

CAREER OBJECTIVE

To enhance my clinical skill capability and knowledge in a reputed organisation which recognizes the value of hardwork and trust me with responsibility and challenges.

WORK EXPERIENCE

2021-07-
Current

Physiotherapist

*Intouch Physiotherapy and Rehabilitation Centre
Vadakara, Kerala*

- Assessed and evaluated the paediatric case and implemented adequate treatment protocol.
- Counselling the parents and educating the parents and child about the treatment plan.
- Provided treatments to patients suffering from sport related injuries such as Tennis elbow, Acl injury, Ankle strain, Acl Avulsion fracture.
- Performed modalities such as electrical stimulations, ultrasounds, IFT, TENS, waxbath, deep heat, fraction, to relieve pain, inflammation and to increase ROM.
- Assessed and evaluated the patients suffering from Stroke, Vertebral disc prolapse, Parkinson's disease and extended neuro rehabilitation therapy.
- Delivered home care treatment for patients with Multiple sclerosis, Hemiparalysis, Parkinson's disease.
- Provided therapy session for patients who underwent ortho and neuro surgeries.
- Evaluated effectiveness of treatment plans and implemented modifications.

2020-09-
2021-03

Physiotherapist (Intern)

Srinivas Hospital, Mangalore, Karnataka.

- Provided orthopedic sessions for patients suffering from Frozen shoulder, post traumatic wrist fracture, post immobilisation of knee, Ankle sprain, Tennis elbow to relieve pain and improve functional mobility.
- Provided modalities such as Muscle stimulation, IFT, TENS, Heat therapy, Cold therapy, Ultrasound, Waxbath to relieve pain, inflammation and to increase ROM of the patient.



NASEEF K NAJEEB PHYSIOTHERAPIST

CONTACT



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SKILLS

- Skilled in patient relations.
- Paediatric knowledge.
- Patient focused therapy.
- Patient assessment.
- Physical examination.
- Patients management.
- Ortho, neuro, cardio, paediatric rehabilitation.
- Certified in Dry Needling therapy.

APTITUDE

- Honest.
- Punctual.
- Hard working.
- Confident.

INTEREST

- Innovative.
- Itinerant
- Sports
- Music

LANGUAGES

- English
- Malayalam
- Tamil
- Hindi
- Kannada

- Implemented neuro rehabilitation for patients with Parkinson's disease, Fascial palsy, Bells palsy, Stroke.
- Provided therapy session for patients who underwent orthopedic and neuro surgeries.
- Patients were counselled about treatments in old age home and special schools to improve long-term well-being through targeted exercises.
- Tracked and evaluated ICU patient progress with respect to treatment goals.

EDUCATION

2015-2021	Bachelor of Physiotherapy <i>Srinivasa College of Physiotherapy and Research Centre, Mangalore, Karnataka.</i>
2013-2015	Higher Secondary <i>Aravukad Higher Secondary School, Allapppy, Kerala</i>
2012-2013	High School <i>Al-Ameen Central School, Kakkazhom, Allapppy, Kerala</i>

WORKSHOP and CONFERENCES

- Certificate of participation in the National level Inter collegeate Cultural Competition held at Yenepoya University Mangalore on March 2017.
- Certified Dry Needling therapist :-Total 16 hrs conducted by Namadhari Education and Social Trust Mangalore on Dec 2019.
- Attended Evidence Based Symposium on **ESSENTIALS IN CRITICAL CARE** held at Father Muller Medical College, Kankanady, Mangalore on Dec 2019.

PROJECT

- Extracorporeal Shock Wave Therapy for Lateral Epicondylitis

CONCLUSION

Extracorporeal Shock Wave Therapy is a non-invasive procedure in which acoustic waves are focused on targeted sites within the body to facilitate pain relief and healing. It helps to accelerate the tissue regeneration, reduce calcification and inhibit pain receptor. It is effective and safe technique can be successfully used in the treatment of lateral epicondylitis and leads to no complications.

REFERENCES

- A.B MOIDU MPT (NEURO, MIAP, FIMT)
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Intouch Physiotherapy and Rehabilitation Centre
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DECLARATION

I, Nassef K najeeb, hereby declare that the above mentioned information given by me are true and correct to the best of my knowledge and belief.

Place:- Alappuzha

Naseef K Najeeb

Date:-