



D.SHARMILA

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PHYSIOTHERAPIST

OBJECTIVE

Looking for a position to utilize my skills and abilities in the field of physiotherapy and rehabilitation that offers a professional growth and challenging opportunities.

PERSONAL SUMMARY

I am a confident, competent physiotherapist holding DHA LICENSE with Five Years of experience in musculoskeletal, gynecological, neurological conditions, sports injury rehabilitation and providing acute care, follow up advice and exercise progressions. I consider myself to be a highly motivated and enthusiastic and welcome the opportunity to join a forward thinking practice. I can demonstrate the ability to work professionally and competently and look forward to prove that.

DHA LICENSE NUMBER - 00229017-001

PROFESSIONAL MEMBERSHIP

Life member of “*The Indian Association of Physiotherapists*” bearing **Reg.No.L-24447**. The Indian Association of Physiotherapists (IAP) is a member of “World Confederation of Physical Therapy”

WORK EXPERIENCE

- Currently working as a Physiotherapist in ALEATEMAD AITAKAFULY HEALTHCARE LLC, DUBAI.
- Worked as a Senior Consultant Physiotherapist and Center head in Sri Venkateswara Physiotherapy Clinic, Kanchipuram, Tamilnadu, India from 08-08-2011 to 31-12-2013.
- Worked as a Consultant Physiotherapist in Sri Shakthi Physio Care & Fitness Centre, Kanchipuram, Tamilnadu, India from 01.01.2014 to 20.04.2014.
- Worked as a Senior Consultant Physiotherapist and Center head in Saravana Physio Care, Thiruvallur, Tamilnadu, India from 01.04.2015 to 31.01.2018.

AREAS OF EXPERTISE

- Musculo-skeletal rehabilitation
- Sports injuries & rehabilitation
- Pre and post-operative care after joint replacement and surgery.
- Neurological rehabilitation
- Cardio thoracic rehabilitation
- Gynecological rehabilitation

PROFESSIONAL SKILLS

- Perform Manual therapy techniques including soft tissue mobilization, joint mobilization, myofascial release.
- Perform therapeutic exercises with and without equipment, stretching exercises, balancing and coordination exercises.
- Direct and aid patient in active and passive exercises, muscle reeducation and gait and functional training.
- Ergonomic advise for out department patients.

DUTIES

- ✓ Providing a high standard of physiotherapy service to patients.
- ✓ Providing quality treatment to the highest possible levels.
- ✓ Clinically evaluated the patient assessment, diagnosis, treatment plan and therapeutic program to both inpatient and outpatients by improving function and disability, physical strength, cognition, mobility and quality of life in patients of all ages.
- ✓ Supporting patients recovering from surgery.
- ✓ Planned treatment with effective weekly prognosis.
- ✓ Documented and reported the progress.
- ✓ Follow up after discharge.
- ✓ Created individualized home exercise program
- ✓ Maintaining a high standard of work and professionalism at all times.

ACADEMIC QUALIFICATIONS

Bachelor of Physical Therapy (4^{1/2} years) Sep 2003 – Aug 2008 Vivekananda Institute of Medical Sciences and Research, (Affiliated to The Tamilnadu Dr. M.G.R Medical University) Tiruchengode(TK), Namakkal(DT), Tamil Nadu, INDIA

Master of physiotherapy (2 years)
Elective: ORTHOPAEDICS,
K.G College of Physiotherapy,
(Affiliated to The Tamilnadu Dr. M.G.R Medical University)
Coimbatore, Tamil Nadu, IN

Post Graduate Diploma in Fitness- November 2010
Ramakrishna mission Vivekanda University,
Coimbatore, Tamil Nadu, INDIA

Research Activities

U.G. Program

Physiotherapy Management for Guillian Barre Syndrome.

P.G. Program

“Effect of muscle energy technique versus ultrasound therapy with static stretching in improving the hamstring flexibility in individuals with hamstring tightness” -A Comparative study

Professional training

As per the Schedule of instruction of Bachelor of physiotherapy, I was placed in the intensive care unit, orthopaedics, neurology, rheumatology, cardio-respiratory, and rehabilitation departments for 6 months at the following hospitals.

- **Meenakshi mission hospital and research centre, Madurai.**
- **Government head quarters general hospital, Erode.**
- **Vivekananda Institute of Medical Sciences and Research, Tiruchengode.**

In Post graduate (Master of Physiotherapy) I was placed in ICU unit, Orthopaedics, Neurology, Cardiorespiratory and out patient departments in **KG Hospital, Coimbatore.**

Workshops attended

1. 6TH IPTA workshop on integrated manual therapy of the spine for physical therapists, for 35 contact hours, on 31st aug – 3rd sep 2008 at Vivekananda institute of medical science and research- Tiruchengode, Nammakal(DT) – Dr.P.SENTHIL KUMAR.
2. Continuing physiotherapy education on myotherapy,ergonomics and taping in physical rehabilitation program by RECOUP,Bangalore,on 3rd april 2010 at the viba auditorium,vels university,pallavaram,Chennai- Dr.AJEESH P.S
3. Workshop on myotherapy by RECOUP on 4th april at Chennai-Dr.AJEESH P.S
4. Workshop on Proprioceptive neuromuscular facilitation at RVS College of Physiotherapy,sulur,Coimbatore on 12th and 13th april 2010- Mr.Josley M.P.T ,P.HD.
5. National level workshop on “PILATES- CONCEPTS AND TECHNIQUES” on 29th jan 2011 at saveetha college of physiotherapy, saveetha university, thandalam, Chennai.-DR.K.GANESAN., MPT Sports.
6. Continuing physiotherapy education on myofascial release at PSG College of Physiotherapy,coimbatore,on 3rd December 2009- prof.k pearlson.
7. State level Workshop on Application of Statistical Tools in Physiotherapy Research on 17th, 18th December 2009 (16hrs) at KG college of Physiotherapy, Coimbatore – Prof.S.Arunvijay, MPT, MBA, PGDHA, (PhD), Certified Six Sigma Black Belt (ISI).

PERSONAL DETAILS:

Name	: D.Sharmila
Father name	: K.Dakshinamurthy
Husband name	: P.Anbalagan
Sex	: Female
Date of birth	: 26.02.1986
Marital status	: Married
Nationality	: Indian
E- mail ID	: sharmilavasuki1@gmail.Com
Mobile no	: +971554637985
Languages known	: English, Tamil

(D.SHARMILA)