

# John Mathew Varghese

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## Personal Details

- Phone : +917907414275
- Email : john665289@gmail.com
- Address : Mekkel house, Kolenchery Post Office, Kolenchery, Ernakulam District, Kerala  
Pin-682311
- Date of Birth : 04/06/1997
- Marital Status : Single
- Nationality : Indian

## Objective

Working in a demanding industry that will put all of my skills to good use, help me to grow personally and professionally, and allow me to genuinely contribute to the development and goals to enhance patient care

## Experience

- **PHYSIOTHERAPY INTERN** 18/05/2022 - Current  
RAJIV GANDHI GOVERNMENT GENERAL HOSPITAL CHENNAI
  - Providing physiotherapy assessment and treatment to both inpatients and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages.
  - Educated patients on how to prevent/improve conditions.
  - Carried out treatment plans for a wide variety of patients including Orthopedic, Cardiac and Neurological conditions.
  - Performed various tests and measures to identify potential and existing problems.
  - Treated patients in acute care and intensive care unit.
  - Supporting patients recovering from surgery.
  - Modified treatment plans based on patients progress and coordinated with other medical team members to achieve therapy goals.
  - Coordinated various communication efforts and treatment planning with other interns.
  - Collaborate with interdisciplinary team for patient care.
  - Restored, maintained, and promoted not only optimal physical condition but optimal quality and life as it relates to movement and health.
- **Clinical training in leprosy** 05/10/2021 - 11/10/2021  
GREMALTES HOSPITAL CHENNAI
  - Learned about innovative and effective ways to care leprosy affected patients for the prevention of impairments and disability
  - Patient care included strengthening of muscles, decreasing or preventing contractures, recovering and maintaining joint mobility, muscle tone, integrity and elasticity of skin and preventing deformities.
- **Clinical training programme** 21/09/2021 - 04/10/2021  
INDIAN RED CROSS SOCIETY PHYSIOTHERAPY AND REHABILITATION CENTRE CHENNAI
  - Received clinical training on assessing, diagnosing and creating treatment plan for outpatients with orthopedic and neurological conditions.
  - Trained extensively on assessing and treating pediatric patients with conditions such as cerebral palsy, autism, and delayed milestones.
- **Clinical training programme** 01/06/2019 - 15/06/2019  
MADRAS MEDICAL MISSION HOSPITAL CHENNAI
  - Received clinical training about various microorganisms, their etiology, pathogenesis, pathophysiology and the investigative procedures for identifying and isolating them.
  - Learned about the types of microscopes used in the laboratory investigations.

## Education

Course / Degree	School / University	Grade / Score	Year
SSLC	Mar Athanasius Memorial Higher Secondary School	71%	2013
PLUS TWO	GOVERNMENT HIGHER SECONDARY SCHOOL POOTHRIKKA	69.5%	2015
BACHELOR OF PHYSIOTHERAPY	UCA COLLEGE OF PHYSIOTHERAPY	60.2%	2022

## Skills

- Communication
- Evidence based practice
- Time management
- Team working skills
- Interpersonal skills

## Projects

- Effect of upper extremity plyometric training on strength in archery players

## Languages

- English
- Malayalam
- Tamil
- Hindi

## Reference

- **B. Senthil Kumar - "UCA COLLEGE OF PARAMEDICAL SCIENCES "**  
Principal  
ucacopt@gmail.com  
+914426651767, +917305175553
- **R. Srinivasan - "RGGGH Chennai 03"**  
Grade 1 senior physiotherapist  
nimsur65@gmail.com  
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## Additional Information

### **Courses /workshops /seminars**

1. Physiotherapy and Fitness - 2018
2. Women's health in oncology - Recent Physiotherapy practices - 2018
3. Hip complex - An Advanced Diagnosis and Rehabilitation - 2018
4. Knee Rehabilitation :Assessment and Rehab( theory and demonstration of exercises) - 2018
5. Facilitation in Neuro- Rehabilitation - Physiology and application-2018
6. Prospective Physiotherapy for coming decades - 2018
7. Ankle Complex- An Advanced Diagnosis and Rehabilitation - 2019
8. Functional Movement screening in clinic and sports - 2019
9. How does exercise help in modulating pain - 2019
10. Perfect physiotherapy practice - Needs, ways and Means to Achieve - 2019