



PERSONAL DOSSIER

Seethal K Babu

Father's name: K K Babu

Age & Date of Birth:
25 Years, 08/04/1993

Marital Status: Single

Religion: Hindu

Nationality: Indian

Home town: Chalakudy

ACADEMIC SYNOPSIS

Higher Secondary:-

Jawahar Navodaya
Vidyalaya, Thrissur,

Board: CBSE

Year: 2010

Matriculation:-

Jawahar Navodaya
Vidyalaya, Thrissur

Board: CBSE

Year: 2008

Languages Known :

- English
- Hindi
- Malayalam

SEETHAL K BABU
MPT (Musculoskeletal & sports)

Contact: 8086486232
Email: seethalk8@gmail.com

Objective

Dedicated PT, intend to deliver quality care and build career with committed and dedicated health care team. Aim to work as a key player in challenging and creative environment with evidence based practice. I would like to use my clinical decision making skill and practice in dealing with adult, adolescent, pediatric and geriatric patients to the best of it to develop students' skills and abilities.

Professional Qualification

- **Master of Physiotherapy in Musculoskeletal and Sports** from **Medical Trust Institute of Medical Science** 2015-2017(Affiliated to **Kerala University of Health Science**).
- **Diploma in Football Medicine (FIFA)**
- Six months rotatory internship from **MOSC Medical College Hospital, Kolenchery**
- **Bachelor Degree in Physiotherapy** from Little Flower Institute of Medical Science & Research 2010-2015 (Affiliated to **Kerala University of Health Science**).

Professional Experience

- ❖ Sports Physiotherapist at **Wohl Physio-International Physiotherapy Clinic**, Pnambilly Nagar, from July to till date
- ❖ Guest Faculty (Researcher) at **Sports Management Research Institute** from April 2018 to till date
- ❖ Guest Faculty (Sports Physio) at **Donbosco Public School Ernakulam**
- ❖ Senior consultant physiotherapist at **Active Research Centre for Psychotherapy**: from 20th November 2017 to till date
- ❖ Consultant Physiotherapist (part time) at **Active Research Centre for Psychotherapy**: from 16th November 2016 till 10th November 2017
- ❖ Worked as Team Physiotherapist in **Kerala senior women's football team** (Registered under **All India Football Federation**)

Additional credentials

Health Care Team Member of Wohl physio, in providing Pre and post conditioning programs for :

- **Navy Marathon** 25th November 2018, Cochin port trust
- **Spice coast Marathon** 10th November 2018, Cochin port trust
- **Merchant Navy Cricket Club tournament**, 25th November 2018

Health care team member of **Medical Trust Hospital**, Kochi (Designation-Physiotherapist) in providing medical assistance (as a part of MPT) for:

- ❖ **'IDBI Federal Life Insurance Spice Cost Marathon 2015'** 15th Nov, 2015
- ❖ **Senior Women's Interstate Cricket Match** held at Kochi, by Kerala Cricket Association 15th to 23rd November 2015
- ❖ **Women's Midnight Marathon** 30th January, 2016
- ❖ **TCS Marathon** 28th February 2016
- ❖ **10th Asian Cadet & 17th Asian Junior Judo Championship** Kochi, 7th to 11th September 2016
- ❖ **Fitness Evaluation for Basket Ball Players** held at Rajiv Gandhi Stadium 15th July 2017, Kochi
- ❖ **Ergonomic Evaluation & Exercise Prescription** held at TCS, Info park, Kakanad; 2nd August 2017

Workshops/ Conferences attended

- **Physiocon 2020, National physiotherapy conference** held at Little Flower Institute of Medical Science and Research, Ankamaly
- **Exercise as Medicine: Testing & Prescription** (16 credit hours) 25th & 26th Feb, 2017 held at MTIMS, Kochi
- **PHYSIO SUMMIT 2016: International Physiotherapy Conference "Movement is Life"** 16th Dec, 2016 held at Bethany Navjeevan College of Physiotherapy, Trivandrum
- **Fitness Testing & Clinical Implications (16 credit hours)** 12th & 13th March, 2016 held at EMS Memorial Hospital & Research Center, Malappuram
- Continuing Physiotherapy Education on **"Renal Rehabilitation After Renal Transplantation"** 16th Jan, 2016 at MTIMS, Kochi
- **Foot & Ankle Rehabilitation**, 29th Nov, 2015 held at Lakeshore Hospital & Research Center, Kochi
- **International Physiotherapy Conference "PHYSIO 2020"** 27th & 28th Nov, 2015 held at JDT Islam College of Physiotherapy, Calicut
- **International Seminar on Parkinson's Disease by Parkinson's Society of India**, 24th & 25th May, 2014 held at IMA House, Cochin
- **Workshop on Myofascial Mobilizations and Trigger point Therapy**, 2014 held at Health Plus physiotherapy and pain clinic
- **Workshop on Shoulder Complex Rehabilitation Program -PSRP** held at Elite Mission Hospital
- **Workshop on Role of Ergonomics in Healthcare (conducted by Dr. Mardon Frazer-sheridan college, Canada)** held at Little Flower Hospital & Research Centre, Angamaly

Journal Publications

- ❖ Effectiveness of Nordic Hamstring Exercise In Improving Hamstring Muscle Strength, Flexibility and Endurance among Young Adults, International Journal of Health Science and Research: vol 8; issue 3; march 2018 ; ISSN; 2249 – 9571 (www.ijhs.org)

Academic Presentations

- PG Thesis on **Effectiveness of Nordic Hamstring Exercise in Improving Hamstring Muscle Strength, Flexibility and Endurance among Young Adults**
- Scientific poster presentation (PG) titled: Direct access & Referral for Physiotherapy (International Physiotherapy Conference 2015)
- Scientific Poster presentation (PG) titled: Patient Self Referral for Physiotherapy (International Physiotherapy Conference 2016)
- Journal Criticism on Concentric v/s Eccentric Exercise on Hamstring Muscle Injury Prevention
- Journal Criticism on Eccentric Training for Injury Prevention on Soccer Players
- Project on Vertigo and its Physiotherapy Rehabilitation

Responsibilities & Duties

Lesson planning, preparation and research

Development of rapport with students

Assessment and development of theory and practical knowledge among students

Assess patients' rehabilitative needs, jointly develop patient plan of care and treatment goals and conduct PT programs.

ICU evaluation and rehabilitation

Pre and post surgical physiotherapy evaluation and management

Evaluation and management of orthopedic, neurologic pediatric and cardio-respiratory conditions

Pre and post rehabilitation of obstetrics and gynecological condition

Emergency care & long term rehabilitation in sports injuries

Reference

Prof. Anila Paul

HOD College of Physiotherapy, MTIMS, Cochin

Contact no: +91 8547992248

Prof. Arun Thachil

College of Physiotherapy MTIMS

Contact no: +91 9895191924

Dr. Ashly Tomy(PT) MPT

Wohl physio

International physiotherapy clinic, Panambilly Nagar, Cochin
Contact no: 9895858584

Psy. Jesna Shivashankar
ARCCP, Thripunithura
Contact no: 9061040577

Declaration

I hereby declare that the above cited information is true to the best of my knowledge and belief.

Place: Ernakulam

SEETHAL K BABU