



# Teslin Maria Saju

Physiotherapist

To work in a challenging field which makes full use of my abilities thereby developing both personal and professional skills along with sincere contribution to the organization's growth and goals.

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Chelliyampurath House, Erumamunda (P.O) Malappuram 25 (Dist), Kerala, Pin: 679334, India

September 1997

## ACADEMIC QUALIFICATION

### Bachelor of Physiotherapy

JSS College of Physiotherapy, Rajiv Gandhi University of Health Sciences

Oct 2016 – Nov 2021

Mysore, Karnataka, India

### Grade 12

Nirmala Higher Secondary School

March 2016

Nilambur, Kerala, India

### Grade 10

Nirmala Higher Secondary School

March 2014

Nilambur, Kerala, India

## TRAINING & CLINICAL EXPOSURE

### Physiotherapist Intern

JSS Hospital

April 2021 – Nov 2021

Mysore, Karnataka, India

- Physical Medicine and Rehabilitation Centre
- Pulmonology
- Orthopaedics
- Community Based Rehabilitation
- Cardio surgery
- Cardiac Rehabilitation
- Obstetrics and Gynaecology
- ICU managements
- Neurology, Neurosurgery and Paediatrics

## PUBLICATIONS AND PROJECTS

- Translation and Cross Culture Adaptation of Modified Fall Efficiency Scale
- Virtual Rehabilitation for Balance in Parkinson's Disease and Evidence Based Practice

## ONLINE COURSES

### Physioplus Course - Neuro

April 2020

- Introduction to traumatic brain injury, concussion, spinal cord injury, Parkinson's, Managing children with cerebral palsy, Management of spinal cord injury, Management of traumatic brain injury.
- Assessment of traumatic brain injury, Assessment of Parkinson's, Concussion assessment Vestibular and oculomotor assessment. Spinal cord injury assessment. Strength training for walking in neurological conditions.

### Physioplus Course - CBR

March 2020

- Global health governance and health systems and the role of physiotherapist, global issues surrounding physical activity, steps to appropriate wheelchair provision, anticipatory care for long term conditions in physiotherapy.
- Introduction to occupational health, the role of physical activity in special conditions, COVID 19 & community rehabilitation, fall prevention through exercise, physical activity, integrating physical activity into clinical practice, leadership managing conflict in rehabilitation, principles of physical activity.

## KEY SKILLS

Assess, diagnose, and treat patients with demanding physical conditions

Ability to quickly reason through problems to make sound clinical decisions

Skilled in administrate for various interventions, for successful outcomes and better patient satisfaction with evidence-based practice

Maintain patient documents and records

Adaptive skills for working with patients

Taking care of patient & Rehabilitation

Patients & caretaker education

Patient condition reviewing

Professional competence

## WORKSHOPS & CONFERENCES

Wheelchair Workshop - "Wheelchair: Nearly a chair with wheels?"

28th Feb 2020

Workshop on "Vestibular Rehabilitation"

07th Jan 2020

Workshop on "Antenatal and Postnatal Physiotherapy" at Sduaher, Kolar

9th March 2019

National Conference on "Physiotherapy in Women's Health - Current Practice Guidelines"

08th March 2019

The National Interdisciplinary Workshop and Conference on "Current Understanding of Pain - Evidence for practice"

14th Nov 2018 - 17th Nov 2018

Workshop on "Talk to Us Soft Skills training program" at JSS College of Physiotherapy

2016

Workshop on "Occupational English language" at JSS College of Physiotherapy

## INTERESTS & HOBBIES

Drawing

Craft Work

Travelling

Research

## AREAS OF EXPERTISE IN TREATMENT

- Assess physical condition of patients to diagnose problems
- Plan appropriate treatments
- Utilize graduated exercise programs involving strengthening exercises, stretching techniques, hydrotherapy, electrotherapy, breathing exercises and relaxation techniques
- Performing spinal and peripheral joint mobilization and manipulation
- Using all electrotherapy equipment and, exercise therapy equipment
- Retrain patients to walk and gaining maximum independence within disability limits that is to rehabilitate patients.
- Musculoskeletal and sports physiotherapy
- Cardiopulmonary and general physiotherapy
- Community based rehabilitation
- Neurological physiotherapy
- Paediatrics physiotherapy

## POSITIVE TRAITS

- Hard work
- Sincere & Honest
- Good communication skills
- Confident in practical skills
- Accept feedback & learn from them
- Strong belief in completing the assigned tasks.

## LANGUAGES

English

*Full Professional Proficiency*

Malayalam

*Native or Bilingual Proficiency*

Tamil

*Professional Working Proficiency*

Kannada

*Professional Working Proficiency*

## REFERENCES

1: Vijay Samuel Raj V, Associate Professor, JSS College of Physiotherapy  
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2: P H, Assistant Professor, JSS College of Physiotherapy  
Email: sandeep\_jsscpt@jssonline.org, padantaya\_2007@yahoo.co.in  
Ph: +91 988 082 9065

## DECLARATION

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

**PLACE:** Mysore, Karnataka

**DATE:** 23<sup>rd</sup> Oct 2021

**Teslin Maria Saju**