

## **RESUME**

CYNTHIA MARIA SIBI  
Physiotherapist,  
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Ph. No.: 08951021046, 09656008995  
Date of Birth: 10/06/1992  
Blood Group: B-ve  
Marital Status: Married



### **ACADEMIC PROFILE**

<b>Degree</b>	<b>University / Board of Studies</b>	<b>Name of the Institution</b>	<b>Course Duration</b>	<b>Percentage</b>
Master of Physiotherapy	Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka	Dr. M. V. Shetty College of Physiotherapy, Mangalore	2016- 2018	68.42%
Bachelor of Physiotherapy	Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka	Dr. M. V. Shetty College of Physiotherapy, Mangalore	2011-2015	67.96%
All India Senior School Certificate Examination(+2)	CBSE	St. Mary 's Convent Senior Secondary School, Alakode	2009-2011	62.8%
All India Secondary School Examination(10 <sup>th</sup> )	CBSE	St. Mary 's Convent Senior Secondary School, Alakode	2008	64.2%

### **PERSONAL SKILLS**

- Experience of dealing with emotional and stressful situations and can motivate others through effective communication skills.
- Writing patient case notes and reports.
- Able to deal with hostility in the form of verbal and physical aggression.
- Highly developed dexterity, co-ordination and palpation skills for assessment.
- Educating and advising patients and their careers about how to prevent and/or improve conditions.
- Areas of expertise include neurological conditions, cardiorespiratory conditions, Orthopaedics, Sports injuries, Kinesio Taping, Paediatric conditions and Home care.

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

## **PROFESSIONAL CERTIFICATIONS**

- Dissertation titled “A STUDY TO COMPARE THE EFFECTS OF STRENGTH TRAINING EXERCISES WITH STRENGTH TRAINING AND BALANCE TRAINING EXERCISES ON DYNAMIC BALANCE IN SUBJECTS WITH CHRONIC ANKLE INSTABILITY (CAI)”.
- Federation of Indian Manual Therapists (FIMT) (2015)
- Member Sports Fitness training Federation of India (SFTFI)
- Certified Pilates Trainer, Aerobic and Fitness trainer Indian Academy of Fitness Training(IAFT) (2015).

## **CLINICAL EXPERIENCE**

- Dr. M. V. Shetty Hospital,  
A B Shetty Circle, Pandeshwar  
Mangalore, Karnataka- 575001
- Govt. Wenlock Hospital,  
Hampankatta, Mangalore,  
Karnataka- 575001

## **WORKSHOPS AND CONFERENCES ATTENDED**

- Workshop on “ADVANCED INTEGRATED MANUAL THERAPY TECHNIQUES FOR EXTREMITIES AND SPINE”, organized by Federation of Indian manual therapists.
- Workshop on “TAPING TECHNIQUES FOR UPPER AND LOWER EXTREMITIES”, organized by Federation of Indian manual therapists.
- Scientific workshop on “STRENGTH CONDITIONING”, organised by Mangalore Physiocon.
- Workshop on “TRAUMATIC HEAD INJURY AND ITS MANAGEMENT”, organised by Dr. M. V. Shetty College of Physiotherapy.
- Workshop on “RECENT TRENDS IN FITNESS AND SPORTS MEDICINE”, organised by Mangalore Physiocon.
- Workshop on “MYOFASCIAL RELEASE AND DRY NEEDLING TECHNIQUES”, organised by U. T. Fareed Foundation (R).
- Workshop on “ICU MANAGEMENT”, organised by U. T. Fareed Foundation (R).
- 8<sup>th</sup> All India Physiotherapy Conference, organised by S. K. Physiotherapy Teachers Association ®. (2012)
- 51<sup>st</sup> Annual Conference of IAP, Goa branch. (2013)
- Physio Accord 2014, National Physiotherapy Conference, Bangalore, organised by Karnataka Physiotherapists. (2014)
- 53<sup>rd</sup> Annual Conference of IAP, Shimla branch. (2015)
- Mangalore Physiocon 2017, organised by South Canara Physiotherapy Teachers Association(R). (2017)
- Mangalore Physiocon 2018, organised by South Canara Physiotherapy Teachers Association(R). (2018)

## **EXTRA CURRICULAR ACTIVITIES**

- Member of Sports and Fitness Training Federation of India (SFTFI)
- 22nd Dr. M. V. Shetty memorial Inter collegiate Physiotherapy Cricket Tournament Woman of the Tournament (2016)
- Active participation in all blood donation camp
- Student Representative, Mangalore Physiocon 2017-18, South Canara Physiotherapy Teachers Association (R).

## **REFERENCES**

- 1) Dr. U. T. Ifthikar Ali,  
Syndicate Member, RGUHS, Bangalore,  
Professor, Dr. M. V. Shetty College of Physiotherapy,  
Mangalore, Karnataka.  
Contact Num: 09449836871
- 2) Prof. L. Gladson Jose,  
Principal,  
Dr. M. V. Shetty College of Physiotherapy,  
Mangalore, Karnataka.  
Contact Num: 09008770970.