



ANJALY .R . K

PHYSIOTHERAPIST

DHA license no : 47178139-001

E -mail: anjalyphysiotherapist@gmail.com

PROFESSIONAL SUMMARY

Physiotherapist with **six years and four months** of experience providing exceptional care to patients, through a variety of techniques utilizes physical exercises, electrotherapy modalities and strengthen muscles and improve range of motion and enhancing their overall well-being.

EDUCATION

- **2010-2015**
(BACHELOR OF PHYSIOTHERAPY), MG UNIVERSITY KERALA, INDIA
- **2009-2010**
(HSC SCIENCE) GOVT.HS KULATHUMMAL , KERALA,INDIA
- **2007-2008**
(SSLC) GVHSS PARUTHIPPALLY , KERALA

WORK EXPERIENCE

AYUR MANDALA , JUMEIRAH, DUBAI - 01/10/2023 - PRESENT

SENIOR PHYSIOTHERAPIST

- Improve patients' range of motion and assisting in muscle re-education and strengthening through techniques including manual and electrotherapy.
- Retrained patients to walk and use devices such as walking frames, crutches and wheelchairs to improve mobility.
- Performed spinal and peripheral joint mobilization and manipulation.
- Kept up with physiotherapy developments by attending relevant courses and maintaining updated personal portfolio for annual review

DAYAAN PHYSIOTHERAPY AND REHABILITATION CLINIC ,INDIA - 02/01/2019 – 30/04/2023

CONSULTANT PHYSIOTHERAPIST

- Assessed patients' physical condition to identify issues and plan an appropriate treatment regimen. Experience in orthopedic, neurology, cardiology and pediatric conditions.
- Reduced patients' pain and swelling through a variety of techniques including Hot and cold packs, taping and splinting.
- Post-surgery rehabilitation for cardiac surgery ,neurosurgery ,orthopedic surgery
- Endurance training and cardio rehabilitation for sports injuries

BLOCK RESOURCE CENTRE , PARASSALA , INDIA - 08/09/2017 – 07/ 11/2018

BLOCK RESOURCE CENTRE, NEDUMANGADU ,INDIA - 05/08/2016 - 24/ 03/2017

SPECIALIST PHYSIOTHERAPIST FOR DISABLED

- Educated patients, their families and the wider community to lead healthy lifestyles to prevent injury and disability.
- Assisted individuals with permanent disabilities to maximize daily functioning through exercises and community based rehabilitation.
- Conduct Disability management work shop .Providing physiotherapy assessment for both inpatient and out patients by improving physical strength, cognition, mobility and quality of life in patients.
- Helps to improve patients activity of daily living. Guide for community based rehabilitation.
- Wheelchair adaptation training, balance and coordination training.
- Electrotherapy and hydrotherapy treatment for disabled.

SKILLS/CORE QUALIFICATIONS

- Dry needling, Therapeutic taping,
- Pediatric rehabilitation, Neuro-Ortho –cardio rehabilitation, Stretching, strengthening exercises, Geriatric care
- Musculoskeletal pain management, posture correction, PNF, MMT, Mc Kenzie Technique, Bobath Concept, post-surgery rehabilitation, stroke rehabilitation
- Balance & coordination Breathing Exercise, Postural Drainage
- Orthotics & Prosthetic fitting, Massage and Trigger point release, Joint mobilization
- Good communication skills, critical thinking, Decision making, psychological support, Diagnostics and prognostics, Time management,

ELECTROTHERAPY

- Ultrasound, IFT, TENS, EMS, SWD, CPM,
- Cryotherapy, hot pack
- Hydro therapy, Waxbath, Infrared, Laser, UV,
- Traction, Biofeedback Contrast bath
- Pneumatic compression

LANGUAGES KNOWN

- ENGLISH
- HINDI
- TAMIL
- MALAYALAM

REFERENCE

Dr, Shifanasmi Puliyullathil (BAMS)
Medical Director
Ayurmandala, Jumeirah
Contact no: +971556087574

CONTACT DETAILS

- Contact : +971589186780
- Nationality : Indian
- Visa status : Spouse visa
- Marital status : Married
- Date of birth : 28 June 1991
- Address : Flat no 101, bldg no 3258 . muweillah , sharjah

INTERNSHIP/ POSTING

- General hospital Trivandrum
- MOSC Medical college Ernakulam
- Ananthapuri Hospitals Trivandrum
- KVM Hospital Cherthala
- Reksha special school , Ernakulam

MEMBERSHIP

- KERALA ASSOCIATION FOR
PHYSIOTHERAPISTS CO-ORDINATION
REG : NO: 2549

WORKSHOPS /SEMINARS

- Pain management with IFT & TENS
- Neuromuscular technique
- CPR, Sports injuries, Burns, Fracture, First aid wound management, insect bites, drowning
- Wheelchair management
- Women's health and aquatic therapy

Dr. Nijith P.V (MPT NEURO, MIAP)
Dayaan physiotherapy and rehabilitation , kerala
Contact no : 8281875957

DECLARATION

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

Yours truly,

ANJALY RK

Date:

Place: sharjah