



SHILU MATHEW

PHYSIOTHERAPIST

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PERSONAL PROFILE

Educated candidate ready to work with sufferers of debilitating injuries and illnesses. As a Physiotherapist has a firm understanding of how to determine root causes of bodily trauma and retrieving motor function. Can collaborate with patients and clinicians to develop effective rehabilitation programs and treatments. Commended multiple times by management for compassion and efficiency.

SKILLS & ABILITIES

- Motivated, well-disciplined individual
- Finds joy in assisting others
- Knowledgeable in conversational English, Hindi and Malayalam
- Patient Handling
- Physical Evaluations

EMPLOYMENT HISTORY

Physiotherapist offering professional, compassionate care to patients, with experience in restoring function after injury. I am a committed, caring Physiotherapist with a great passion for helping people of all ages by being well-versed in a broad range of programming treatments and modalities for restoring function and mitigating disabilities. And a collaborative team player with superior work ethic and interpersonal abilities.

Physiotherapist

Believers Church Medical College Hospital, Thiruvalla, Internship, (Nov - Dec 2021)

Physiotherapist

Lourdes Hospital, Kochi, Internship, (Jul - Oct 2021)

JOB DUTIES

- Provide rehabilitation for both outpatients and inpatients for Orthopaedics, Neurology and Neurosurgery, Paediatrics, Cardiothoracic, Community Based Rehabilitation, Obstetrics and Gynaecology, and Covid Rehabilitation Departments.
- Performing routine physical therapy treatments according to patient treatment plans under the direction of a licensed physical therapist.
- Evaluating and treating patients with a wide variety of disabilities in the in-patient as well as out-patient settings.
- Working with patients to identify and improve their movement and function.
- Helping in promoting the patients' health and well-being;
- Assisting the rehabilitation process by developing and restoring body systems in particular the neuromuscular, musculoskeletal, cardiovascular, and respiratory systems;
- Assisting a senior physical therapist to devise and review treatment programs, comprising manual therapy, movement, therapeutical exercise, and the application of technological equipment, e.g. ultrasound.

CONTINUOUS PROFESSIONAL DEVELOPMENT

Involved in:-

- Primary managements of patients
- History taking and Evaluation
- Exercise prescription
- Case discussion and Presentation
- Follow up therapy
- Covid mobility rehabilitation
- Post covid recovery rehabilitation
- Fibromyalgia Rehabilitation

Have attended various seminars and workshops as a college nominee to gain inroads to wealth of knowledge.

The seminars, workshops and conferences attended are :-

- Attended DR MGM INTERNATIONAL PHYSIOCON 2018, POST CONFERENCE at Nimhans convention center, Bangalore, Karnataka on 4th March 2018.
- Attended a medical education program on "OUTCOME BASED MULTIDISCIPLINARY APPROACH IN THE ASSESSMENT AND MANAGEMENT OF PAIN IN CRITICAL CARE FOR HEALTH CARE PROFESSIONALS" at Harsha College of Physiotherapy.
- Attended DR MGM INTERNATIONAL PHYSIOCON POST CONFERENCE at Sapthagiri Medical College, Bangalore on 01/02/2020

- Assessing, planning, and implementing physical therapy treatment that is appropriate to the patient's needs.
- Observing and reporting on the condition, conduct, and progress of patients to the senior physical therapist.

EDUCATIONAL HISTORY

BPT(Bachelor of Physiotherapy), 2016 - 2021

Rajiv Gandhi University of Health Sciences, Karnataka

- 1st year- First class
- 2nd year- Second class
- 3rd year- First class
- 4th year- First class

Higher Secondary Education

Tagore Academy Public School, Faridabad, Delhi (NCR Region), CBSE, 2016

- Passed with 73%

Secondary School Education

Carmel Convent School, Faridabad, Delhi (NCR Region), CBSE, 2014

- Passed with 9.8 CGPA (93%)