

# RIYAMOL SABU

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## OBJECTIVE

To excel in the field of physiotherapy. A highly motivated, hardworking and dedicated professional who wants to utilize her skills and abilities to meet the challenges posted in the field of physiotherapy and to ameliorate health and fitness of every individual, for the greater wellbeing of human kind.

## PERMANENT ADDRESS

Varikkaplakal (H), Padimaruth (P.O), Chullikkara, Kasargod (Dist), Kerala (state), PIN – 671531.

## PERSONAL DETAILS

Age : 23  
Date of birth : 19/12/1997  
Gender : Female  
Marital status : Single  
Nationality : Indian  
Hobbies : craft work, drawing, cooking, singing, Reading.

## ACADAMIC PROFILE

- 2015 – 2020                      BPT                      **Father Muller College of Allied Health Sciences Mangalore, Karnataka.**  
**Rajiv Gandhi University of Allied Health Sciences Bangalore.**  
Grade Achieved: **First Class (68%)**
- 2013 – 2015                      HSE                      Holy Family Higher Secondary School Rajapuram.  
Grade Achieved: **85%.**
- 2012 – 2013                      SSLC                      Holy Family Higher Secondary School Rajapuram.

## **EXPERIENCES**

Joined for six months Rotatory Mandatory Internship on 01/01/2020 to 30/06/2020 at **Father Muller Medical College Hospital, Kankanady, Mangalore** (NAAC, NABH Accredited) in the following departments.

- P T in Cardio thoracic conditions.
- Community Based Rehabilitation.
- Electrotherapy/ Exercise therapy.
- Paediatrics
- P T in Orthopedics.
- P T in neurology.

Currently working as **Consultant Physiotherapist** in **Sree Dharmasthala Manjunatheshwara (SDM) Hospital, Ujire**

- Since **December 2<sup>nd</sup> 2020**

## **OTHER EXPERINCES**

- St. Antony's Charitable Ashram, Jeppu, Mangalore.
- St. Agnes Special School, Mangalore.
- Sarvashiksha Abhiyan Centre, Mangalore.
- Chesire Home, Mangalore.
- Mother Teresa Poor Home, Mangalore.
- 45 days pre internship trainee experience in Taluk Hospital Panathady, Poodumkal, Kasaragod.

## **ACHIVEMENTS**

- Secured **9<sup>th</sup>** rank in **Anatomy 1<sup>st</sup> year BPT** in **RGUHS** Bangalore.
- Secured **7<sup>th</sup>** Rank in **Pathology and Microbiology 2<sup>nd</sup> year BPT** in **RGUHS** Bangalore.
- Secured **9<sup>th</sup>** Rank in **General medicine 3<sup>rd</sup> year BPT** in **RGUHS** Bangalore.
- Secured **7<sup>th</sup>** Rank in **neurology and Neurosurgery 4<sup>th</sup> year BPT** in **RGUHS** Bangalore
- Participated in online course conducted by Alison 'Corona Virus – What you need to know (2020)
- Participated in online course conducted by Medvarsity on 'COVID'19 – Awareness and Management' (2020).
- Participated in Physiocon conference in January 2018.

## **REGISTRAION**

- A life member of Indian Association of Physiotherapist (IAP).

## **PROJECT**

- Effect of Eccentric Overload Training in Achilles Tendinopathy.
- Grand presentation on **Kinetic control**.

## **STRENGTHS**

- Works with a holistic patient centered focus.
- Takes that extra step for the patients.
- Pursues ongoing professional development.
- Strong communication skills.
- A Team player with a passion for providing the best patient care. Determination to improve my skills and knowledge.

## **CLINICAL RESPONSIBILITIES**

- Taking the patient/client history.
- Act independently to effectively assess and analyze patient's needs and establish an appropriate and timely treatment plan.
- Establish an effective therapeutic relationship, which acknowledges professional boundaries and provides dignity, honesty and respect for the patient.
- Maintain accurate treatment records, which meet professional standards and in line with the Practice's document management strategy.
- Performing tests and measures to identify potential and existing problems.
- Maintain a positive working relationship with all professionals involved in the patient's treatment and management.
- Bronchial hygiene and chest physiotherapy.
- Mobilization techniques.
- Neurology and neurosurgery rehabilitation.
- Pre- and post-operative physiotherapy after joint replacement and other surgical procedures.
- Modify interventions as necessary to achieve anticipated goals and expected outcomes.
- Manage and treat patients with home care.

- Implement programs including therapeutic exercise, manual therapy, soft tissue techniques like MFR, postural education and use of electrotherapy.

### **COMMUNICATION SKILLS**

- English (read, speak, write)
- Malayalam (read, speak, write)
- Kannada(speak)
- Tamil (speak).
- Hindi (read, speak, write)

### **DECLARATION**

I confirm that the above-mentioned details are true to the best of my knowledge.

**Ms. RIYAMOL SABU.**