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**Professional Summary**

Experienced ortho-neuro rehabilitation physiotherapist with over 3 years of expertise in treating neurological and musculoskeletal conditions. Skilled in advanced therapeutic techniques, including robotic and aquatic rehabilitation, and dedicated to enhancing patient outcomes. Strong background in managing complex cases, improving mobility, and quality of life for both general and athletic patients.

**Professional Experience**

**RECENT EXPERIENCE
2023-2024-IMPACKT PHYSIOTHERAPY AND SPORTS CLINIC Senior Physiotherapist

➤ Developed and implemented individualized treatment plans
To address a wide range of orthopaedic and sports injuries, including ACL tears, rotator cuff injuries, and post-surgical rehabilitation.
> Performed comprehensive functional assessments
to accurately diagnose musculoskeletal dysfunctions, leveraging advanced techniques to optimize patient outcomes.
Ayurgreen
➤ Utilized evidence-based manual therapy
and therapeutic exercise modalities to enhance strength, flexibility, and functional mobility tailored to the athlete's specific sport demands.
IMPACKT
PHYSIOTHERAPY & SPORTS CINEC
MSME
➤ Collaborated with multidisciplinary teams (orthopaedists, sports physicians, athletic trainers) to develop integrated rehabilitation strategies that align with medical and sport-specific requirements
Provided athlete education
on injury prevention, biomechanics, and proper movement patterns to reduce risk of re-injury and improve long-term performance.
- Led return-to-sport protocols
conducting regular assessments and progress monitoring to ensure athletes safely transition back to full participation.
➤ Specialized in managing complex cases
involving post-operative and chronic musculoskeletal conditions, achieving measurable
improvements in pain management and functional independence.
➤ Incorporated cutting-edge technologies
such as electrotherapy, kinesiology taping, and ultrasound in treatment regimens for accelerated recovery.
➤ Conducted detailed progress evaluations
and communicated findings with both patients and their support teams to maintain high standards of care and patient engagement.
➤ Organized injury prevention workshops and seminars
Educating athletes and coaches on injury prevention strategies and sport-specific conditioning

EXPERIENCE II
2021-2023 AYURGREEN HOSPITALS Robotic In charge
➤ Progressive Leadership: Initiated career as a Junior Physiotherapist, demonstrating exceptional dedication and technical skill in patient care and therapeutic intervention. Promoted to Robotic In-Charge in recognition of expertise in robotic neuro-rehabilitation technology and patient-centric outcomes.
➤ Robotic Rehabilitation Management: Oversaw the operation and clinical application of advanced robotic devices for neuro-rehabilitation, supporting patients with neurological conditions such as stroke, spinal cord injuries, and traumatic brain injuries to achieve functional mobility and recovery milestones.
- Customized Patient Treatment Plans: Designed and implemented individualized rehabilitation plans, integrating robotic-assisted therapy with conventional physiotherapy techniques to maximize recovery and enhance functional independence in patients with varied neurological deficits.
➤ Training and Mentorship: Led training sessions for junior physiotherapists and support staff, ensuring a comprehensive understanding of robotic technology application, safety protocols, and therapy optimization. Acted as a mentor to new team members, fostering a culture of continuous learning and clinical excellence.
➤ Clinical Outcome Monitoring: Utilized data analytics and patient feedback to track progress, adjust therapeutic approaches, and report on key performance indicators, effectively demonstrating the efficacy of robotic rehabilitation in patient recovery journeys.
➤ Collaborative Care: Engaged with an interdisciplinary team, including neurologists, occupational therapists, and rehabilitation nurses, to deliver holistic, patient-focused care. Facilitated collaborative decision-making to address complex cases and enhance patient outcomes.
➤ Technology Optimization and Innovation: Regularly contributed insights for improving robotic rehabilitation protocols, assisting with clinical trials, and testing new features to advance patient care standards and integrate the latest innovations in neuro-rehabilitation

EXPERTISE
\* ORTHO REHABILITAION
\* NEURO REHABILITATION

● ROBOTIC REHABILITATION

-- GEO GAIT TRAINER
--ARMOTION ROBOTIC ARM TRAINER
--HUBER 360 NEURO MUSCULAR EXERCISER
--AQUACISER AQUATIC REHABILITATION ‎<This message was edited>

ROBOTIC REHAB

GEO GAIT TRAINER
➤ Precise Gait Pattern Replication: The GEO Gait Trainer can replicate natural walking patterns with accuracy, which helps patients relearn normal gait mechanics. This is especially beneficial for patients with neurological conditions like stroke, spinal cord injury, or traumatic brain injury, where gait deviations are common.
➤ Adjustable Assistance Levels: The device offers customizable levels of assistance based on the patient's abilities Physiotherapists can gradually decrease robotic support as the patient's muscle strength and coordination improve allowing for a progressive approach to rehabilitation.
➤ Symmetrical Weight-Bearing Training: GEO provides feedback on weight distribution, allowing physiotherapists to monitor and correct asymmetries. This helps improve balance and reduce compensatory movements, which are often
a problem for neurological patients.
➤ Intensive Repetition with Reduced Fatigue: The GEO Gait Trainer allows for repetitive, intensive gait training sessions without causing excessive fatigue, as the robotic system aids in the patient's movements. This repetition is essential in promoting neuroplasticity and motor learning.
➤ Real-Time Biofeedback and Performance Tracking: The GEO system provides real-time feedback and metrics on walking speed, distance, and stride length. This allows the physiotherapist to monitor progress objectively, set measurable goals, and adjust training parameters based on the patient's performance.
➤ Safe and Controlled Environment: The GEO Gait Trainer offers a controlled, safe environment where patients can practice walking without the fear of falling. This enables them to focus on proper movement patterns, enhancing confidence and reducing psychological barriers to rehabilitation.

➤ Dual-Motion Modes (Passive and Active): Depending on the patient's condition, the GEO Gait Trainer can operate in passive mode, where the robot leads the movement, or active mode, where patients initiate movements. This flexibility supports recovery at various stages of rehabilitation.
➤ Improving Motor Coordination and Endurance: By enabling high-repetition, weight-bearing training sessions, the GEO Gait Trainer helps improve muscle coordination and endurance, which are crucial for patients with neurological impairments to regain functional mobility.
➤ Engaging Visual and Cognitive Feedback: Many GEO Gait Trainers are equipped with visual interfaces or VR providing interactive visual feedback that can enhance patient engagement and motivation during therapy. This feature is valuable for patients with cognitive impairments as well, as it encourages active participation.
➤ Enhancing Balance and Postural Control: The system allows therapists to target specific gait deficits like poor balance and postural control, often a concern in neurological patients. Therapists can monitor alignment and correct posture as the patient walks, ensuring effective, safe therapy.

ARMOTION
➤ Expertise in Robotic-Assisted Therapy: Skilled in utilizing the Armotion robotic arm trainer to facilitate neuro rehabilitation for patients with various neurological conditions, enhancing motor recovery and functional independence.
Patient-Centric Approach: Customized robotic therapy sessions to suit individual patient needs, focusing on functional goals, recovery timelines, and motor skill enhancement for improved outcomes.
- Technology Integration in Therapy: Leveraged advanced robotic technology to assist in motor learning and neuroplasticity, providing data-driven insights to adjust therapeutic protocols and maximize patient progress.
➤ Proficient in Rehabilitation Robotics: Deep understanding of robotic mechanisms and functions within the Armotion system, ensuring optimal operation and troubleshooting during therapy sessions.
➤ Collaborative Care and Interdisciplinary Coordination: Worked closely with neurologists, occupational therapists, and other healthcare professionals to create comprehensive care plans that integrate robotic therapy for holistic
rehabilitation.
➤ Data Analysis and Progress Tracking: Collected and analyzed patient data through Armotion software, enabling the assessment of progress and adaptation of therapy based on real-time feedback.
➤ Patient Education and Engagement: Educated patients and caregivers on the benefits of robotic-assisted therapy, enhancing engagement and compliance with rehabilitation goals.
➤ Robotic Equipment Maintenance and Calibration: Ensured regular maintenance and calibration of the Armotion system to maintain accuracy, safety, and optimal performance.
➤ Continuous Professional Development: Kept abreast of the latest advancements in neuro-rehabilitation technology and attended training to improve skill sets with robotic systems like Armotion.

HUBER 360 - NEURO-MUSCULAR EXERCISER
➤ Dynamic and Static Balance Training: Conducted exercises using the HUBER 360 to enhance patient balance in dynamic and static settings, aiding in postural control and stability crucial for neuro-rehabilitation.
➤ Coordination Improvement: Leveraged the system's proprioceptive exercises to improve patient coordination, focusing on synchronized muscle activation for enhanced motor skills.
➤ Muscular Stretch and Strengthening: Utilized HUBER 360's neuromuscular features to improve muscular strength and stretch, addressing both spasticity management and targeted muscle re-education.
➤ Joint Mobility Enhancement: Implemented specialized programs to improve joint mobility, reducing stiffness and increasing the range of motion for neuro and musculoskeletal conditions.
➤ Functional Rehabilitation: Created personalized exercise programs on the HUBER 360 to support functional
rehabilitation goals, integrating real-time biofeedback to monitor patient progress and adjust treatment plans
accordingly.
➤ Patient Engagement: Used HUBER 360's interactive features to enhance patient engagement and motivation encouraging active participation in rehabilitation exercises.
Assessment and Outcome Measurement: Conducted regular assessments using the HUBER 360 to track and quantify improvements in balance, coordination, and strength, facilitating data-driven adjustments in treatment.

AQUACISER
➤ Conducted individualized aquatic treadmill therapy for patients with neurological and musculoskeletal conditions focusing on enhancing mobility, balance, and strength.
➤ Developed and implemented hydrotherapy protocols tailored to each patient's rehabilitation needs, ensuring optimal use of aquatic resistance and buoyancy.
➤ Collaborated with interdisciplinary teams to integrate aquatic treadmill therapy into comprehensive rehab plans maximizing patient outcomes.
➤ Educated patients on water-based exercises and safety techniques, promoting long-term functional independence and recovery.
➤ Monitored patient progress using objective assessments and adapted aquatic interventions to continually meet rehabilitation goals.
➤ Leveraged the benefits of reduced gravity in water to support early-stage rehab for patients with limited weight-bearing capacity.**

**Physiotherapy Internship**

* Conducted assessments, developed care plans, and assisted in patient treatment under supervision.
* Focused on orthopedics and neurorehabilitation for patients in the outpatient department, gaining hands-on experience in sports injury recovery.

**Education**

**Bachelor of Physiotherapy**
JDT Islam College of Physiotherapy
**2019**

**Certifications**

* INTERNATIONAL CERTIFICATION ON SOFT TISSUE MANIPULATION THERAPY
* CERTIFIED IASTM THERAPIST
* CERTIFIED DIVERSIFIED NEEDLING THERAPIST
* CERTIFIED DIVERSIFIED CUPPING THERAPIST

**Skills**

* **Orthopedic and Neuro Rehabilitation**: Specialized in managing complex cases with robotic and manual techniques.
* **Robotic Rehabilitation**: Skilled in using advanced devices, including GEO Robotic Gait Trainer, Arm motion Robotic Arm Trainer, and Huber 360 for neuromuscular exercises.
* **Aquatic Rehabilitation**: Experienced in aquatic therapy techniques using AquaCiser for comprehensive patient support.

**Languages**

* **English** (Highly proficient)
* **Arabic** (Working knowledge)
* **Hindi** (Working knowledge)
* **Malayalam** (Native language)
* **Tamil** (Working knowledge)

**Conferences attended**

* **PHYSIO GLOBAL CONFERENCE -'PHYSIO 2020'**
* **PHYSIO CONNECT 2018**

**Recent development in orthopaedic Surgeries & Update in Rehabilitation & Research**

**Additional Information**

* DOH/HAAD Licensed: HPPRF-2024-002432
* Available for relocation as required