

HAIDERALI E

PHYSIOTHERAPIST

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COUNCIL / PROFESSIONAL BODY REGISTRATION / EQUAL STATEMENTS

HCPC (Health Care Profession Council)	- Under Process
IAP (Indian Association of Physiotherapy)	- Reg. No: L49093 (Lifetime membership)
UK-Naric	- Ref. No: 4000892871 Haiderali E .

CAREER OBJECTIVE

Am interested in patient care and rehabilitation and I would like to work as a clinical physiotherapist. I regularly update with continuously evolving knowledge in the field of physiotherapy and rehabilitation science. I would work closely with the institute and patients to get a successful and pain free/ disability free outcomes.

EDUCATION / QUALIFICATIONS

2016 – 2018

Master of Physiotherapy (MPT-Sports)

Centre for Physiotherapy and Rehabilitation Sciences
Jamia Millia Islamia, New Delhi, India

Thesis work – Comparative study of EMG activity during lunges on stable and various unstable surface

Clinical Posting

- Indira Gandhi Indoor Stadium, New Delhi, India (3 Month)
- Jawahar Lal Nehru Stadium, New Delhi, India (3 Month)

2010 – 2016

Bachelor of Physiotherapy (BPT)

School of medical Education
Mahatma Gandhi University, Kottayam, Kerala, India

Clinical Posting

- Government District Hospital, Kottayam, Kerala (3 Month)
- Marian Medical Centre, Palai, Kerala (3 Month)
- Aswini Hospital, Thrissur, Kerala (3 Month)
- AL-MAS Hospital, Kottakkal, Kerala (2 Month)
- Kasturba Medical College, Manipal, Karnataka (6 Month)

ACADEMIC CLINICAL EXPERIENCE

2017	JLN stadium, Delhi <ul style="list-style-type: none">• Design and implement sports injury rehabilitation• Design and implement sports injury prevention training• On-field physiotherapy management experience• Advanced physiotherapy equipment handling• Sports fitness testing (on-field and off-field)	Aug – Oct (3Month)
2017	IGI stadium, Delhi <ul style="list-style-type: none">• Design and implement sports injury rehabilitation• Design and implement sports injury prevention training• On-field physiotherapy management experience• Advanced physiotherapy equipment handling	Feb -may (3Month)
2015-2016	Kasturba Medical College, Manipal, Karnataka <ul style="list-style-type: none">• Adult cardio-respiratory care• Pediatric respiratory and cardiothoracic care• Pediatric neuro rehabilitation• Adult neuro rehabilitation department (medicine & surgery)• General physiotherapy outpatient department• Community based rehabilitation• Orthopedic rehabilitation department (in patient & outpatient)• Sports rehabilitation department	Nov – may (6Month)
2015	AL-MAS Hospital, Kottakkal, Kerala <ul style="list-style-type: none">• Orthopedic rehabilitation experience• Pediatric rehabilitation experience• Neuro rehabilitation experience• Post-surgery rehabilitation experience• Intensive care unit physiotherapy experience	Sep – Nov (2Month)
2014	Aswini Hospital Ltd, Thrissur, Kerala <ul style="list-style-type: none">• Physiotherapy outpatient department experience• Cardiology and cardio surgery department experience• Pre- and post-operative department• Cardiac care unit & cardiac intensive care unit experience• Trauma and emergency care experience	Sep – Nov (3Month)
2013	Marian Medical Centre, Palai, Kerala <ul style="list-style-type: none">• Pediatric neuro rehabilitation experience• Adult neuro rehabilitation experience• Psychiatry department posting• General physiotherapy department	Sep – Dec (3Month)

2012 Government District Hospital, Kottayam, Kerala

Aug – Oct (3Month)

- Orthopedic rehabilitation experience
- Post-surgery physiotherapy experience
- Clinical orthopedic department posting
- Fracture and dislocation management department posting

EMPLOYMENT HISTORY

Company Name	- F.C Kerala (Football Club)
Duration	- 01/08/2018 to 01/10/2020
Practice Setting/Duties and responsibilities	<ul style="list-style-type: none">- Worked with football team as a team Physiotherapist- Develop treatment plans for injured players- Develop injury prevention plan and implement in training sessions- On-field injury assessment and management- Maintain the record of present and past injuries of the players- Monitor the load on players and develop and implement recovery strategies- Organize Manipulate/ massage/Hydrotherapy and cryotherapy at Session- Monitor and interfere in players pre/post-match nutrition and Hydration- Sports taping, Strapping, Dressing, Dry needling, Sports massage, Myofascial release- Periodic sports fitness testing and documentation
Skill learned	<ul style="list-style-type: none">- Sports taping, Sports Strapping- Sports massage, Myofascial release- Dry needling- Various equipment handling- On-field physiotherapy management- Various recovery techniques- Warm up and cool down methods- General strength and conditioning- Soccer specific conditioning exercise
Team Achievements	<ul style="list-style-type: none">- Senior District Sooper league Champion – 2019- Senior Kerala Premier League Semifinalist – 2019- Senior District Sooper League Champion – 2020

CURRENT WORK STATUS

Currently working as a private physiotherapist and taking care with home visits. My clients mostly include adult and pediatric neuro patients. ortho – sports patients and geriatric patients.

TRAINING AND CONTINUOUS PROFESSIONAL DEVELOPMENT

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| 2018 | - SCORES; an innovative approach to spinal core stability & spinal pain management, Delhi. |
| 2015 | - Advance kinesio taping workshop, Calicut |
| 2014 | - Physiotherapy summit on aquatic therapy & Women's health at cochin. |
| 2012 | - Physio Congress- first annual conference of KAPC, Calicut |
| 2014 | - Physio Congress- first annual conference of KAPC, Kottayam |

PERSONAL ACHIEVEMENTS

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| 2012 | - Black Belt in Martial Art Kungfu (JOW-GA) |
| 2011 | - Bronze medal In South Indian Kickboxing Championship |
| 2013 | - Elected as College union general Secretary for One-year duration |

KEY SKILLS

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| Communication | Highly developed communication skills gained from participating in college and university student's union activities, clinical practice, group assignments, studying and practicing different states of India. |
| Teamwork | Strong ability to work as part of team, evidenced by student's union activities in college and university, by working with a professional football team and from group assignments. |
| Languages | ENGLISH / MALAYALAM / HINDI / TAMIL |
| Driving | Indian Union Driving License – Two-Wheeler/ Four-Wheeler |

HOBBIES AND INTEREST

Interested in Martial Arts training and Movies
Interested in Sports especially Cricket and Football
Interested in observing secular politics
Interested scientific thoughts, readings and speeches

REFEREES

NAVAS K.A
Managing Director
F.C Kerala (Football Club)
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