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PROFESSIONAL LICENSE DETAILS

Kerala Association for
Physiotherapist's Co-ordination
Reg. No: **3944**
Date of issue: 29/04/2015

The Indian Association of
Physiotherapists (IAP)
Reg. No: **L- 45263**
Date of issue: 30/01/2019

AREAS OF EXPERTISE

- Orthopedic Rehabilitation
- Physiotherapy Management Covid-19 wards
- Post Covid Syndrome - Rehabilitation
- Musculoskeletal and Sports injury management
 - Myofascial Release Technique
 - Kinesio taping
- Vestibular Rehabilitation
- Respiratory Rehabilitation
- Physiotherapy Management in ICUs
- Stroke management
- Neurology and neuro-surgical rehabilitation
- Geriatric and Pediatric care physiotherapy

VIDHYA L BPT

OVERVIEW

A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Excellent client facing skills and the ability to work closely with other health care professionals to assess patients' needs and devise suitable treatment plans for them. Ready and qualified for the next stage in a successful career and looking forward to making significant contribution as physiotherapist.

WORK EXPERIENCE

RAHA AYURVEDA HOSPITAL & INTEGRATED REHAB, Panampalli Nagar, Ernakulam Kerala, India. (6th February 2021 to 11th September 2021) 8 months

Q ANGLE Physiotherapy Centre PalliMukku, Pettah, Trivandrum, Kerala, India. (1st April 2019 to 30th January 2021) 1 Year 9 months

DR. AYYAPPA'S PRIME HEALTHCARE CENTRE, Wheeler's Road, Frazer Town, Bangalore, Karnataka, India (15th March 2017 to 15th March 2019) for 2years

SANJEEVANI PHYSICAL MEDICINE AND REHABILITATION

CENTRE, Chengannur, Alappuzha Dist., Kerala, India

(5th September 2016 to 10th March 2017) for 6 months

ADITHYA REHABILITATION CENTRE, Koorukencheri, Thrissur

Dist., Kerala, India -(22nd June 2015 to 2nd September 2016) for 1year& 2months.

KEY ROLE AND RESPONSIBILITIES:

- Assessing patients with impairments, pain, functional limitations, disabilities of other health related conditions using detailed history taking as well as through various evaluative procedures.
- Establishing treatment goals with the patients based on diagnosis and general health status.
- Implementation of Physiotherapy Management programs in Covid – 19 Patients.
- Implementation of physiotherapy treatment programs related to the patient's condition which includes therapeutic exercises, massages, cryotherapy, gait training, electrical stimulation etc.

- Home care physiotherapy.

PERSONAL DETAILS:

Date of Birth: 28/11/1992

Sex: Female

Age :29 years

Marital Status: Married

Nationality: Indian

Linguistic Ability: English,

Malayalam, Tamil (Speak) &

Arabic (Speak)

Present address

TC: 71/1509, St. Xavier's Nagar,

Near Model ENGG. College,

Valiyathura, VallakkadavuPO,

Trivandrum (DIST)

Kerala - 695008

- Educates, instructs, council patients and their families about the condition and advice the patients on ways to prevent further potential health problems.
- Monitors and evaluates patient's health improvement and modifying treatment accordingly.
- Maintain and update patient's medical/clinical records periodically.
- Organizing & prioritizing own workload & delegating responsibilities accordingly.
- Ensuring that equipment used in carrying out physiotherapy duties is safe.
- Supervising and teaching recently qualified physiotherapist assistants.

C.M.E ATTENDED

- **2daysWorkshopon “Disability Rehabilitation of Spinal cord injury”** Organized by Christian College of Physiotherapy, Udayarvilai, Kanyakumari Dst., Tamil Nadu, India. – December2010
- **“Integrated Neuro therapeutic approach for Stroke”** Conducted by Devendrar college of Physiotherapy, Tirunelveli Dst. Tamil Nādu, India–March2011
- **Three days course on “Geriatric Physiotherapy”** Conducted by Christian College of Physiotherapy, Udayarvilai, Kanyakumari Dst. Tamil Nādu, India–September2011.
- **Workshop on “Muscle Energy Technique (MET)”** Organised by Kerala Institution of Medical Science (KIMS), Trivandrum Dst. Kerala, India–October2012
- **“Bio mechanical correlation and Therapeutic Intervention for Spine”** Conducted by Christian College of Physiotherapy, Udayarvilai, Kanyakumari Dist., Tamil Nadu, India–December2012.
- **“Integrated Manual Therapy approach for Cervical Spine and Shoulder”** Organized by Devendrar college of Physiotherapy, Tirunelveli Dst., Tamil Nādu, India-2013

ACADEMIC QUALIFICATION

SSLC (88%) – GOVT MEDICAL COLLEGE HSS,
Thiruvananthapuram, Kerala- March 2008

HSE (74.5%) Subject- Science - GOVT MEDICAL COLLEGE HSS,
Thiruvananthapuram, Kerala- March 2010

Bachelor of physiotherapy (B.P.T)- Reg. No. 74109911 – WHITE
MEMORIAL College of Physiotherapy, Kanyakumari DST Under the
Tamil Nadu Dr.M.G.R. Medical University - 2010-2015

INTERNSHIP

- ANANTHAPURI HOSPITAL, Trivandrum, Kerala. –3Months
- NIMS HOSPITAL, Neyyattinkara, Trivandrum. –1Month
- SREE RAMAKRISHNA MISSION HOSPITAL, Sasthamangalam,
Trivandrum. – 1Month
- WHITEMISSIONHOSPITAL, Tamil Nādu–1Month

PROJECT

Project entitled on "**EFFECTIVENESS OF TENS IN BRACHIAL
NEURALGIA**"

REFERENCE

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Q angle physiotherapy center.
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- Dr. Ayyappa
Orthopedic Surgeon
Ph: +919845227478

DECLARATION

I hereby declare that the above information given by me are true
to the best of my knowledge and belief.