

R SILMIYAA BEGHAM

SUMMARY

Enthusiastic physiotherapist with 2 years of experience developing and delivering results and Achieving treatment plans. I have extensive knowledge of Human Anatomy and how 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.

PROFESSIONAL EXPERIENCE

Clinical Physiotherapist, **03/2022 - 03/2024**

SN physiotherapy clinic

- 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 handle teams with various types of patients, especially Neuro, Orthopedic, and Spinal cord injuries.
 - This rehabilitation protocol incorporates Maitland concepts for shoulder mobilization and post-operative knee exercises to enhance range of motion, reduce stiffness, and improve functional ability, facilitating optimal recovery and return to activity.
 - 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.
-



PERSONAL DETAILS

Address: Sharjah, UAE

Phone: +971581163629

Email: silmiyaabegham@gmail.com

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

EDUCATION

Bachelor of Physiotherapy, 05/2021
Vels School of Physiotherapy - Chennai

LICENCE REGISTRATION

- Dubai Health Authority (DHA), 67739959
 - The Indian Association of Physiotherapists, L-61117
 - AHA- Basic Life Support (BLS)
 - AHA- Advanced Cardio Vascular Life Support
-

LANGUAGES

- English
 - Tamil
 - Hindi
-

PROJECTS

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

TRAINING

- 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.
 - Completed as Intern Physiotherapist in SIMS Hospital, Chennai (July 2021 - Jan 2022).
-

PERSONAL INFORMATION

- Available: Immediately to join
- Passport Number: Y187044
- Date of Birth: 06/11/1999
- Gender: Female
- Nationality: Indian
- Religion: Islam
- Visa Status: Visit Visa till 20/11/2024