

## SMRUTI RATHOD

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### PROFILE

DHA Registered Physiotherapist with over 3 years of experience specialising in pain management, injury prevention, and rehabilitation. Skilled in advanced techniques including Mulligan mobilisation, dry needling, and electrotherapy. Proven ability to conduct comprehensive clinical assessments, develop effective treatment plans, and work both independently and collaboratively. Committed to delivering evidence-based physical therapy practices for optimal patient outcomes.

### EDUCATION

Course	University	Period
Masters of Physiotherapy (Orthopaedics)	Sharda University, India	Sept 2018 - Sept 2020
Bachelors of Physiotherapy	University of Indore, India	Aug 2012 - Aug 2018

### LEADERSHIP EXPERIENCE

- Led Clinical Teams: Successfully managed and led interdisciplinary clinical teams to deliver comprehensive physiotherapy services, ensuring high standards of patient care and effective treatment outcomes.
- Developed Treatment Protocols: Designed and implemented evidence-based treatment protocols and rehabilitation programs, enhancing the quality and consistency of patient care across multiple conditions and settings.
- Mentored Junior Staff: Provided mentorship and training to junior physiotherapists and interns, fostering a collaborative learning environment and promoting professional development within the team.

### WORK EXPERIENCE -

#### Home Care (February 2018 to February 2024)

- Conduct comprehensive assessments of patients physical conditions, including mobility, strength, and range of motion.
- Develop individualized treatment plans tailored to each patient's specific needs and goals.
- Implement a variety of therapeutic exercises and techniques to improve mobility, reduce pain, and enhance overall function.
- Provide hands-on manual therapy, including massage, joint mobilization, and stretching, to alleviate discomfort and promote healing.

- Educate patients and their families on proper body mechanics, exercises, and home care techniques to support ongoing recovery and prevent future injuries.
- Monitor patients progress closely and adjust treatment plans as needed to ensure optimal outcomes.
- Collaborate with other healthcare professionals, such as physicians, nurses, and occupational therapists, to coordinate care and maximize results.
- Maintain accurate and thorough documentation of patient assessments, treatments, and progress notes in accordance with regulatory standards.

**LNCT Group of Paramedical Colleges - 01/12/2023 to 01/03/2024 - Assistant Professor (Indore, India)**

- Developed and delivered lectures with strong communication skills
- Promoted teamwork among students and staff
- Persuaded and motivated students for better learning outcomes
- Specialized in injury prevention and exercise prescription
- Interpreted X-rays, CT scans, and MRIs
- Conducted comprehensive clinical assessments, diagnoses, and treatment program developments
- Demonstrated effective learning and teaching skills

**Orange Physiocare 01/12/2021 - 30/11/2023 - Clinical Physiotherapist (Indore, India)**

- Managed acute and chronic inflammation pain treatments
- Handled sports and workout injuries
- Applied electrotherapy and dry needling techniques
- Addressed pain and posture-related problems including head and neck pain, backaches, and spine deformities
- Treated neck injuries like torticollis and other posture-related disorders
- Conducted rehabilitation for neurological conditions, chronic diseases, and stroke patients
- Proficient in Mulligan mobilisation techniques
- Interpreted X-rays, CT scans, and MRIs
- Performed comprehensive clinical assessments, diagnoses, and treatment program developments
- Treated back pain issues such as spondylolisthesis and spinal canal stenosis

**Physiotherapy Assistant - 01/09/2018 - 31/10/2020 - Sharda Hospital (Greater Noida, India)**

- Managed pain treatments and posture-related problems including head and neck pain, backaches, and spine deformities
- Conducted comprehensive clinical assessments, diagnoses, and treatment program developments
- Interpreted X-rays, CT scans, and MRIs

- Prescribed exercises and utilized techniques like Mulligan, Maitland, and Muscle Energy Techniques

## **INTERNSHIPS -**

### **Indore Gynec Centre - 01/12/2020 - 28/02/2021 - Physiotherapy Observer (Indore, India)**

- Specialized in female health, focusing on pre/postpartum health and conditioning
- Addressed women's health issues related to the reproductive system, childbirth, and postpartum care

### **Shri Aurbindo Hospital of Medical Sciences - 01/02/2018 - 31/07/2018 (Indore, India)**

- Specialized in oncology, pediatric, burns, and surgery rehabilitation
- Provided neurological and orthopedic rehabilitation
- Treated sports-related injuries

## **PUBLICATIONS**

Smruti Rathod, Kapil Choudhary. To compare the effectiveness of Positional Release Technique versus Kinesio Taping in patients with upper trapezius trigger points. Indian Journal of Physiotherapy and Occupational Therapy. 2022; Volume No. 17 No. 1 January- March 2023. <https://doi.org/10.37506/ijpot.v17i1.18986>

## **CERTIFICATIONS**

- Course- Therapeutic Taping  
Credit Hours- 16
- Course- Manual Therapy  
Credit Hours- 16
- Course- Dry Needling  
Credit Hours- 8
- Course- Cupping Therapy  
Credit Hours- 8
- Managing Mental Health With Yoga Amid COVID-19 (Webinar)
- Advance concept in the role of Artificial Intelligence In Parkinsonism (Webinar)
- Recent Advances In Cervicogenic Dizziness (Webinar)

## **SKILLS AND INTERESTS**

**Languages:** ENGLISH (Proficient), HINDI (Proficient), GUJARATI (Proficient), MARATHI (Basic), ARABIC (Basic)

**Physiotherapy Skills:** Dry Needling, Kinesio Taping, Cupping Therapy, Electrotherapy with Dry Needling, Mulligan Mobilization, Shock Wave Therapy, Z-7 & Z-15 LASER Techniques, Spinal Decompression, Comprehensive Clinical Assessment, Pain Management, Sports Injury Rehabilitation, Neurological Rehabilitation, Pediatric Rehabilitation, Exercise Prescription, Teamwork, Communication, Patient Education, Convincing and Motivational.

**IT Skills:** MS-Office (Intermediate), Video Editing.

## **PERSONAL INFORMATION**

**Home Country Address:** K-63, First Floor, Jangpura Extension, New Delhi - 110014.

**Nationality:** Indian

**Licences:** Indian Association of Physiotherapy, Dubai Health Authority.

**Visa:** Dubai Tourist Visa, expiring July 24