



# Afnas Abdul Majeed

PHYSIOTHERAPIST (BPT)

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Kozhikode, India

To seek employment in a dynamic and challenging environment with potential career growth, where my diversified competencies and unique skills can be utilized for the growth and betterment of the organization and to improve overall well-being of the humankind

## EDUCATION

### Bachelor of Physiotherapy

Lourde Institute of Allied Health Sciences  
Kannur, Kerala

2016 - 2021 65%

### Higher Secondary

GHSS Kallachi

2013 - 2015 94%

### Secondary School

Crescent High School Vanimal

2013 98%

## WORK EXPERIENCE

### Intern

Lourde Hospital, Kannur

*Trained for*

- Assessment and treatment of pediatric cases like CP, milestone delay.
- Handling of different type of equipment such as IFC, Combination, Vacuum and Traction.
- Dry needling technique, mobilization techniques.

### Intern

Elite Mission Hospital, Thrissur

*Trained for*

- Sports rehabilitation
- Instrument assisted soft tissue mobilization (IASTM).
- Orthopaedic rehabilitation.
- Myofascial release, trigger point release.

### Intern

JSS Hospital, Mysore

*Trained for*

- Amputation and Mobilisation.
- Community based Rehabilitation.
- Handling various ICU conditions.
- Assessing and handling various Pediatric conditions.

### Intern

Brains Hospital, Bangalore

*Trained for*

- Assessing and handling of various Neurological conditions like CVA, TBI, Brain tumor
- Suctioning and chest care.
- MRP, PNF, Stroke management, bedside management

## SKILLS

Professional mannerisms	Effective patient handling
Dedicated	Able to encourage and motivate patients
Adaptable and able to work independently and as a part of a team	Keen learner
Optimistic	Time management
Passive thinking	Hard working

## PERSONAL PROJECTS

Prevalence of Lateral Epicondylitis in Housewives

## CONFERENCES AND WORKSHOPS

Theory and practical hands on training in manual therapy (2019)

Role of Orthotics and Prosthesis in Rehabilitation (2019)

Seminar and hands on training on first aid management for healthcare professionals (2017)

International Physiotherapy Conference, Mangalore (2018)

## LANGUAGES

Malayalam <i>Native or Bilingual Proficiency</i>	English <i>Full Professional Proficiency</i>
Tamil <i>Elementary Proficiency</i>	Hindi <i>Elementary Proficiency</i>
Kannada <i>Elementary Proficiency</i>	