

SUSAN PANACKAL

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Panackal (H), Chelachuvadu P.O, Idukki (Dist), Kerala

Cell: 8590372277

PERSONAL STATEMENT Committed and proactive Bachelor of Physiotherapy graduate, with a passion to improve the health and wellbeing of others.

WORK EXPERIENCE

Jul. 2018 – Mar. 2022

Physiotherapist

Nammude Aarogyam Community Hospital, Mathilakam, Thrissur

- Performed assessments of the patients' physical abilities and set treatment goals based on the diagnoses
- Maintained open and effective communication with patients and their physicians, nurses and peers regarding the problem, treatment, and development
- Maintained clinical and statistical records
- Provided instruction for home care patients and their families

Jun. 2017 – Jul. 2018

Physiotherapist

Bavason's Archana Hospital, Vannapuram, Idukki

- Worked with a range of patients and established treatment goals based on diagnoses
- Kept open and effective communication with patients and their respective physicians
- Worked closely with the patients' families to implement exercises at home and help maintain a steady recovery
- Prepared case notes and reports

Sep. 2016 – Mar. 2017

Paid Intern

*AJ Institute of Medical Science,
Mangalore*

- Attended to patients in Orthopaedics ward, Neuro ward, Paediatrics ward, Cardio respiratory ward, ICU, Outpatient department and CBR postings

EDUCATION

Sep. 2011 – Mar. 2017

Bachelor of Physiotherapy (BPT)

*Laxmi memorial College of Physiotherapy, Mangalore
Affiliated to Rajeev Gandhi University of Health sciences*

Oct. 2016 – Nov. 2016

Aerobics and Fitness

Indian Academy of Fitness and Training

RESEARCH PAPERS

Correlation Between Age, Gender, Occupation and the Type of Injury in Low Back Pain

The Effectiveness of Physiotherapy Treatment in Reducing Pain, Improving Grip Strength and Functions in Lateral Epicondylitis

CONFERENCE AND WORKSHOP PARTICIPATION

- Jan. 2019 **Instrument Assisted Soft Tissue Mobilization & Cupping Technique, Ernakulam**
- Jan. 2017 **Physio-Con 2017, Mangalore**
Presented a scientific poster based on the research paper 'The Effectiveness of Physiotherapy Treatment in Reducing Pain, Improving Grip Strength and Functions in Lateral Epicondylitis'
- Nov. 2014 **Continuing Medical Education Workshop, Mangalore**
Topic: Preventive and Rehabilitative Measures for Sports Injuries of Lower Extremity
- Nov. 2013 **Aquatic Therapy Workshop, Mangalore**