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 **Simona Darrel Varghese**

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**Career Profile:**
6 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 problem solving and practical skills.
* Excellent command over written and oral communication.

**Professional Experience:**

**Physiotherapist – Dec’2016 – currently working**
at Emirates International 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 Paediatrics 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 Orthopaedic 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.
* Ability to evaluate treatment effect, recommends change to physician if needed.
* 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.
* Treats patients and their families with respect and dignity.
* Manages and operates equipment safely and correctly. Maintains department cleanliness and safety.
* Communicates appropriately and clearly to physicians, staff and administrative team.

**Senior Physiotherapist - Jan’2013 – Jun’2017**
at Chetana Rehabilitation Center – Mumbai, India

**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 Paediatrics Patients with Cerebral Palsy, Down Syndrome, Autistic Spectrum Disorder, Developmental Delay, to name a few.
* Have extensive practice in rehabilitation of children with various Orthopaedic 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.
* Completed the task of planning and implementing individual intervention in collaboration with the patients by using graded exercises.
* Offered the evaluation of treatments of paediatric, orthopaedic & neuro cases.
* Inspected various physiotherapy divisions within the organization along with the concerned consultants and collected referrals whenever possible.
* Treated patients with swelling, pain, and joint stiffness in knees, feet, hips, hands, and spine.
* Set up the equipment and prepared patients for therapies.
* Prepared case notes and reports of the patients.

**Consultant Physiotherapist – May’2016 – Aug’2017**at Care 24 – Mumbai, India

**Responsibilities:**

* To provide at-home physiotherapy consultation and treatment, that is medically prescribed and evidence-based. To rehabilitate patients dealing with orthopaedic, neurological and medico-surgical conditions in order to relieve pain, restore strength, function and prevent disability.
* To test and measure patient mobility, strength, motor development, sensory perception, functional capacity, respiratory and circulatory efficiency, and record findings. To evaluate and plan appropriate physical therapy program and ensure treatment efficacy. To re-evaluate the effects of treatment at all stages and modify the plan, if required.
* To administer treatments involving application of electrotherapy modalities such as interferential currents, ultrasound waves, manual therapy, joint mobilization techniques, myofascial release techniques and condition-specific exercises and movements.
* To instruct, motivate and assist patient to perform exercises and activities of daily living with or without the use of assisted devices like crutch, cane, orthotics or prosthetics.
* Confer with physician and other practitioners to obtain additional patient information, and integrate physiotherapy treatment with other aspects of patient health care.
* To discuss the condition with respective patient, and play an active role in educating them. Instruct the patient’s family members to supervise exercises that are to be continued as part of home exercise program.
* To maintain patient records of evaluation, treatment protocol and progress.
* Having experienced in Orthopaedic condition like Fracture, Arthritis etc. Neurological conditions like Stroke spinal injury etc. Paediatric like Cerebral, DMD, ERBS PLASY, etc.

**Educational Summary:**

* Bachelor's Degree in Physiotheraphy from Rajiv Gandhi University of Health Science 2012.

**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, Tulu

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