



NASEEF K NAJEEB (PT)

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Phone: 6361820992

OBJECTIVE

Accomplished Physiotherapist possessing strong clinical assessment and evaluation skills. Provides supportive environment conducive to addressing individual needs. Special expertise working with patients suffering from paediatric, orthopaedic, neurological and sports related conditions to provide effective rehabilitation services.

WORK EXPERIENCE

INTOUCH PHYSIOTHERAPY AND REHABILITATION CENTRE, VADAKARA

04/2021 — Present

PHYSIOTHERAPIST

- Assessed and evaluated the paediatric case and implemented adequate treatment protocol.
- Counselling the parents and educating the parents and child about the treatment plan.
- Provided treatments to patients suffering from sport related injuries such as Tennis elbow, Acl injury, Ankle strain, Acl Avulsion fracture.
- Performed modalities such as functional electrical stimulations, ultrasounds, IFT, TENS, waxbath, deep heat, fraction- to relieve pain, inflammation and to increase ROM.
- Assessed and evaluated the patients suffering from Stroke, Multiple sclerosis, Fascial palsy, Bell's palsy, Parkinson's disease and extended neuro rehabilitation therapy.
- Delivered virtual reality-based therapy (VRBT) for patients suffering from balance and coordination.
- Provided therapy session for patients who underwent orthopaedic and neurological surgeries.
- Evaluated effectiveness of treatment plans and implemented modifications.

SRINIVAS HOSPITAL, MUKKA, MANGALURU

09/2020 — 03/2021

INTERN PHYSIOTHERAPIST

- Provided orthopedic sessions for patients suffering from Frozen shoulder, post traumatic wrist fracture, post immobilisation of knee, Ankle sprain, Tennis elbow to relieve pain and improve functional mobility.
- Provided modalities such as Muscle stimulation, IFT, TENS, Heat therapy, Cold therapy, Ultrasound, Waxbath to relieve pain, inflammation and to increase ROM of the patient.
- Implemented neuro rehabilitation for patients with Parkinson's disease, Fascial palsy, Bell's palsy, Stroke.
- Provided therapy session for patients who underwent orthopedic and neuro surgeries.
- Patients were counselled about treatments in old age home and special schools to improve long-term well-being through targeted exercises.
- Delivered cardiac rehabilitation for ICU patients with COPD, pneumonia.
- Tracked and evaluated ICU patient progress with respect to treatment goals.

EDUCATION

BACHELOR OF PHYSIOTHERAPY

2015 — 2021

SRINIVAS COLLEGE OF PHYSIOTHERAPY AND RESEARCH CENTRE

HIGHER SECONDARY

2013 — 2015

Aravukad Higher Secondary School, Allaphey

HIGH SCHOOL

2012 — 2013

Al-Ameen Central School, Kakkazhom, Allaphey

WORKSHOP AND CONFERENCES

- Certified Dry Needling therapist: -Total 16 hrs conducted by Namadhari Education and Social Trust Mangalore on Dec 2019.
- Attended Evidence Based Symposium on ESSENTIALS IN CRITICAL CARE held at Father Muller Medical College, Kankanady, Mangalore on Dec 2019.
- Certificate of participation in the National level Inter college Cultural Competition held at Yenepoya University Mangalore on March 2017.

PROJECT

Extracorporeal Shock Wave Therapy for Lateral Epicondylitis

SKILLS

- Certified in Dry Needling therapy.
- Skilled in-patient relations.
- Tolerance and Patience.
- Team working skills.
- Paediatric knowledge.
- Patient focused therapy.
- Patient assessment.
- Physical examination.
- Patients' management.
- Ortho, neuro, cardio, paediatric rehabilitation.

INTERESTS

- Innovative.
- Itinerant
- Sports
- Music

LANGUAGE

- English
- Malayalam

REFERENCES

- Mrs. Jaseera (BPT)
Incharge
Intouch Physiotherapy and Rehabilitation Centre
Thiruvallur, VadaKara, Kerala
9747467491
- Mr. Labeeb Majid (BPT)
Consultant Physiotherapist
Intouch Physiotherapy and Rehabilitation Centre

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DECLARATION

I, Naseef K Najeeb, hereby declare that the above-mentioned information given by me are true and correct to the best of my knowledge and belief.

PLACE: ALAPPUZHA

NASEEF K NAJEEB

DATE: 10/02/2023