

Sangeetha M S

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Personal Profile Statement / Career Objective

Committed Physiotherapist with a number of experiences on-field and in hospital background in the health care industry. Experience treating orthopedic injuries, pediatric cases, geriatric cases and neurological illnesses. In-depth knowledge of massage therapies, pain management techniques and rehabilitation process and documentation. certified aerobic and pilates fitness trainer certified from Indian Academy of Fitness Training. I enjoy working with different kind of people and try to resolve their health issues as possible.

Achievements

Physiotherapy experience:

I had worked as student physiotherapist in following events during BPT course:-

- 31st MG University Inter Collegiate Athletic championship - 2013 held on 29th to 28th november 2013 at Maharajas college Stadium, Cochin
- 10th Ernakulam District Games of the Deaf held at Maharajas College Stadium synthetic track, Cochin on 27.09.2015
- Cycling for clean city healthy city 2015 held at marine drive cochin

I worked as physiotherapist at the following sports events :-

- 35th Kerala State Cadet (boys and girls) judo championship 2016-2017 held on 30.10.2016 at Cochin
- 8th World KURASH Championship 2016 held on 10th to 14th November 2016
- RSC Summer Coaching Camp held at Regional Sports centre, Cochin 2016

Physical health promotion

- I had become a part in conducting medical camps from Medical Trust Hospital related to physiotherapy day celebration from 2013 to 2017

- I had become a part in conducting medical camps from Medical Trust Hospital as outreach programs and have given physiotherapeutic advices to the population needed.
- I had become a part in conducting educational and awareness programs on diabetes day, kidney day and on cancer day with in the campus and outside the campus from Medical Trust Institute of Medical Sciences as outreach programs.

Conducting research

- I had conducted a research study on prevalence of pectoralis minor among college going female students. and had presented it as a poster at national conference conducted by Chartered Society Of Physiotherapy Teachers held at kozhikode, kerala and has secured first place.
- I had also conducted a study on Repetitive Strain Injuries In Physiotherapy Professionals and had presented it as a scientific paper in PHYSIO SUMMIT2016-international physiotherapy conference organised by BNCP, thiruvananthapuram on 16th december 2016
- I had conducted a research study as a part of my post graduation study namely: “Effectiveness of Retraction 30 over Gross Stretch For Relieving Pectoralis Minor Tightness Among College Students”.

Movement restoration

- i have received best intern award from medical trust hospital for my patient care and management,good effort of work and dedicated work during internship.

Education

- I completed high school education from holy angels’ convent HSS, vanchiyoor, thiruvananthapuram in the year 2009 with distinction.
- I completed higher secondary school education from holy angels’ convent HSS, vanchiyoor, thiruvananthapuram in the year 2011 with 80%.
- I completed under graduate education from medical trust institute of medical sciences, ernakulam in the year 2016 with second class.
- Im currently pursuing my post graduation on musculoskeletal and sports speciality from medical trust institute of medical sciences, ernakulam.

Employment and Work Experience

1. **Institution Name:** Sivagiri Sree Narayana Medical Mission Hospital, varkala
Job Position: pre-intern Physiotherapist

Main duties performed were:

Documentation of pre and post treatment outcomes
Discussion about treatment protocols and management
Delivering treatment to in-patients and out-patients

2. **Institution Name:** Medical trust hospital
Job Position: Physiotherapy intern

Main duties performed were:

Assesment of the patient
Documentation of pre and post treatment outcomes
Discussion about treatment protocols and management
Delivering treatment to in-patients and out-patients

Professional Training and Qualifications

- I did my pre-internship at shivagiri sree narayana medical mission hospital.during the period 02.11.2015 to 29.12.2015
- I did my internship at Medical Trust Hospital, cochin from 00.00.2016 to 14.07.2016

Skills

Technical: Physiotherapy experience:

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Hobbies and Interests

My hobbies are reading abstracts and summaries about recent articles and studis done and ongoing in field of physiotherapy.

My interest is in developing my own researches in fields which can help world population especially on the upcoming generations.

My special interest is ergonomics which is the feild that study of people's efficiency in their working environment

References

Mr. Joseph M A
HOD/ senior physiotherapist
Medical Trust Hospital
Ernakulam
9846091844

Mr. Arun thachil
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