

SHERINANVAR

PHYSIOTHERAPIST

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MOH LICENSING

- Cleared MOH license exam on 23 November 2021
- DATA FLOW reference number: M006-2001-586847
- Evaluation Letter Reference Number: 177774

PROFESSIONAL SNAPSHOT

A highly motivated physiotherapist with 3+ years of experience at various fields of physiotherapy, including

- Neurological Rehabilitation
- Orthopedic Rehabilitation
- Cardiac Rehabilitation
- Chronic Pain Management
- Musculoskeletal condition
- Sports Injuries
- Pediatric Developmental Disorder
- Geriatric Rehabilitation

PERSONAL SKILLS

- A self-motivated and competitive attitude.
- Experience in dealing emotional and stressful situations.
- Can motivate others through effective communication skills.
- Ability to work independently in busy environment.
- Ability to work under pressure and manage time effectively.
- Team working skills to work with other healthcare professionals, such as doctors, nurses, occupational therapist and social workers.

PROFESSIONAL SKILLS

- Pre and post-operative Physiotherapy after joint replacement.
- Musculo skeletal and sports injuries & rehabilitation.
- Ergonomics advisor for IT & BPO professional.
- Home care physiotherapy.
- Bronchial hygiene, chest physiotherapy.
- Mobilization techniques.
- Neurology and neuro-surgical rehabilitation.
- Pulmonary rehabilitation.

EDUCATIONAL QUALIFICATION

- **Bachelor of Physiotherapy (BPT)** from the Kerala University of Health Sciences (KUHS), Kerala, India. (2010 -2015)
- **Board of Higher Secondary Examination** – (March-2008)

PROFESSIONAL MEMBERSHIPS

- The Kerala Association for Physiotherapists' Co-ordination (KAPC) (Reg: No: 3039) since 2016-October.
- The INDIAN Association of Physiotherapist (IAP) (L-46623) Since October-2019

WORK EXPERIENCE

SOLEUS Physiotherapy Clinic,

(Trivandrum, Kerala from April 2021 to September 2021 as Physiotherapist)

Key Responsibilities

- Orthopedic rehabilitation
- Post-Surgical Rehabilitation
- Neurological Rehabilitation
- Geriatric Rehabilitation.

KARUNYA PHYSIOTHERAPY CENTRE

(Attingal, Trivandrum, Kerala from November 2019 to Oct 2020 as Physiotherapist)

Key Responsibilities

- Orthopedic and sports injury rehabilitation
- Neurological Rehabilitation
- Geriatric Rehabilitation.

ST. JOHN'S HEALTH SERVICES

(Malankara Medical Village, Pirappancode, Trivandrum, Kerala from July 2017 to Oct 2019 as Physiotherapist)

Key Responsibilities

- Managing orthopedic and sports injuries,
- Neurological Rehabilitation
- Geriatric and Pediatric rehabilitation.
- Providing inpatient and outpatient physiotherapy services in accordance with standard care and practice of physiotherapy in consultation with senior physiotherapist and physicians.
- Involved in ward rounds, meetings and case conference.
- Supervising electrotherapy modalities.
- Organizing physical exercise sessions.
- Helping patients to recover from accidental injuries & illness.
- Supervising and planning home care programs.
- Organizing Physical exercise sessions for de Addiction patients

INTERNSHIP

Completed 6 months of mandatory internship at the following hospitals

- Government General Hospital, Trivandrum.
- Kerala Institute of Medical Science (KIMS), Trivandrum.

During this internship period I served in the following departments

- Neuro Surgery.
- Orthopedics.
- Cardiology.
- Broncho Respiratory.
- Pediatrics' and Gynecology.
- Oncology
- Pre-operative and Post-operative wards.
- Gastric and General Medicine.
- STROKE ICU, NICU, CICU, LIVER TRANSPLANT ICU.
- Plastic Surgery.
- Physiotherapy Department.
- Orthotic and Prosthetic Department.

PROJECTS

- Effectiveness of plantar fascia stretching, contrast bath and night splint as home program for chronic plantar fasciitis.

CERTIFICATIONS

- Certificate course in Dry needling held at Trivandrum organized by Physionneeds Academy.
- American Heart Association Basic Life Support (CPR and AED) Program
- Certified as an Aerobics instructor by Indian Academy of Fitness training, Mangalore (March 2013)

CONFERENCES ATTENDED

- PHYSIO ACCORD 2014, National Physiotherapy Conference, Bangalore.
- Workshop on Muscle Energy Technique (MET) held at KIMS, Trivandrum (October 2012).
- National Conference on Evaluation and Management of fascial dysfunctions, held at KIMS, Trivandrum (November 2015).
- Workshop on Pulmonary Rehabilitation held at KIMS, Trivandrum (January 2016).

PAPER PRESENTATION

- PHYSIO ACCORD 2014, National Physiotherapy Conference, Bangalore 'Effectiveness of plantar fascia stretching, contrast bath and night splint as home program for chronic plantar fasciitis.

COMPUTER LITERACY

- Windows, MS Office, internet operations

PERSONAL PROFILE

Name	: Sherin Anvar
D.O.B.	: 16 May 1990
Sex	: Female
Marital status	: Married
Nationality	: Indian
Passport Number	: M4332549
Languages known	: English, Malayalam, Hindi.
Visa Status	: Residence

DECLARATION:

I hereby declare that the particulars furnished above are true to best of my knowledge and belief.

Place: Ras Al Khaimah
United Arab Emirates

Sherin Anvar