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Master of Physiotherapy in Musculoskeletal Disorders & Sports Medicine

MEMBER OF THE INDIAN ASSOCIATION OF PHYSIOTHERAPY

MEMBER OF AQUATIC THERAPY NETWORK OF INDIA ATNI

SENIOR PHYSIOTHERAPIST

Physiotherapy in Musculoskeletal focuses on the muscles and joints, posture and movement and involves working with people to help restore movement and function when this has been affected by an injury or illness. Promote health and wellbeing.

Sports Physiotherapy involved in the prevention and management of injuries resulting from sport and exercise participation at all ages and at all levels of ability. These specialised physiotherapists provide evidence-based advice on safe participation in sport and exercise

AREAS OF EXPERTISE

Musculoskeletal and Sports Physiotherapy || Paediatric Neurorehabilitation || Adult Neurorehabilitation || Ergonomics || Aquatic Therapy || Manual Therapy || Dry Needling || Kinesiology Taping

SKILLS

Patient Assessment || Treatment Planning || Patient Care and Treatment || Physical and Functional Diagnosis || Progress Monitoring || Patient Education on Condition, Prognosis, and Follow-Up || Counselling Patients and Family Members || Counselling Parents of Paediatric Patients || Implementing Evidence-Based Practice in Treatment Protocols || Aquatic Therapy Practice, Dry Needling, Kinesiology Taping, and Manual Therapy

EDUCATION CREDENTIALS

Masters of Physiotherapy in Musculoskeletal Disorders and Sports Medicine (M.P.T) ▶ Shree Devi College of Physiotherapy || Rajiv Gandhi University of Health Sciences, Bangalore | 2014

Bachelor of Physiotherapy (B.P.T) ▶ Srinivas College of Physiotherapy and Research Centre || Rajiv Gandhi University of Health Sciences, Bangalore (IAP Affiliated) | 2010

Additional Qualifications:

Dry Needling || Level 1 Workshop (Module 1 & 2) | 2018 □ **Aquatic Therapy (Foundation Course)** || Watsu, Ai Chi, Wst (Recognized by IATF Bad Ragaz) | Aqua Aerobics (Basics), Aqua Rehab | 2017 □ **Certification in Manual Therapy (C.M.T)** || Integrated Approach (Cyriax, Maitland, Butler, McKenzie, and Mennell Concepts) | 2010

PROFILE SYNOPSIS

- ✓ Experienced in providing physiotherapy interventions for children with neurological conditions as cerebral palsy, spina bifida, traumatic brain injury, and developmental delay.
- ✓ Practice of Aquatic therapy, dry needling, Kinesiology tapping and Manual therapy according to patient disease/ Disorder which helps to improve patient's physical and functional status as well as improve individual well-being.
- ✓ Skilled in addressing parental concerns, providing education on muscular skeleton, pediatric health conditions, and empowering parents to navigate the challenges of caring for their children's physical and emotional well-being.
- ✓ Advocates for the needs and rights of paediatric patients with neurological conditions, ensuring access to appropriate healthcare services, educational resources, and community support programs to optimize their health and well-being.

CAREER CONTOUR

Consultant Physiotherapist || Aquatic Physical Therapist ▶ Healthy Me Physiotherapy | Jun. 2020 - Present

- **Patient Treatment:** Conducted thorough assessments, provided counselling & administered treatments to orthopaedic & neurologic patients.

Senior Physiotherapist || Aquatic Physical Therapist ▶

Core Physio Multispeciality Physiotherapy Center | Jul. 2018 – May 2022

- **Rehabilitation Expertise:** Utilized aquatic physiotherapy techniques to facilitate recovery, including orthopaedic & neurological disorders, by providing early weight-bearing support, balance training, flexibility exercises, and core muscle strengthening.
- **Patient Assessment and Diagnosis:** Conducted thorough assessments of patients with physical disabilities and impairments, employing detailed pain assessments and differential diagnosis techniques to develop tailored treatment protocols.
- **Individualized Treatment Planning:** Developed personalized treatment plans based on the unique needs and physical status of each patient, with the primary goal of relieving pain, restoring mobility, and facilitating a return to daily activities.
- **Advanced Rehabilitation Procedures:** Implemented advanced rehabilitation procedures, including aquatic therapy, dry needling, manual therapy, and kinesiology tapping, to address a wide range of musculoskeletal conditions and promote optimal recovery outcomes.

Senior Physiotherapist || Aquatic Physical Therapist ▶ Sparsh Pediatrics Rehabilitation Clinic | Jun. 2014 – 2018

- **Assessment and Diagnosis:** Conducted comprehensive assessments by interviewing children and family members, performing physical examinations, and diagnosing movement difficulties to develop personalized treatment plans.
- **Patient Assessment and Treatment Planning:** Conduct comprehensive patient assessments to identify physical impairments & formulate individualized treatment plans accurately.
 - Utilized a combination of techniques including functional training, exercises, medication, & specialized equipment to improve motor development, strength, coordination, & endurance in children, while coordinating care with other healthcare professionals.
- **Therapeutic Intervention:** Apply a diverse range of therapeutic techniques, including manual therapy, tailored exercise programs, and electrotherapy, to enhance patient mobility and alleviate pain effectively.
- **Professional Development:** Engage in continuous professional development activities to remain abreast of the latest advancements in physiotherapy and healthcare, enhancing skills and knowledge to deliver high-quality care.

Past Experiences:

Consultant Physiotherapist ▶ Physiotherapy Department, Shifa Multispecialty Hospital | Jul. 2011 – Aug. 2012

- Conducted comprehensive assessments and provided counselling to patients across multiple departments, including Orthopedic Physiotherapy, Neurology Physiotherapy, Pediatric Physiotherapy, Chest Physiotherapy, and ICU/NICU