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# Anila Alex

## Physiotherapist

lezaal2414@gmail.com

### Career Objectives

To accomplish challenging position in an open cultured organization which offer incredible growth and potential and where my acquired skills and education will be utilized towards sustained growth and advancement.

Wish to join as a physiotherapist to rehabilitate patients suffering from injury, illness or disability of all ages ranging from babies to elderly referred by any department of the hospital.

### EXPERIENCE

#### **Medical Trust Hospital, Mundakayam**

Designation- Physiotherapist

July 2011 to April 2012

#### **Hale 'n' Hearty Physiotherapy and Rehabilitation Center, Aluva**

Designation- Physiotherapist

June 2012 to January 2013

#### **Morning Star Medical Center, Nazareth Hill, Adimali**

Designation- Physiotherapist

May 2013 to January 2014

#### **Sandhra Physiotherapy & Rehabilitation Center, Kanhangad**

**February 2014 to July 2015.**

#### **Basic Job Responsibilities**

Have treated patients suffering from orthopedic, neuropathic, pulmonary and cardiac conditions..

### CURRENT JOB STATUS

*Atlas physiotherapy Centre*, Quara, Al Bidhaya Sultanate of Oman

Designation-Physiotherapist

October 2015 till date..

### SKILLS

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- Assess physical condition of patients to diagnose problems and plan appropriate treatments.
  - Utilize graduated exercise programs involving strengthening, stretching, breathing and relaxation.
  - Perform joint mobilization.
  - Use equipment including weights, traction and electrical treatments to ease pain, improve range of motion and strength and reduce swelling.
  - Retrain patients to walk.
  - Highly caring , patient sensitive, tolerant and tactful in attitude - for understanding and persuasive to gain patient co-operation.
  - Having good health and stamina.
  - Strong verbal, interpersonal and written communication skills.

## EDUCATION

I completed my bachelor's degree from Laxmi Memorial College of Physiotherapy ,Mangalore registred under Rajiv Gandhi University of Health Science, Bangalore.

## EXAMINATION PASSED

BPT August 2010 from Rajiv Gandhi University of Health Science, Bangalore

## INTERNSHIP

Six months of rotatory internship completed from Laxmi Memorial college of Physiotherapy, Mangalore.

## PERSONAL INFORMATION

|                           |   |
|---------------------------|---|
| <b>Age/ date of birth</b> | 31, 9-5-1988                                    |
| <b>Languages known.</b>   | Malayalam, English,<br>Hindi,<br>Kannada,Arabic |
| <b>Marital status.</b>    | Divorcee  |
| <b>Address.</b>           | Mukalel,Athirampuzha<br>P.o, Kottayam.686562    |
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## DECLARATION

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I hereby declare that the above statements are true to my knowledge and belief.

Anila Alex.