

# THUSHARA JOHN

## PHYSIOTHERAPIST (MPT, Obstetrics and Gynaecology)

### PERSONAL DETAILS

Thushara John  
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DOB: 03/03/1991.

### PERSONAL SKILLS

- Professional Mannerisms
- Patient Handling
- Quick Assessment
- Listening skill
- Initiative
- Team work
- Communication skill
- Organizational skill
- Patience

### KEY SKILLS AND COMPETENCIES

- Highly developed dexterity, co-ordination and palpation skills for assessment.
- Hands on experience in all basic physiotherapy equipments.
- Use of machines like Perineometer, Vaginal cones, EMG Biofeedback etc. for gynecology conditions.

### PERSONAL SUMMARY

A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with patients and careers to maximize the rehabilitation of patients and to ensure understanding of often complex clinical issues impacting on recovery. Excellent client facing skills and the ability to work closely with other health care professionals to assess a patients needs and devise suitable treatment plans for them.

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

### WORK EXPERIENCE

- **Rajagiri Multi-specialty Hospital – Aluva, Kerala.**  
(March 2015 – August 2016)
- **Ernakulam Medical Center– Palarivattom, Kerala.**  
(November 2014 –March 2015)
- **Health Plus Physiotherapy and Pain Clinic, Palarivattom.**  
(July 2014 – September 2014)

### CLINICAL AND INTERNSHIP EXPERIENCE

- 2 years of clinical experience during MPT including postings in Obstetrics and gynaecology OPD and Labor room at Nitte Institute of Physiotherapy.
- 4 years of rotation postings in department of Orthopedics, Neurology and Neurosurgery, Cardiovascular and Thoracic surgery, Pediatrics, Geriatrics, Medical and Surgical ICU, Obstetrics and Gynecology at Father Muller Medical College, Kankanady.
- 1 month of pre-internship experience in KIMS Hospital, Edapally.
- 5 months of internship in Father Muller Medical College, Kankanady.
- 15 days of internship in Father Muller Medical College, Thumbe.
- 15 days of internship in Father Muller Homeopathic College, Derlakatte.

### ROLES AND RESPONSIBILITIES

- Worked as Obstetrics and Gynecology therapist at Rajagiri Hospital.
- Conducting Antenatal classes for pregnant women.
- Training and Advising Yoga, Pilates and Lamaze for pregnant women.
- Advising Pilates and Aerobics technique for Obesity Management.
- Providing Physiotherapy assessment and treatment to the highest standard.
- Organizing & prioritizing own workload & delegating responsibilities accordingly. Ensuring that equipment used in carrying out physiotherapy duties is safe.
- Involved in ward rounds, meetings and case conferences.
- Supervising and teaching recently qualified physiotherapist assistants.
- Evaluating, planning and delivering care plans in response to complex needs.
- Reporting all complaints/incidents to senior managers & documenting them.
- Periodical patients review and assessment
- Regular update of patients progress
- To communicate with other health care professionals like consultant doctors.
- Custodian of equipments used for the treatment.

## CONFERENCE AND WORKSHOPS ATTENDED

- *Workshop on Antenatal Physiotherapy “ A move towards positive health”*
- *Physio Con 2017- International Physiotherapy conference*
- *Course on Concepts of Manual therapy.*
- *Introduction to Taping techniques.*
- *Stroke rehabilitation: A functional activity based approach.*
- *Evidence based assessment and physiotherapy management of Parkinson’s disease.*
- *Myofascial mobilizations and Trigger point therapy.*

## ACADEMIC QUALIFICATIONS

- **Masters of Physiotherapy – Nitte Institute of Physiotherapy, Mangalore, 2018.**
- **Bachelor of Physiotherapy – Father Muller Medical College, Mangalore, 2014.**
- **HSE- Rajagiri HSS, Kochi, 2009.**
- **SSLC- St. Joseph’s EMHSS, Kochi, 2007.**

## ACADEMIC PROJECT

**Title: Assessment of biomechanical errors and anatomical changes in Rotator cuff pathology.**

**Duration:** 6 months

**Type:** Literature review

**Description :** 13 articles were reviewed in this project. This literature review aims to find out the recent advances in assessment of biomechanical errors and anatomical changes in rotator cuff pathologies.

**Result:** Based on differences in mechanism of injury and clinical presentation, there are separate and unique classification of rotator cuff injuries. Selecting the appropriate clinical tests plays an important role in providing best diagnosis.

## DISSERTATION

**Title: Effects of Jacobson’s Progressive Relaxation on pain and quality of life in females with Menstrual migraine: A Randomized controlled trial.**

**Duration:** 1 year.

**Type:** Randomized controlled trial.

**Methods:** 32 subjects were recruited in the study. The subjects were divided into two groups of 16 each. Group A received Jacobson’s progressive relaxation and Group B received breathing exercises and education. The scores for VAS, Migraine specific quality of life questionnaire were collected from the subjects 1 month prior to treatment, 3rd month of treatment and 4th month.

**Results:** Jacobson’s progressive relaxation group showed a higher statistical significance with a value ( $p < 0.05$ ) for VAS and Migraine specific quality of life questionnaire.

**Conclusion:** Based on the above results the present study concludes that application of Jacobson’s progressive relaxation in menstrual migraine reduces pain and improves quality of life.

## REFERENCES

Available on request