

•Palakkad, Kerala • Phone: +91-7510583985 •sherinsherii744@gmail.com

## **PROFESSIONAL PROFILE**

Highly dedicated Physiotherapist performing with extensive professional training and academic background. To strive for Excellence in the field of Physiotherapy with Dedication, Focus, Proactive approach, Positive attitude & Passion and utilize my knowledge and skills in the best possible way for the fulfillment of Organizational goals. Versed at forging and cultivating productive relationships with patients, achieving high levels of satisfaction, retention and referrals.

## **CORE COMPETENCIES**

- Excellent time management skills
- Ability to adapt to new techniques and Machine Handling
- Excellent social and Interpersonal skills for dealing with patients
- Extensive experience in physiotherapy techniques.
- Hard working and motivated team player
- Fast learner of new techniques for Assessment and Management

## **PROFESSIONAL EXPERIENCE**

### ➤ **Medical Trust Hospital, Kochi, Kerala. (June 2022 – December 2022)**

Medical Trust Hospital, NABH Accredited, a 750 bed Multi - Specialty Acute-cum-Critical Care Referral Hospital, is one of the most well equipped and premier hospitals in South India.

**Position: BPT Intern**

### ➤ **Janey Special School, Ernakulam, Kerala.**

Janey Centre For Special Education Middle School (JCFSEMS) is the school for Differently Abled children, is one of the popular most schools in India. This school is counted among the top-rated schools in Kerala with excellent academic track record.

**Position: Junior Physiotherapist**

### ➤ **Swasraya Spinal Rehabilitation Centre, Ernakulam, Kerala.**

Swasraya is a Centre for Training and Rehabilitating the victims of Paraplegia, is managed by a Registered Trust headed by His Grace Dr Thomas Mar Anthanasius, Metropolitan of Malankara Orthodox Syrian Church

**Position: Junior Physiotherapist**

### ➤ **MTH Sports Physiotherapy Clinic, Regional Sports Centre, Ernakulam, Kerala.**

**Position: BPT Intern**

## **CAREER HIGHLIGHTS**

### ➤ **Medical Trust Hospital, Kochi, Kerala - BPT Intern**

#### **Achievements/Tasks:**

- Expertise in Evaluation
- Assessment Planning Treatment Strategy
- Implementation of Treatment plan for patients under the Supervision of Senior Physiotherapists
- Being part of the Personnel and experienced in state-of-the-art diagnostic and medical equipment in a Multi – Specialty.

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## Experience in various departments:

- Pre-Operative and Post- Operative ICU Wards
- Gastric and General Medicine
- Neurology and Neurosurgery
- Orthotics and Prosthetics Department
- Geriatrics & Orthopedics
- Physiotherapy OPD
- Handling various Medical equipment such as TENS, IFT, CPM, Cryotherapy Machine, Ultrasound, LASER, and Combo machines.

## ➤ **Janey Special School, Ernakulam, Kerala - Junior Physiotherapist**

### Achievements/Tasks:

- Experience in managing Differently Abled children
- Gained Practical knowledge in handling cases like Cerebral Palsy, Mental Retardation, Club Foot, Poliomyelitis, Down syndrome and Autism.

## ➤ **Swasraya Spinal Rehabilitation Centre, Ernakulam, Kerala - Junior Physiotherapist**

### Achievements/Tasks:

- Experience in managing Spinal Cord Injury cases, patients with PA Shoulder, Low Back Pain, TKR Rehab, Trigger point Releases and other post fracture cases
- Assessment of various neurological levels & prescribe the Physiotherapy program.

## ➤ **MTH Sports Physiotherapy Clinic, Regional Sports Centre, Ernakulam, Kerala - BPT Intern**

### Achievements/Tasks:

- Experience in Assessing and Managing Sports Professionals
- Emergency First Aids giving to Sports Injuries and Rehabilitating them
- Managing variety of Medical Equipments like Wireless Pro Device, which contains variety of programs such as Pain relief, Strengthening, Conditioning, Relaxing, Tonic massaging etc.,
- Ultrasound, LASER & Combo Machines.
- Worked as a Physiotherapist in Tournaments and Events conducted in Regional Sports Centre.

## ACADEMIC CREDENTIALS

- Bachelor of Physiotherapy from Medical Trust Institute of Medical Sciences, Kochi (Kerala university of health sciences 2017 – 2022)
- Internship at medical Institute of Medical Sciences (June 2022-Dec 2022)
- Higher Secondary education from Cherupushpam Girls Higher Secondary School, Palakkad, Kerala(2016-2017)
- SSLC from Cherupushpam Girls Higher Secondary School, Palakkad, Kerala (2014-2015)
- Computer proficiency (MS office, MS word, MS excel, Electronic Medical Record documentation)

## PROJECT

- Prevalence of Overweight and Obesity among College students

## JOURNAL

- Different Fitness Testing Methods in Athletes

## ACHIEVEMENTS AND AWARDS

- Worked as a Physiotherapist in Spice Coat Marathon 2022 held at Marine Drive, Ernakulam
- Worked as a Physiotherapist in Goshree Marathon 2022 held at Bolgatty, Ernakulam
- Worked as a Physiotherapist in Kerala Premier League 2022 held at Maharajas college stadium
- Worked as a Physiotherapist in Amateur Badminton League 2022 held at Regional Sports Centre, RajivGandhi Indoor Stadium
- Participated in 2 Days Hands on Workshop on Therapeutic Taping for Common MusculoskeletalConditions in 2020
- Worked as a Physiotherapist in Spice Coast Marathon 2020 held at Naval Base, Ernakulam

## CERTIFICATIONS

- Participated in Symposium on Physiotherapy Update in Critic Care 2019, Conducted at Medical Trust Institute of Medical Sciences
- Participated in 2 Days Hands on Workshop on Therapeutic Taping for Common MusculoskeletalConditions in 2020
- Worked as a Physiotherapist in Spice Coast Marathon 2019 held at Naval Base, Ernakulam
- Worked as a Junior Physiotherapist in Janey Special School, Eroor Kerala in 2022
- Worked as a Junior Physiotherapist at Aashiana Rehabilitation Centre in 2022

## REFERENCES

- **Mr. M A Joseph - Head of Department**  
Medical Trust Hospital, Kochi  
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- **Mr. Arun Thachil - Professor & Principal**  
Medical Trust Institute of Medical Sciences, Kochi  
Phone: +91 9895191924  
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- **Mr. Mahesh - Chief Physiotherapist**  
Medical Trust Hospital, Kochi  
Phone: +91 9497283212
- **Mrs. Anila Paul - Professor & HOD**  
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## PERSONAL PROFILE

Full Name : Sherin Aziz  
Date of Birth : July 3, 1999  
Nationality : Indian  
Marital Status : Unmarried  
Languages Known : English, Malayalam, Hindi and Tamil