

CURRICULUM VITAE

BLESSY GLORY JOHN

Physiotherapist

Email: blessy.g.john@gmail.com

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CAREER OBJECTIVE:

Seeking the position of a Clinical Physiotherapist in a challenging and reputed organization where my knowledge and therapeutic skills will be employed in providing comprehensive care to patients and supporting the mission, vision and values of the firm while achieving career growth and development as add on to my achievements.

KEY SKILLS, CORE COMPETENCIES AND STRENGTH

- Knowledge of various techniques and skills for improving mobility and relieving pain
- Unparalleled interpersonal communication and listening skills, whether working with student, parent, teachers or administrators
- Evacuation and management of ICU patient
- Assigned the tasks of preparing case notes and reports of patients
- Assigned the task of planning and implementing individual intervention in collaboration with the patient by using graded exercises
- Performed various treatments of patients with diseases related to neurologic, orthopedic, cardio respiratory, oncologic, sports injuries, pediatrics, women's health etc.
- Assigned the tasks of preparing case notes and reports of patients
- Giving ergonomic advice for those needed
- Handling and maintenance of electrotherapy modalities
- Verbal communication and documentation skills
- Key I.T skills: Microsoft office (Word, Excel, PowerPoint)
- Interpersonal and teamwork skills

ACADEMIC RECORD:

| Course | Institution | Year of Passing | Percentage of Marks |
|---------------|---|------------------------|----------------------------|
| BPT | NITTE Institute of Physiotherapy, Mangalore | 2017 | 67% |
| SSCE | BMM English | 2013 | 70.8% |

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|-----|---|------|-----|
| | Medium Senior Secondary School, Pothenpuram, Kottayam | | |
| SSE | Syrian Jacobite public School, Varikkad, Tiruvalla | 2011 | 80% |

ADDITIONAL EDUCATION:

Certificate course in Yoga Therapy from NITTE University

WORK HISTORY:

Clinical Physiotherapist- Oyster Polyclinic and Wellness Centre, People's Hospital and Clinic, Pathanamthitta, Kerala
February 12th to August 14th 2018

Duties and Responsibilities

Responsible for the implementation of Physical Therapy treatment to acute, subacute and chronic cases of different diseases in the hospital and the clinic

Worked as part of a multidisciplinary team in administering physiotherapy for acute and long term rehabilitation care of patients

Rehabilitation of musculo skeletal injuries working in collaboration with department of Orthopedics, ENT, OBG

Recorded prognosis, treatment response and progress in patient's charts
Educated the patient about their illness and trained the patient for independence in activities of daily living

Taught family and care givers the necessary skills so they may better provide for the patient while allowing the patient as independent as possible

Clinical Physiotherapist – WELLNESSONE Center for advanced Physiotherapy and Rehabilitation Pvt.Ltd., Calicut, Kerala
December 5th 2018 - till date

Duties and responsibilities

Worked as a physiotherapist in multispecialty physiotherapy and rehabilitation centre

Rehabilitation of acute, subacute and chronic condition in the outpatient clinic

Examined patient's medical histories and tested and measured the patient's strength, range of motion, balance and coordination, posture, muscle performance and motor function

Administered various rehabilitation protocols for the management of different conditions

Prehabilitation and rehabilitation of musculo skeletal injuries

Post-surgical rehabilitation in the outpatient clinic

Prescribed individualized therapeutic exercise program to patients

Provided various modality application such as Ultrasound , Hydrocollator pack, Laser, Extracorporeal shock wave pulse therapy, Decompression Unit, TENS , IFT and NMES

Rehabilitated patients using locomotor harness system, underwater treadmill and balance trainer

Recorded patient prognosis and educated the patient about their illness

Physiotherapist - All India Senior Ranking Badminton Tournament 2019, VKK Menon Indoor stadium, Kozhikode, Kerala
16th to 21st April 2019

Duties and Responsibilities

Assessment and Management of injuries on the field as well as off the field

Individualized exercise prescription for prevention of injuries

Musculoskeletal Screening of players for injury prevention

ACHIVEMENTS:

First Class in Bachelor of Physiotherapy

WORKSHOPS ATTENDED:

Proprioceptive Neuromuscular Facilitation and its Clinical Implication"- 22nd & 23rd September 2017

Kinesio Taping Fundamental and Advanced, Kinesio Taping Association International – 29th and 30th December 2018

Pre Conference Workshop "Recent trends in fitness and sports Medicine", Mangalore Physiocon 2017

CONFERENCES ATTENDED:

Nittephysio-Con 2015 National Physiotherapy conference

Physio-con 2017 International Physiotherapy Conference

Mangalorephysiocon 2017

ACADEMIC PROJECT:

Project Title: EFFECT OF AEROBIC EXERCISE ON FATIGUE AND QUALITY OF LIFE FOR PATIENTS UNDERGOING BREAST CANCER TREATMENT: A NARRATIVE REVIEW

Duration: 6 Months

Type: Narrative Review

Guide Name: Dr. Purusotham Chippala

PERSONAL DATA:

- Date of birth: 18-09-1995
- Sex: Female
- Marital Status: Unmarried
- Language Known: Malayalam, English, Kannada, Hindi
- Address: Puthukkeril Padinjarethil
Puthencave P.O Chengannur,
Alapuzha, Kerala
Pin No: 689123

REFERENCES :

Nikhil N.P
Sports Physiotherapist
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Professor Dr. Dhanesh Kumar
Principal
NITTE Institute of Physiotherapy
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Derlakatte

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Mrs. Jenny Mathew

Manager

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DECLARATION:

I hereby declare that the above particulars furnished by me are true to the best of my knowledge and belief

Date:

Place:

BLESSY GLORY JOHN

