

Sandra Sylvester

PHYSIOTHERAPIST



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Goriety bhavan, FMC road,
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Skills

Dry needling ● ● ● ● ●

Cupping techniques ● ● ● ● ●

Kinesio taping ● ● ● ● ●

Manual therapy ● ● ● ● ●

Languages

English

Malayalam

Tamil

Personal Details

DOB

19-09-1999

Nationality

Indian

Objectives

To seek a challenging career to utilise clinical skills and to improve patient's physical functioning with knowledge of latest techniques in an organized clinical setup where hardwork is appreciated.

Education

Bachelor's of physiotherapy

Kanachur institute of medical sciences

2017 – 2023 | Manglore

Higher secondary

Auxilium ISC school

2015 – 2017 | Kottiyam, Kollam

High school

St. Antony's public school

Trivandrum

Professional Experience

OPD

ORTHOPAEDICS

GENERAL MEDICINE

GENERAL SURGERY

ICU

PEDIATRICS & OBG

COMMUNITY POSTING

Projects

Physiotherapy management in rheumatoid arthritis

Certificates

- IAPCON Banglore 2019 organized by INDIAN ASSOCIATION OF PHYSIOTHERAPIST
- Dr. M.R Shetty memorial lecture on scapular impairment from movement dysfunction to function as common injuries in status sports held on 4 October 2021
- Manglore Physiocon 2022, international physiotherapy conference on the theme : Normalising life post COVID -19
- Completed hands-on certified course on DIVERSIFIED CUPPING TECHNIQUES on 3 August 2022
- Hands-on certified course on DRY NEEDLING TECHNIQUES on 2 August 2022
- Hands-on workshop on ADVANCED MANUAL THERAPY FOR SPINE,UPPER EXTREMITY & LOWER EXTREMITY on 4th - 7th August 2022
- Hands-on workshop on KINESIO TAPPING FOR UPPER AND LOWER EXTREMITY on 8th - 9th August 2022

Strength

Cooperative

Optimistic

Ability to work independently as well as a team in busy environment

Leadership skills

Declaration

I declare that all the informations contained in this document is strictly true and complete to the best of my knowledge.

Sandra Sylvester