

RAHUL R

Physiotherapist

Self-motivated, hard-working Physiotherapist with 5 years 7 months working experience with outstanding people skills, adaptability and ability to work effectively with people of all levels. Collaborative minded professional with strong written and oral communication skills. Confident, energetic and ambitious with positive attitude, can manage multiple caseloads even in a stressful environment. Possess working experience in physiotherapy and rehabilitation for muscular, skeletal, geriatric, pediatric and neurogenic disorders.

KEY SKILLS

Manual Therapy	Patient Education	Documentation
Inpatient	Clinical Reasoning	Pain management
Therapeutic Exercise	Goal Oriented	Communication skills

WORK EXPERIENCE

❖ **Physiotherapist** April 2017 - Nov 2022
KMCH, Coimbatore - (5 years 7 months)

- Comprehensive assessment of the patient.
- Planning, educating, and delivering the therapy.
- Evaluated, planned and administered treatments for individuals through collaboration with the multidisciplinary team.
- Performed prognostic and diagnostic tests to examine muscle, nerve, joint and functional abilities
- Updated and maintained charts to reflect on patient progress and their treatments
- Instructed patients in the safe and effective use of weights, pulleys, inclined surfaces and various equipment for given treatments.
- Arranged treatments such as therapeutic exercise programs encompassing active and passive ranges of motion, muscle reeducation, massage and heat/water/ice/electrotherapy.
- Plan the assistive aids/orthotics as required
- Documenting the patient details, entering the clinical notes.
- Ensure the equipment is in working condition.
- Documenting the patient details in IPD Register in case of inpatients, billing and entering the clinical notes
- Communication with the HOD & / or the consultant regarding the progress of the patient if required.
- Comply with federal and state physical therapy regulations
- Exercised independent judgment based on experience to implement effective treatment combinations.
- Managed both outpatient and inpatient departments for rehabilitation under high-volume caseload and organized the daily schedules of patients.

PROJECT

Effect Of Kinesio- Taping Along with Passive Stretching on Pain and Range of Motion Among Novice Gym Trainers with Induced Delayed Onset Muscle Soreness of Elbow Flexors – An Experimental Study



PERSONAL DETAILS

Mobile	+91 9629893193
Email ID	rahulpanavally95@gmail.com
Address	RAHUL NIVAS PANAVALLY PO CHERTHALA ALAPPUZHA, KERALA
Gender	Male
Nationality	Indian
D.O.B	07.05.1995
Gender	Male
Marital Status	Single

ACADEMIC CREDENTIALS

Bachelor in Physiotherapy	2017
KMCH College of Physiotherapy Dr.MGR Medical University, Tamilnadu	
Plus Two	2012
S.N.H.S.S Sreekandeswaram Poovhakkal	
SSLC	2010
S.N.H.S.S Sreekandeswaram Poovhakkal	

AREA OF EXPERTISE

- Neurological Rehabilitation
- Orthopedic Rehabilitation
- Cardiopulmonary Rehabilitation
- Physiotherapy Management In ICU
- Post-Covid syndrome Rehabilitation
- Pediatric & geriatric Rehabilitation
- Musculoskeletal & sports injury Management

LANGUAGES

- English
- Hindi
- Malayalam
- Tamil

HOBBIES



Song



Swimming



Driving

CME AND WORKSHOPS ATTENDED

- ❖ Stroke Management and Rehabilitation. (PSG College of Physiotherapy, Coimbatore)
- ❖ Fascial needling - a Neuro -Myofascial Approach to Acupuncture Module Head, Neck and Orofacial region.
- ❖ Ganga Hand Therapy Course (Ganga Hospital, Coimbatore)
- ❖ National Conference on Rehabilitation for Solid Organ Transplantation
- ❖ Oncology Rehabilitation- Essential Components of Quality Care
- ❖ Participated in continuous professional development programme (110 hours)

REFERENCES

- ❖ **Dr. Edmund M. D. Couto, MBBS, Phy. Med., MD(PM&R)**
Head of Department, Department of Physical Medicine & Rehabilitation,
Kovai Medical Center&Hospital, Coimbatore
Mobile: +91 9443910831
- ❖ **Mr. S. Sivakumar MPT (Ortho)**
Professor, HOD Dept. of Orthopaedic Physiotherapy,
KMCH College of Physiotherapy
Kovai Medical Center&Hospital, Coimbatore
Mobile: +91 9842274794

DECLARATION

I hereby declare that all the details mentioned above are in accordance with the truth and fact as per my knowledge and I hold the responsibility for the correctness of the above-mentioned particulars.

RAHUL R