



JANFI SHANA

Physiotherapist

SUMMARY

I am a committed, highly motivated, caring and friendly physiotherapist with a great passion of helping people of all ages, well versed with required skills with excellent client facing skills and the ability to work closely with other professionals to assess a patient's needs and devise a suitable plan according to their problems and conditions.

PROFESSIONAL AFFILIATIONS

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

EXPERIENCE

April 2023 - Current
Physiotherapist PEARLS POLYCLINIC | DUBAI, UAE

- Sports Rehabilitation
- Musculoskeletal Management.
- Analysis Manual Therapy
- Paediatric Rehabilitation
- Geriatric Rehabilitation

January 2022 - June 2022
Physiotherapist SPARSAM PAIN & PALLIATIVE SOCIETY - | calicut,, india

- Neurology Rehabilitation.
- Sports Rehabilitation
- Musculoskeletal Management.
- cardiorespiratory Rehabilitation.
- Analysis Manual Therapy
- Pediatric Rehabilitation
- Geriatric Rehabilitation

August 2019 - March 2021
Physiotherapist SPARSAM PAIN & PALLIATIVE SOCIETY | Calicut,, india

- Stroke Management
- Orthopaedics
- Movement Analyst

March 2019 - April 2019
Intern Trainee NATIONAL HOSPITAL | calicut, india

February 2019 - March 2019
Intern Trainee Baby Memorial Hospital | calicut, india

December 2018 - February 2019
Intern Trainee MIMS RESEARCH FOUNDATION | calicut, india

AREAS OF EXPERTISE

- Assessment, planning appropriate treatment measures and management of all Physiotherapy required conditions.
- Musculoskeletal Physiotherapy, expertise in palpations and trigger Point release
- Sports injuries
- Myofascial release
- Practice in cupping therapy
- Post-surgical rehabilitation
- Stroke Rehabilitation
- Neuro Rehabilitation
- Geriatric Rehabilitation
- Pediatric Rehabilitation
- Obstetrics and Gynecology conditions and exercises
- SCI and TBI Rehabilitation

EDUCATION

2018
Bachelor of Science | BPT
JDT Islam college of physiotherapy(KUHS),, Calicut , india

2014
Certificate of Higher Education
GVHS Atholy kozhikode, Calicut ,India

2012
SSLC
Mahalara Public School Parammel, Calicut ,India, KERALA , INDIA

📍 Dubai, United Arab Emirates

📞 +971568463885

✉ janfijan96@gmail.com

SKILLS

- Mobility assessments
- Excellent diagnostic abilities
- Patient sensitivity & tolerance
- Exercise therapy
- Shoulder wheel, hot moist pack, transcutaneous electrical nerve stimulation,

PARTICIPATION

- International Physiotherapy Conference 'PHYSIO 2020' in 2015, JDT Calicut, Kerala.
- Physio congress 2014' National level conference, Kerala association for physiotherapist's co-ordination (KAPC).
- Therapeutic Taping Techniques Calicut 2022 Taping@ptitude INDIA
- Musculoskeletal and sports dry needling 2022(Basic). Academy of exercise HEALTH and therapy

ADDITIONAL INFORMATION

- Father's name :Kunhayin A
- Mother's name :Saleena
- Date of Birth :07/11/1996
- Marital Status :Married
- Visa Status: Residence Visa

LANGUAGES

English: C2

Proficient

Malayalam: C2

Proficient

Hindi: B1

Intermediate

INTERESTS

- Reading, Traveling, Fitness, Movie