



Simona Darrel Varghese

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Career Profile:

10 years of dedicated experience in Physiotherapy with MOH License

Strengths:

- Sound knowledge of human anatomy and internal body structures.
- Knowledge of neurodevelopment therapy.
- Extensive knowledge of the techniques of improving body movements, restoring mobility, and strengthening muscles.
- Experience in rehabilitating addicted and majorly patients.
- Broad knowledge of new technologies and medical equipment.
- Sensitive, tactful, tolerant, and patient.
- Ability to build good relationship with patients from diverse backgrounds.
- Excellent command over written and oral communication.

Achievements:

- UAE Achievers Award 2023
- Super Mom Award 2023
- SHE Awards 2023

Professional Experience:

Physiotherapist – Dec'2022 – currently working
at Star Care Medical Centre

Responsibilities:

- Rehabilitation for all musculoskeletal conditions like disc herniation, spondylosis, spondylolisthesis of spine, osteoarthritis of knee, frozen shoulder, sacroiliac joint dysfunction, ankylosing spondylitis.
- Sports injuries condition include knee injuries (ACL, PCL, menisci tear), pain along the shin bone, rotator cuff injuries, fractures, and dislocations.

- Rehabilitation services to Pediatrics Patients with Cerebral Palsy, Down Syndrome, Autistic Spectrum Disorder, Developmental Delay, to name a few.
- Practiced effective physiotherapies for improving body movements and strengthening muscles of the patients.
- Have extensive practice in rehabilitation of children with various Orthopedic disorders/ injuries and Neuromuscular conditions such as Muscular Dystrophy, Spinal Muscular Atrophy, Erb Palsy, Spina bifida, Guillain-Barre Syndrome, Traumatic Brain Injury, coordination and balance disorders, Developmental Dysplasia of Hip, Club foot, Torticollis, Scoliosis and other spinal deformities.
- Set up the equipment and prepared patients for therapies.
- Prepared case notes and reports of the patients.
- Evaluates effectiveness of learning, patient's family is included in teaching as appropriate.
- Interacts professionally with patient/family and involves patient/family in the formation of the plan of care and confers with the individuals most closely associated with the patient and keeps them informed on patient needs, treatment modifications, and progress.
- Documents appropriately on the medical record for all rehabilitation services, physical therapy assessments and evaluations performed for the inpatient.
- Manages and operates equipment safely and correctly. Maintains department cleanliness and safety.
- Communicates appropriately and clearly to physicians, staff and administrative team.

Physiotherapist – Dec'2017 – Dec'2022

at Emirates International Medical Centre

Senior Physiotherapist - Jan'2013 – Jun'2017

at Chetana Rehabilitation Center – Mumbai, India

Consultant Physiotherapist – May'2016 – Aug'2017

at Care 24 – Mumbai, India

Educational Summary:

- Master's Degree in Physiotherapy from Rajiv Gandhi University of Health Science 2015.

Other Certificates:

- Aerobics Instructor Training - Issued in 2010.
- Kinesiology & Tapping Techniques - Issued in 2010.

Membership:

- Indian Association of Physiotherapy.

Personal Memoranda:

- Date of Birth : 15th Aug'1988
- Marital Status : Married
- Sex : Female
- Passport No. : R0805647
- Religion : Christian
- Nationality : Indian
- Languages Known : English, Hindi, Marathi, Kannada, Konkani.

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