

# 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).

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|------------------------|--|-------------|------|
| <b>BPT</b>             | Rajiv Gandhi University of Health Sciences, Karnataka, India | First Class | 2010 |
| <b>12<sup>TH</sup></b> | Central Board of Secondary Education, Kuwait                 | First Class | 2005 |
| <b>10<sup>TH</sup></b> | 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** (3<sup>rd</sup> January 2016 to 25<sup>th</sup> 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 (1<sup>st</sup> May 2013 - 30<sup>th</sup> June 2014).**

**Assistant Physiotherapist at Padmashree Diagnostic Centre, Bangalore (21<sup>st</sup> July 2010 - 22<sup>nd</sup> 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 10<sup>th</sup> Jan to 14<sup>th</sup> March 2010 (FIMT).
- Intensive Care Unit techniques and management demonstration held on 12<sup>th</sup> March 2010.
- Brunnstrom’s movement therapy held on 28<sup>th</sup> June 2009.
- Mobilisation of the nervous system held on 19<sup>th</sup> 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