

CURRICULAM VITAE

CAREER OBJECTIVE

Seeking a challenging position to utilize my skills and responsibilities in the area of health care domain which offers professional growth while being resourceful innovative and flexible and to uplift the standards of physiotherapy by doing continuous research works and participating in activities of professional organizations.



ANAZ. A

PHYSIOTHERAPIST

Mob : +91 9074744297
+91 8157097704
Email : anaszebronic@gmail.com

PERMANENT ADDRESS

Aneez Manzil
Thamallackal (Po)
Harippad
Alappuzha - 690 548

PERSONAL DETAILS

Gender : Male
Marital Status : Unmarried
Date of Birth : 06-08-1998
Nationality : Indian
State of Domicile : Kerala
Blood Group : A +ve

ACADEMIC QUALIFICATIONS

■ Master of Physiotherapy (MPT-MSS)

Rajiv Gandhi University of Health Sciences
Laxmi Memorial College of Physiotherapy
Balmatta, Mangalore, Karnataka (2020 - 2022)

■ Bachelor of Physiotherapy (BPT)

Kerala University of Health Sciences
Sree Anjaneya College of Paramedical Sciences
Modakkalloor, Kozhikode, Kerala (2015 - 2020)

■ Higher Secondary Education

Duration : 2 Years full time (2013-15)
Awarding Body : Board of Higher Secondary Examination, Kerala-India
Institution : Govt. Higher Secondary School, Ayaparambu, Alappuzha

INTERNSHIP

■ Physiotherapy Intern at Malabar Medical College Hospital & Reserch Centre, Kozhikode

- ◆ Provided clinical assessment and treatment for a range of conditions including sports injuries, workplace injuries, post-surgical care.
- ◆ Done 4 months of rotational internship In Orthopaedics and Sports Medicine, Cardio Respiratory Medicine and Surgery, Various ICU's, Neurology and Neuro Surgery, Paediatrics, General Medicine and General Surgery, OBG.
- ◆ Presented various journal presentations, case presentations, case discussions.

■ **Physiotherapy Intern, Government General Hospital Alleppey.**

- ◆ Worked with patients suffering from sports injuries, Post surgery care.
- ◆ Presented numerous case presentations and rehab protocols.

EXPERIENCE

- Worked as a consultant physiotherapist at Raksha Health Care Solutions, Peringavu, Thrissur.

RESEARCH EXPERIENCE

- **Scientific Study On “Correlation of Functional Ankle Instability With Pain and Function On Non-Specific Low Back Pain Among Professional Volleyball Players”**
 - ◆ Conducted study in partial fulfillment of the requirement for the degree in Master of physiotherapy.
- **Scientific Study On “Correlation Of Craniovertebral Angle And Backpack Load In Standing Posture Among Courier Workers”**
 - ◆ Submitted for publication at "Indian journal of physical therapy and research" - Under Revision
- **Scientific Study On “Comparison of Immediate Effect of Cryostretching And Muscle Energy Technique in Range of Motion and pain in Patients With Mechanical Neck Pain”**
 - ◆ Scientific paper Presented at Scientifica 2022, International virtual research Conference March 2022
- **Scientific Study On “Effects of Exergames On balance And Quality of Life In Older Adults - A Literature review”**
 - ◆ Scientific poster presented at "Webinar On telerehabilitation For Older Persons" Conducted by Laxmi Memorial College of Physiotherapy, Alumni Association
- **Scientific Study On “Correlation of Body Mass Index With Navicular Height”**
 - ◆ Scientific paper presented at "Chartered Society of physiotherapy Teachers National Conference - 2018"

CONFERENCE ATTENDED

- ◆ 1st World congress on physical therapy organized by Department of physiotherapy, Malla reddy university - 2022
- ◆ Webinar on "Telerehabilitation For Older Persosons", Laxmi memorial college of physiotherapy - 2022
- ◆ Scientifica - international virtual research conference - 2022
- ◆ Annual conference of Indian Association Of Physiotherapists (57th) - 2019
- ◆ Charted society of physiotherapy teachers national conference – 2018
- ◆ Mangalore physiocon – 2018 (international Physiotherapy conference) - 2018

WORKSHOP ATTENDED

- **CME On Vestibular Rehabilitation Organised by Laxmi memorial College of Physiotherapy - July 2022.**
- **Wheel Chair Assessment And Prescription Workshop, Mobility India (16 Hours Of Training) - Jun 2019.**
 - ◆ Workshop as per WHO guidelines on “WHEELCHAIR ASSESSMENT AND PRESCRIPTION”
 - ◆ Conducted by Mobility India, Bangalore.
 - ◆ Contents includes : WHO – guidelines on the provision of manual wheelchair
 - ◆ Assessment of wheelchair user to identify the best possible mobility solutions

DUTIES & RESPONSIBILITIES

- ◆ To be professionally and legally accountable for all aspects of own work, including the management of patients in your care.
- ◆ To undertake an assessment of patients, using clinical reasoning skills and manual assessment techniques to provide a physiotherapy diagnosis of their condition.
- ◆ With appropriate support, to formulate prognosis and recommend the best course of intervention, developing discharge plans.
- ◆ To formulate and deliver individual and group physiotherapy treatment programme based upon knowledge of the evidence of the treatment options available. This commonly involves manual physiotherapy techniques.
- ◆ To evaluate a patients' progress, reassess and alter treatment programmes if required, developing reflective practice.

LANGUAGES KNOWN

- ◆ English
- ◆ Malayalam

DECLARATION

I have ensured that the above mentioned statements are true to best of my knowledge and belief.

Place :
Date :

ANAZ. A