

SHIJO JOSE

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PERSONAL DETAILS

- Date of Birth : 17/03/1999
- Marital Status : Single
- Nationality : INDIAN
- Passport : No: W7777496 Valid Till 22/12/2022
- Place : Kollam, Kerala, India
- Languages : English Malayalam Tamil

OBJECTIVE

Seeking a challenging position in the field of physical therapy that would enable to utilize clinical and educational experience, bringing forth a compassionate and friendly attitude and committed to make use of my skills in helping the society.

SKILLS

- Experienced in using different rehabilitation techniques and equipments.
- Able to work with patients with a variety of diagnoses and needs.
- Showing tolerance and patience when dealing with patients, relatives and caretakers.
- Able to demonstrate different methods, actions and positions to the patients.
- Possess a caring attitude when supporting patients during therapy sessions.
- Efficient in managing patients with myofascial pain using different techniques.
- Delivering efficient and professional medical care to patients and Care give us by advising suitable home training programs.
- Indepth knowledge of ICT programs and confidentiality policies.
- Proficient in English language communication.
- Skillful in the use of electrotherapy modalities.

AREA OF INTEREST

- Sports & Musculo-skeletal conditions.
- Neuro rehabilitation.

EDUCATION

- **Bethany Navajeevan College of Physiotherapy, Trivandrum. Kerala University of Health Sciences (KUHS)**
2022
Bachelor of Physiotherapy (BPT)
65.3%
- **Krist Raj Higher Secondary School, Kollam. Kerala State Board of Higher Secondary Education**
2017
Class XII
- **Trinity Lyceum ICSE/ISC School, Kollam.**

INTERNSHIP

- **Travancore Medical College Hospital, Kollam. (1440 hours)**
 - Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages.
 - Evaluating, planning and delivering physiotherapy plans to meet the needs of individual patients.
 - Managed patients using advanced electro-therapy machines.
 - Documented medical histories, concerns and changes in patient's conditions.
 - Being involved in a patient's pre-admission and follow-up care.
 - Supporting patients recovering from surgery.
 - Managed patients in ICU (MICU, NMICU, NSICU, NICU, Cardiac ICU, PACU), practiced and acquired knowledge in orthopedics, neurology and cardio-pulmonary department.
 - Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions).
 - Efficiently communicated patients' progress notes to attending physician.
 - Supporting elderly people to increase their mobility to ensure that the patients have access to all the equipment, devices and resources that they require.
 - Performing routine physical examinations and inspections.
 - Maintaining a high standard of work and professionalism at all times.
 - Clinical practices were supervised by Mr. Muhammed Favas A (Chief Physiotherapist, Travancore Medical College Hospital, Kollam).

CLINICAL POSTINGS

- **SP Well Fort and SP Fort Hospital, Thiruvananthapuram.(01/09/2021-30/09/2021)**

Assessed and managed individuals with different orthopedic conditions like PA shoulder, Tennis elbow, OA, LBP, IVDP, Fractures, THR & TKR (pre & post-operative care) by analyzing X-rays, MRI etc. using electrotherapy modalities (CPM, Russian Current) and exercise prescription.
- **Archbishop Mar Gregorio's Snehavedu Charitable Society Rehabilitation Center, Nalanchira, Thiruvananthapuram.(01/10/2021-31/10/2021)**

Assessed and managed differently abled individuals by setting individualized treatment plan for improving the quality of life.
Conducted individual as well as group therapies for the same population through adequate care and support by modelling the use of assistive devices to aid their mobility.
- **Arumana Hospital, West Fort, Thiruvananthapuram.(01/11/2021-30/11/21)**

Attended patients, assessed and managed different orthopedic conditions through electrotherapy modalities like TENS, IFT, IRR, UST etc.
- **Travancore Medical College Hospital, Kollam.(05/05/2022-07/06/2022)**

Attended one month of clinical posting post completion of final year under chief and senior physiotherapists at the hospital.

PROJECTS

- **Effectiveness of Plantar Fascia Specific Stretching Exercises for Plantar Fasciitis: A Case Study**

CERTIFICATIONS

- Instrument Assisted Soft Tissue Mobilization (IASTM Level 1)- Govt of India. Certificate No: 7462

Date of issue: 14/01/23

- Workshop in PNF THERAPY- Musculoskeletal, Neuro and Sports conditions
- Clinical Sports Dry Needling(Basic)
Ref no: EPA/22/7866
- Clinical Sports Dry Needling(Advanced)
Ref no: EPA/22/8091
- Pulmonary Rehabilitation and Ventilator Training- Govt Medical College Thiruvananthapuram

ACHIEVEMENTS & AWARDS

- All Kerala Inter Collegiate Athletic Meet (KUHS) 2019-2020 Silver Medalist in 100m Race Men
CR no -201 ID NO: 170/2019-20/1/1937/11

DECLARATION

- I hereby declare that the above mentioned details are true and genuine to the best of my knowledge.