

KAMALUDEEN.M

PHYSIOTHERAPIST



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DHA ELIGIBILITY: 73764481

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PROFESSIONAL SUMMARY

- Dedicated and highly skilled physiotherapist with over **6 years of experience** in Neurology, Orthopedics, and Pediatrics. Providing comprehensive and compassionate care to a diverse patient population. Proficient in manual therapy techniques, patient assessment, treatment planning, and rehabilitation protocols. Strong background in designing and implementing customized therapeutic exercise programs to help patients and collaborating effectively with multidisciplinary healthcare teams. Seeking to leverage my expertise and passion for improving the quality of life for individuals in a dynamic healthcare setting.

SKILLS

Patient Assessment and Evaluation:

- Proficient in conducting comprehensive Neurological, Orthopedics, and Pediatrics assessment to identify impairment and functional limitation in conditions and treatment planning and intervention techniques.
- Skilled in conducting thorough assessments to evaluate patients' mobility, strength, pain levels, and functional limitations to develop personalized treatment plans

Evidence-Based Practice:

- Knowledge of the latest research and best practice in neurological rehabilitation to ensure high-quality patient care.

Individualized Treatment plan:

- Experienced in developing personalized rehabilitation programs tailored to each patient's specific needs and goals

Functional Training:

- Expertise in designing and implementing functional training exercise to improve mobility, strength and independence.

Manual Therapy techniques:

- Proficient in a range of hands -on techniques such as joint mobilization, soft tissue manipulation, and neural mobilization to address musculoskeletal issues.

Exercise Prescription

- Experienced in creating tailored exercise programs to improve mobility, strength, flexibility, and overall functional capacity of patients.

Rehabilitation Protocol:

- Knowledgeable in developing and implementing comprehensive rehabilitation protocols following surgeries, and injuries.
- Knowledge of therapeutic exercises, gait training, and functional mobility training specific to neurological condition.

Therapeutic Modalities:

- Familiar with various therapeutic modalities such as Ultrasound, Electrical stimulation, Heat/Cold therapy, shockwave therapy and Traction to assist in pain management and tissue healing.
- Proficient in cupping and dry-needling with hygiene and safety protocols.

Patient Education:

- Effective communicator in educating patients about their condition, treatment option, home exercises programs, and injury prevention strategies.

Interdisciplinary collaboration:

- Experienced in collaborating with physicians, nurses, occupational therapists, and other healthcare professionals to provide holistic care to patients.

Documentation and Record – Keeping:

- Proficient in maintaining accurate and detailed patient records, progress notes and treatment plans in compliance with legal and regulatory requirements.

Continuous Learning:

- Committed to staying up-to-date with the latest advancement in physiotherapy practices. Research and evidence -based treatments

Empathy and Compassion:

- Possess a strong sense of empathy, patience, and compassion towards patients, creating a supportive and caring environment for their healing journey

EDUCATION

The Tamilnadu Dr M.G.R Medical University India — BPT (10/2018)

St'Antonys Higher Secondary School Thanjavur India — HSC (06/2010)

Work History

Clinical physiotherapist ————— Bangalore, India (08/2019-07/2024)

Physiolaya Hospital and Rehabilitation

- Conducted clinical assessment and evaluation to determine patient needs.
- Managed acute and chronic conditions with full understanding regarding complex therapy needs.
- Planned and determined range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle re-education.
- Made clinical assessments and diagnoses to treat physical problems and conditions.
- Assisted in the rehabilitative of post operative patients by providing expert guidance and support throughout recovery process.
- Conduct pre-employment health screenings and assessments to ensure workers are fit for duty
- Perform regular health evaluations and monitor for any occupational health issues
- Collaborate with safety officers to develop and implement strategies to prevent workplace injuries and accidents
- Conduct ergonomic assessments and provide recommendations to reduce the risk of musculoskeletal injuries.

Consultant physiotherapist ————— Chennai, India (01/2018-07/2019)

Cardio Diabetology Clinic and hospital.

- Managed caseloads efficiency, prioritizing patients based on the urgency and complexity of needs for optimal results.
- Educated patients and families on the benefits of physiotherapy, leading to increased adherence to treatment plans.
- Developed tailored home exercise programs for patients, empowering them to continue working towards their goals outside the clinic.

PERSONAL INFORMATION

DOB: 17/11/1989 — Nationality: Indian — Visa: visiting — Current Place: Dubai

Language known: English (fluent), Tamil (fluent)

LICENSES

- **Dubai Health Authority (DHA: 73764481)**
- **Indian Association of Physiotherapy (Id: L59877)**

Certification

- Advanced Certification in Medical coding (04/2021- 08/2021)
- National Physiotherapy Conference (03/2024)
- Psycho Education for Personality Development (10/2010)
- Honours Diploma in computer Application HDCA (05/2006-05/2007)