

AKSHIDHA THYAGARAJAN

ADDRESS
Geethalayam (H), Parakode PO,
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+91 7540081588

CAREER OBJECTIVE:

Seeking a challenging position in a dynamic organization that offers the opportunity to utilize my diversified skills in the field of Physical Medicine and Rehabilitation, make better use of the opportunity granted, and to work for the betterment of my client, organization and self. Enrich my qualities and talents by contributing services constantly to the organization. which helps me to become a part of the organization's future endeavors.

PROFESSIONAL SKILLS:

- Good at meeting patient's goal and providing therapy based on evaluations and tests.
- Instructing, encouraging and assisting the patients while performing exercises.
- Trained in handling electro therapeutic equipment's such as ultrasound, traction apparatus, simulators, laser and ultraviolet radiations for speed recovery.
- Designing home exercises on the eve of patient's discharge.

PROFESSIONAL QUALIFICATION:

- **B.P.T (2015-2020)** 72.5%
Devendrar college of Physiotherapy, Tirunelveli
- **HSC (2014-2015)** 69%
Kendriya Vidyalaya Vijayanarayanam
- **SSLC (2012-2013)** 84%
Kendriya Vidyalaya Vijayanarayanam

PROFESSIONAL EXPERIENCE:

Life Care Physiotherapy Clinic (05-01-2021 To till date)

- Evaluated and treated patients with back, neck, knee, shoulder, hip and other injuries requiring therapy
- Performed various treatments for patients affected with CVA, CA, RTA, Spinal Cord lesions.
- Treated patients with pre/post -TKR/THR, LBP, Cervical problems.
- Flexible in working with pediatric, adolescent, adult, geriatric, sportsman cases.
- Evaluated and treated patients with musculoskeletal and neurological conditions independently.
- Chest physiotherapy skills used.
- Good at using different manual techniques - mobilization, manipulation, massage, exercises (corrective exercises to kids), PNF techniques, stretching, MET and others.
- Test and measure patient's strength, ROM, balance and coordination, posture, muscle performance, respiration and motor function
- Demonstrate initiative and good problem solving skills.
- Can keep well time management .
- Professional Skills -Electrotherapy, Chest Physiotherapy, Physical Therapy, Case management, Muscle Strengthening, Rehabilitation

PROFESSIONAL TRAINING:

As per the Schedule of Bachelor of Physiotherapy, I was placed in the Tirunelveli Medical College & Hospital, Tirunelveli (6 months) from 02.01.2020 to 31.06.2020.

CLINICAL PROJECT:

- Saveetha Physiotherapy & Rehabilitation center (SPARC), Thandalam, Chennai. (Cardio-Respiratory conditions.)
- Amar Seva Sangam, Ayakudi. (Neurological & Orthopedic conditions)
- Shifa Hospital -Junction Tirunelveli.

BPT PROJECT:

Comparative effect of Muscle Energy Technique VS Effect Of Neural Tissue Mobilization On Hamstring Tightness In Young Adults.

WORKSHOP ATTENDED:

Bio mechanical Postural corrections in Fascial Dysfunction and Techniques of applying Kinesio Tape – 2 Days.

CONFERENCE ATTENDED:

- Physiotroops'16, 25 points by the Tamilnadu Dr. MGR Medical University, Chennai.
- Physiogala'16 The National Conference, accredited for 10 credit points by the Tamilnadu Dr. MGR Medical University, Chennai.
- Physio-troops 2017 accredited for 25 points by the Tamilnadu Dr. MGR Medical University, Chennai.
- Continuous Professional Development Program, an International Physiotherapy Conference, accredited for 10 credit points by the Tamilnadu Dr. MGR Medical University, Chennai.
- Physiotroops 2018, an International Physiotherapy Conference, accredited for 30 credit points by the Tamilnadu Dr. MGR Medical University, Chennai.

CERTIFICATES:

- **Intra- collegiate sports meet** certificates in Tennicoit, Kho-Kho ,Javeline Throw , Shuttle , High Jump & Throw Ball in Devendrar college of Physiotherapy, under Dr. MGR Medical University, Chennai.
- Tug Of War 2nd Place Christian College Of Physiotherapy & 3rd Place in Nanda College Of Physiotherapy for Group Dance.
- Certificates on conferences, workshop attending and clinical postings.

PERSONAL PROFILE:

Name : Akshidha Thayagarajan
Father's Name : K V Thyagarajan
Date of Birth : 26.07.1997
Gender : Female
Marital status : Unmarried
Nationality : Indian
Languages Known : English , Hindi , Malayalam & Tamil
Hobbies : Sports, Listening songs & Movies

I, AKSHIDHA THYAGARAJAN, hereby declare that all the details furnished above are true and genuine to the best of my Knowledge.

Place: Adoor

Date: 27-12-2021

(AKSHIDHA THYAGARAJAN)