

ROOPA D SOUZA K

PHYSIOTHERAPIST

CONTACT

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Address:

Salah Aldin
Dubai

PROFILE

Physiotherapist with 3 years of experience in a hospital. I hold a degree of Bachelors in Physiotherapy. I am a dedicated physiotherapist with a passion for patient care. I aim to leverage my clinical skills, compassionate approach, and teaching abilities to make a positive impact on patient well-being and inspire future generations of physiotherapists.

SKILLS

- INTERPERSONAL SKILLS
- COMMUNICATION SKILLS
- LEADERSHIP SKILLS
- ABILITY TO MULTITASK
- EFFECTIVE TIME MANAGEMENT
- CREATIVE THINKING
- PROBLE SOLVING
- COMPUTER SKILLS
- SELF MOTIVATION

EXPERIENCE

Physiotherapist at Shaffi Nursing Home

August 2021-Ferbruary 2024

Physiotherapist at Shaffi Nursing home,

As a physiotherapist at Shaffi Nursing home, I provided comprehensive care and treatment to patients with various musculoskeletal and neurological conditions. I utilized manual therapy techniques, therapeutic exercises, and modalities to improve patients' physical function and alleviate pain. I collaborated with a multidisciplinary team to ensure holistic and integrated care for patients. Additionally, I effectively communicated with patients and their families, providing education and guidance on self-management techniques to support long-term recovery and prevent re-injury.

Conducted thorough assessments and evaluations to determine patients' needs and develop personalized treatment plans.

Utilized manual therapy techniques, therapeutic exercises, and modalities to improve patients' physical function and alleviate pain.

Collaborated with a multidisciplinary team to ensure holistic and integrated care for patients.

Provided patient education and guidance on self-management techniques to support long-term recovery and prevent re-injury.

Internship

July 2020- January 2021

Internship at Justice K.S. Hegde Charitable Hospital, Deralakatte, Mangalore,

EDUCATION

Bachelor of physiotherapy
Nitte institute of
physiotherapy, Mangalore
June 2016-Jan 2021

LANGUAGES

English, Hindi, Malayalam, Kannada,
Konkani, Tulu

Treatment care is given to patients in various departments including Orthopedics, Neuro/Neurosurgery, Paediatrics, Medicine, ICU/CCU/NICU, OPD, Surgery, OBG, Covid ICU.

Courses

November 2021-Jnauvary 2022

Certified in

1. ADVANCE FITNESS/GYM INSTUCTOR TRAINING
 2. FITNESS-DIET AND NUTRITION
 3. AEROBICS INSTRUCTOR TRAINING
 4. PRIMARY AND ADVANCED PILATES INSTRUCTOR TRAINING
 5. SPINNING INSTRUCTOR TRAINING
 6. PRE AND POSTNATAL FITNESS INSTRUCTOR TRAINING
 7. YOGA AND POWER YOGA INSTRUCTOR TRAINING
- CERTIFIED BASIC LIFE SUPPORT (CPR), NITTE
December 2018
 - MECHANICAL, RADIOLOGICAL DIFFERENTIAL DIAGNOSIS AND ITS DRY NEEDLING AND MYOKINETIC THERAPY IN MUSCULOSKELETAL DISORDERS

December 2022- January 2023

License

-Member of Indian association of physiotherapy

License no-L57352

-DOH exam cleared

D0H ID-93839848

