

R Silmiyaa Begham

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SUMMARY

Enthusiastic physiotherapist with 2 years of experience developing and delivering results and Achieving treatment plans. I have extensive knowledge of Human Anatomy and the way the bones, muscles and nerves move. I am passionate about optimizing patient outcomes and contributing to Post surgical recovery programs. I am excited to bring my expertise to your organization in a challenging role that aligns with my dedication and skills.

LICENCE/REGISTRATION

- Dubai Health Authority (DHA) **DHA Unique ID 67739959**
- The Indian Association of Physiotherapists IAP Reg No- L-61117
- AHA- Basic Life Support (BLS)
- AHA- Advanced Cardio Vascular Life Support

PROFESSIONAL EXPERIENCE

Clinical Physiotherapist

SN physiotherapy clinic

(March 2022 – March 2024)

- I assessed patient needs, prescribed evidence-based treatments to reduce pain and improve mobility, and provided interventions to restore movement patterns to pre-injury levels while adhering to professional standards.
- Successfully achieved a 40% reduction in pain levels and a 60% improvement in mobility for patients. Implemented weekly group exercise classes for elderly clients, resulting in a 50% reduction in falls and increased social engagement.
- To handling as team with various type of patients especially Neuro, Orthopedic and Spinal cord injuries.
- Mobilizing and manipulating the muscles and joints to improve movement.
- Providing treatment using physiotherapy and rehabilitation equipment's such as Electro therapy, Laser therapy and application of hot and cold therapy.
- Provided home-based and in-clinic treatment programs that helped 80% of patients live independently and perform daily activities successfully. Demonstrated excellent clinical expertise and patient care, resulting in high levels of satisfaction among clients.
- Maintaining high-quality standards, guaranteeing the accuracy of client records, and ethically collecting and securing data.

Intern Physiotherapist

SIMS Hospital, Chennai

(July 2021 - January 2022)

- Evaluating, planning, and delivering bespoke physiotherapy plans to meet the needs of individual patients
- Being involved in a patient's pre-admission and follow-up care.
- willingness to work in a team and interact in the organization.

EDUCATION

Bachelor of Physiotherapy (BPT)

Vels School of Physiotherapy • Chennai • 2017 - 2021

PROJECTS

Study on effects of strength with strengthening of calf muscle in improving strength and flexibility among runners with medial tibial stress syndrome.

RELEVANT COURSES

- Certified IAFM therapist from Cortex sports therapy Association.
 - Certified sports tapping therapist from Cortex sports therapy Association
 - Certified Diversified cupping therapist from Cortex sports therapy Association.
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PROFESSIONAL SKILLS

- Pain management
 - Physical assessment
 - Set reliable patient-centric goals
 - Patient handling and care
 - Respect the patient's values and beliefs
 - Track patient progress
 - Clinical knowledge
 - Interpersonal skills
 - Dry needling
 - Sports taping
 - Trigger releasing techniques
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PERSONAL DETAILS

- Availability : Immediately to join
- Nationality : Indian
- Languages : English, Tamil, Hindi.
- Gender : Female
- Date of birth : 06th November 1999
- Religion : Islam
- Passport No : Y187044
- Visa Status : Visit Visa till 20 November 2024