



# JANFI SHANA

## PHYSIOTHERAPIST

### PROFESSIONAL AFFILIATIONS

DHA LICENSE NO;- 26694938-001(FULL TIME)

I am a dedicated physiotherapist with a passion for helping people achieve their optimal physical well-being. My mission is to improve the quality of life for individuals of all ages. With a strong background in physiotherapy, I work with patients to assess their physical challenges, develop tailored treatment plans, and guide them through exercises and therapies that promote healing and mobility.

### PERSONAL DETAILS

#### Date of Birth

7th November 1996

#### Nationality

Indian

#### Marital Status

Married

#### Visa status

Husband visa

#### Address

Rolla, Sharjah  
UAE

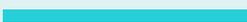
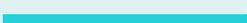
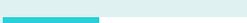
### EDUCATION

Bachelor of Science | BPT JDT  
Islam college of Physiotherapy  
(KUHS) Calicut , India  
(2014 - 2019)

### PARTICIPATION

- International Physiotherapy Conference
- Physio congress-2014 National level conference (KAPC).
- Therapeutic Taping Techniques
- Taping Aptitude INDIA
- Musculoskeletal and sports dry needling
- Academy of exercise HEALTH and therapy
- Cupping therapy- CCTS

### LANGUAGES

English   
Malayalam   
Hindi 

### CONTACT

 0568463885

 janfijan96@gmail.com

### WORK EXPERIENCES

#### Pearls Polyclinic- Dubai, UAE

April - October 2023

- ✔ Assessment, Diagnosis and Treatments of patients with musculoskeletal, Pediatric, Geriatric and neurologic conditions
- ✔ Documented patient medical histories, complaints, and all patient-related communications
- ✔ Education and prevention through proper guidance on exercises, lifestyle changes, and techniques

#### Sparsham pain & palliative society- India

January 2022-June 2022

#### Sparsham pain & palliative society- India

August 2019-March 2021

#### Internship trainee at JDT Isam college of Physiotherapy

April 2019-August 2019

#### Intern Trainee at NATIONAL HOSPITAL, India

March 2019-April 2019

#### Intern Trainee at Baby Memorial Hospital India

February 2019 - March 2019

#### Intern Trainee at MIMS RESEARCH FOUNDATION India

December 2018 - February 2019

### AREAS OF EXPERTISE

- ✔ Patient Assessment
- ✔ Geriatric rehabilitation
- ✔ Sports injuries
- ✔ Expertise in palpations and trigger Point release
- ✔ Myofascial release
- ✔ Practice in cupping therapy
- ✔ Pediatric rehabilitation
- ✔ Neurological conditions

