surgeon at Vikram Orthopaedic centre, Bangalore
Telephone: 91-9980934635