



# APARNA SUDHEER

## PHYSIOTHERAPIST

### My Contact

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### Skills

- Physically fit and active
- Mobility assessments
- Emotional support and companionship
- Therapeutic exercises knowledge
- Rehabilitation planning
- Communication skills

### Education Background

BACHELOR OF PHYSIOTHERAPY(2017-2022)

Percentage: 66%

Coursework

- Occupational English language (2017-2018)
- Soft skill training program(2017-2018)
- Basic care life support(BCLS)(2020)
- PG-CON4- ergonomics: tip for practice(2020)
- Mangalore PHYSIOCON- Normalising life post COVID-19(2022)
- certified dry needling therapist(2023) by IHFA

PRE-UNIVERSITY(2015-2017)

ALVAS PU college: PCMB  
percentage:90%

### Languages

First language: Malayalam

Languages known-

- English
- Hindi
- Kannada
- Tamil

### About Me

Compassionate and competent Physiotherapist with a passion for providing the best quality of patient care possible. Committed to provide all the patient with outstanding care and support to help improve the quality of life..

### Professional Experience

#### PHYSIOTHERAPIST

#### REFLEXO PHYSIOTHERAPY CENTRE

08/2022-11/2022

- Provided person-centered care, involving patients in decision making and explaining value of different treatment options.
- Implemented strategies to strengthen muscles, improve bodily functions and restore balance and coordination.
- Built personalized treatment programs around medical objectives and personal goals.
- Assisted trauma patients with recovery of strength, mobilisation and key abilities.
- Documented patient observations and feedback throughout consultations for later analysis and permanent recordkeeping.

#### PHYSIOTHERAPY INTERN

#### JSS COLLEGE OF PHYSIOTHERAPY

02/2022-08/2022

- Observed patient progress during physiotherapy programmes, suggesting adaptations to improve health conditions.
- Communicated positively and professionally with patients, enhancing physiotherapy treatment experiences.
- Supported senior therapists in delivering various treatment methods, including electrotherapy, hydrotherapy and manual physiotherapy.
- Assessed patients' physical condition to identify issues and plan an appropriate treatment regimen.

### UG Research project

- Influence of BMI in six minute walk test in college going students(04/2021-09/04/2021)