

# PHYSIOTHERAPIST

## ATHIRA M.S PHYSIOTHERAPIST



### Contact Information

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[athirasreenivasan710@gmail.com](mailto:athirasreenivasan710@gmail.com)

### Personal Data

Date of Birth : 10/12/1996  
Sex : Female  
Nationality : Indian  
Marital status : Married  
Blood Group : A +ve

### Language proficiency

English, Malayalam, Tamil,  
Kannada (Beginner)

### PROFILE SUMMARY

Seeking a challenging position to utilize my skill and abilities in the area of health care domain which offers professional growth while being resourceful innovate and flexible to up lift the standard of Physiotherapy by doing continuous research works and participating in activities of professional organizations.

### EDUCATION BACKGROUND

- **Bachelor of Physiotherapy (BPT) (2014-2019)**  
Kerala University of Health Sciences  
KMCT Collage of allied Health & Sciences,  
Mukkam, Kozhikode, Kerala
- **Higher Secondary Education (2012-2014)**  
Kerala State Board of Higher Secondary Examination  
Govt. Boys H.S.S, Tripunithura
- **Secondary Education (2012)**  
Kerala State Board of Secondary Examination  
Govt Girls H.S.S, Tripunithura

### PROFESSIONAL EXPERIENCE

- **3 Month Internship at JSS Medical Collage Hospital, Mysore**
- **3 Month Internship at KMCT Medical Collage Hospital and Grace palliative care & Pradheeksha Special School, Mukkam- Calicut**
  - My tasks included paper work, client daily charts and setup and cleaning, guidance with patients exercise regimes and assistance with various modalities.
  - I learn how to do proper Electrical stimulation pad placements based on different injury sites, as well as being able to operate the Vasopneumatic Machine and assist with Heat modalities.
  - Internship help me to learn new skills, more confidence and invaluable personal and professional development.

### CARRIER UPDATION

#### **CONFRENCE ATTENDED:**

- PHYSIO-CON 2017, International physiotherapy conference organized by "NITTE Institute of physiotherapy at Mangalore.
- Symposium on physiotherapy update in Criticare, Irimpanam.
- Chartered society of Physiotherapy Teachers National Conference-2018, Kozhikode.

## DUTIES AND RESPONSIBILITIES

- Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages
- Evaluating, planning and delivering bespoke physiotherapy plans to meet the needs of individual patients
- Being involved in a patient's pre-admission and follow-up care
- Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and developmental co-ordination disorder.
- Supporting patients recovering from surgery
- Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions)
- Supporting elderly people to increase their mobility and liaising with the Occupational Therapists to ensure that the patients have access to all the equipment, devices and resources that they require
- Performing routine physical examinations and inspections
- Liaising with GPs, doctors, nurses, consultants, OTs and other health or social care professional regarding a wide range of medical issues
- Assisting the paediatric consultants with diagnosing certain diseases
- Maintaining a high standard of work and professionalism at all times
- To formulate and deliver individual and group physiotherapy treatment program based upon knowledge in the evidence of the treatment options available. This commonly involves manual physiotherapy technique.
- To evaluate a patient's progress, reassess and alter treatment programs if required, developing reflective practice.

## EQUIPMENTS USED

- Interferential Therapy
- Hydro collar hot pack.
- Continuous passive motion system.
- Muscle Stimulator.
- Electronic traction system cervical and Lumbar
- Paraffin Wax Bath.
- Transcutaneous Electrical Nerve stimulator
- Ultrasound Therapy.
- Physical Exercise modalities.
- Short wave diathermy.
- LASER
- Faradic foot bath.
- IRR

## AREAS EXPERIENCED

- Neurology
- Joint Surgery
- Neurosurgery
- Orthopedics
- Cardio therapy & Vascular Surgery
- General Medicine
- Pediatrics

- Obstetrics & Gynecology
- General Surgery
- Burns & Plastic Surgery
- Sports Injury
- Physical Medicine & Rehabilitation.

## SKILLS AND STRENGTH

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- Evaluated, Planned and administrated treatments for individuals through collaboration with another physical therapist.
- Performed prognostic and diagnostic tests to examine muscle, nerve, joints and functional abilities.
- Updated and maintained charts to reflect on patient progress and their treatments.
- Pursues ongoing professional development.
- Dedicated and hardworking.
- Determination to improve skills, knowledge, co-operate with people to learn and become a leader in the field.

## REFERENCE

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■ **Prof. Vijay Selvan N**

HOD of Physiotherapy dept.- KMCT Collage Of Allied Health Science, Kozhikode

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■ **Prof. Sandeep P H**

Assistant Professor at JSS Collage Of physiotherapy, Mysore, Karnataka

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## DECLARATION

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I do hereby declare that all the information furnished above is correct to the best of my knowledge and belief.

Place: Varapuzha

(Athira M.S)