



# SAPNAL SARAH VARGHESE

Physiotherapist

A highly motivated individual with Bachelor of physiotherapy, well versed with required skills and ability to work closely with other professionals to assess a patient's need and devise a suitable plan

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☎ 8848812950

📍 Kerala, India

## EDUCATION

### City College of physiotherapy Rajiv Gandhi University of healthy sciences

09/2016 - 03/2021

Mangalore

Courses

- Bachelor of Physiotherapy

### Mar Dionysius Senior Secondary school Central board of secondary education

03/2014 - 03/2016

Mallapally

Courses

- Higher secondary education

## WORK EXPERIENCE

### Consultant physiotherapist Holy Family hospital

08/2022 - Present

Achievements/Tasks

- Implemented individual intervention with doctors by using graded exercise
- Executed manipulation and mobilization of peripheral joints
- Instructed and counseled patient by describing therapeutic regimens
- Reduced patient need for surgery and medications by improving joint range of motion, strength, flexibility and coordination

### Consultant physiotherapist Lifecare polyclinic

11/2021 - 07/2022

Palakkad

Achievements/Tasks

- Diagnosed, assessed and treated patients physical problems and conditions
- Reviewed training programmes that encouraged exercise and movement by use of various techniques
- Educated patients on how to prevent or improve conditions
- Performed tests and measures to identify potential and existing problems
- Restored, maintained, promoted not only optimal physical condition but also optimal quality of life

## SKILLS

Patient education

Patient assessment

Team working skills

Management of resources

Communication skills

## ACADEMIC EXPERIENCE

City hospital and charitable trust (09/2016 - 03/2021)  
*Student*

Sanidhya special school (09/2017 - 09/2019)  
*Student physiotherapist*

## CERTIFICATES

Mangalore physiocon 2018 organized by South Canara Teachers Association (01/2018)

Confluence 2019 national physiotherapy conference organised by Laxmi Memorial College of physiotherapy (12/2019)

## LANGUAGES

English  
*Full Professional Proficiency*

Malayalam  
*Native or Bilingual Proficiency*

Hindi  
*Elementary Proficiency*

Kannada  
*Elementary Proficiency*

## ADDITIONAL INFORMATION

Father's name : A.G VARGHESE

Mother's name : THRESIA VARGHESE

DOB : 19 APRIL 1998

Marital status : single

Nationality: Indian