

PHYSIOTHERAPY SPECIALIST

TOTAL YEARS OF WORK EXPERIENCE – 21 YEARS

A highly motivated, confident individual with exceptional multi-tasking and organisational skills. Able to communicate effectively and sensitively with patients and carers to maximise the rehabilitation of patients

Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist

EXPERTISE IN

- ICU and In patient Management of Neuro, Medical, Respiratory, Cardiac, Orthopaedic, Post operative & Paediatric conditions
- Geriatric, Palliative and Oncology conditions

QUALIFICATIONS

- Master of Physiotherapy in Cardio- Respiratory, (MPT) Dr. MGR University, Tamilnadu
- Bachelor of physical therapy (BPT) School of Medical Education, Mahatma Gandhi University, Kottayam, Kerala, 1996-2000.

EXPERIENCE

- **Physiotherapist** 01-11-2011 – Present, In patient Medical, ICU, Out-patient Team leader at **King Hamad University Hospital and Bahrain Oncology Centre (JCI ACCREDITED) .Kingdom Of Bahrain**

Also working as a **clinical instructor** for physiotherapy students from Al Ahlia University and University of Bahrain (UOB)

- **Physiotherapist** 05-11-2008 – 17-10-2011
Fellow Ship Mission Hospital, Kumbanad, Kerala, India
- **Physiotherapist** 05-08-2011 – 04-11-2011
Chitra Physiotherapy Clinic, Adoor, Kerala, India
- **Physiotherapist**, 21-6-2005- 30-07-2008, **Alwady Medical Complex, Seyioun, Republic Of Yemen**

Address:
KINGDOM OF BAHRAIN

Phone:

Email:

Licenses

Health Care Professional Registration (UK HCPC) -

NHRA Bahrain Reg No:

Basic Life Support International

International Driving License

Skills

Professional Mannerisms
Patient Handling Fitness, Compassion
Ethics Decision making, leadership
Team work, Time management

Languages

English, Tamil, Hindi, Arabic & Malayalam

Hobbies

Swimming, jogging, Cricket, Valley Ball

Date of Birth -

Nationality : Indian

Passport No :

C P R No BAHRAIN

Marital status : Married

12-12-2004 – 12-06-2005 :Physiotherapist
Tejus special school for multiple handicap
 Thiruvalla ,kerala ,india

10-02-2003-11-12-2004 :Physiotherapist
Century Hospital,Chengannur,kerala ,india

24-09-2001-23-09-2002 :Senior Intern Physiotherapist
Christian Medical college & Hospital
 Vellore,Tamilnadu,india

01-01-2001-15-09-2001 :Physiotherapist
 & **Samaritan hospital**

25-09-2002 – 06-02-2003 :Pazhanganad, Aluva ,Kerala ,India

JOB DESCRIPTION : (IN-PATIENT & OUT –PATIENT CARE)

- Providing a high standard of physiotherapy services to patients.
- Working with medical, respiratory, ICU, orthopedic, acute and chronic neurological and multi-pathology patients.
- Organizing & prioritizing own workload& delegating responsibilities accordingly.
- Involved in ward rounds, meetings and case conferences.
- Evaluating, planning and delivering care plans in response to complex needs.
- Based in various clinical setting(neuro -rehab, community, wheel chair etc)
- Reporting all complaints / incidents to senior, manager & documenting them.
- Implementing relevant stand policies &,patient information leaflets.
- Involved in a patient pre-admission and follow-up care.
- Prioritizing urgent referrals and emergency cases

KEY SKILLS AND COMPETENCIES

- Ability to work independently in busy environment.
- Highly developed dexterity, co-ordination and palpation skills for assessment.
- Can motivate others through effective communication skills.
- Ability to build good relationship with patients from diverse background.
- Flexibility to work on weekends on rotation

MANUAL THERAPY AND EQUIPMENT HANDLED

Sound knowledge on electrotherapy, exercises therapy, prosthetic and orthotic

devices

Modalities Used : Shock wave therapy, LASER therapy, Short wave diathermy and microwave diathermy, biofeedback, TENS, Interferential therapy, muscle stimulator, Ultra sound, wax bath, infra red, Exercise Therapy equipments ,manual handling equipments (sara plus, sarasteady, Arjo walker) and BIODEX etc.

Manual Therapy : Mobilization techniques, exercise therapy, Chest physiotherapy, gait training and co – ordination exercise, rehabilitation therapy for chronic , spinal cord injury patients – including prescription of orthotics and prosthetics.

- **Dry Needling techniques**
- **Kinesio Taping**

ADDITIONAL QUALIFICATIONS:

- 1. KINESIO TAPING COURSE (KT 1 & 2) from TAPE CONCEPTS (BAHRAIN).**
- 2. Basic Life support training (BLS) from American heart association (AHA).**
- 3. DGSA Dry needling Education certificate from David g simon academy**

CONTINUOUS MEDICAL EDUCATION :

- 1 Attended CME on First lymphedema awareness conference in Bahrain**
- 2 Attended CME on cerebral palsy symposium & workshop in Bahrain**
- 3 Attended CME on Introduction to mulligan concept workshop In Bahrain**
- 4 Attended CME on mechanical neck pain & management seminar in Bahrain**
- 5 Attended CME on seminars on Latest Treatment in IVF,In Bahrain**
- 6 Attended CME on Kinesio Taping course- KT-1 & KT 2**
- 7 Attended CME on Physiotherapy Assessment of different Neurological cases**
- 8 Attended CME on vestibular rehabilitation course in Bahrain**

AWARDS & ACHIEVEMENTS

Employee of the month & outstanding preferment's awards

DECLARATION:

I hereby declare that all the above information provided is true and best of knowledge.