



## **APARNA C O**

**D/O OUSEPH C L**

**CHEENAN HOUSE, P.O VELUPADAM,  
THRISSUR, KERALA**

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## **Personal Profile**

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I am committed caring and friendly physiotherapist with a great passion for helping people of all ages. I have previous experience in supporting variety of patients ranging from children suffering from development problems to adults and the elderly affected by and recovering from injuries and movement disorders. Able to communicate effectively and sensitively with patients to ensure understanding of complex clinical issues impacting recovery and understanding the need for injury prevention. Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution in the field as a physiotherapist.

## **Achievements**

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- Project done on “**IMMEDIATE EFFECT BREATHING EXERCISES ON THORACIC ROTATION RANGE OF MOTION IN ASSYMPTOMATIC INDIVIJUALS:SINGLE GROUP PRE- POST STUDY**”
- Published a journal in **JOURNAL OF SOCIETY OF INDIAN PHYSIOTHERAPISTS [J S I P]**,title named “**IMMEDIATE EFFECT BREATHING EXERCISES ON THORACIC ROTATION RANGE OF MOTION IN ASSYMPTOMATIC INDIVIJUALS:SINGLE GROUP PRE- POST STUDY**”
- Presented a posture on the title “**EFFECT OF EARLY MOBILIZATION IN PATIENTS AFTER CARDIAC SURGERY**” in a national level conference “**Pro Cardio-2022 ,Cardiac Rehabilitation The Inevitable Functional Bypass**”

## **Education**

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**2022** - ***SRINIVAS INSTITUTE OF PHYSIOTHERAPY PANDESHWAR  
MANGALORE  
RAJIV GANDHI UNIVERSITY BANGLORE BACHELOR OF  
PHYSIOTHERAPY  
SECOND CLASS DEGREE***

**2017** - ***APHSS ALAGAPPANAGAER HIGHER SECONADARY SCHOOL  
THRISSUR ( dist) KERALA***

*PUC (SCIENCE) 76%*

**2015** – *C J M A H S S VARANDARAPPILLY THRISSUR (dist) KERALA*  
*SSLC 97%*

## **Work Experience**

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- [16/08/2022 – 31/08/2022] [srinivas institute of medical science hospital mukka, mangalore]

Department: Physiotherapy OPD

- [01/09/2022 – 15/09/2022] [srinivas institute of medical science hospital mukka, mangalore]

Department: Paediatrics & OBG wards

- [16/09/2022 – 15/10/2022] [srinivas institute of medical science hospital mukka, mangalore]

Department: Orthopaedics & Traumatology

- [16/11/2022 – 30/11/2022] [srinivas institute of medical science hospital mukka, mangalore]

Department: MICU & PICU

- [16/10/2022 – 15/11/2022] [srinivas institute of medical science hospital mukka, mangalore]

Department: General medicine and Surgery wards

- [1/12/2022 – 15/12/2022] [srinivas institute of medical science hospital mukka, mangalore]

Department: CTS wards, General ICU & Burns Wards

- [16/12/2022 – 15/01/2023] [srinivas institute of medical science hospital mukka, mangalore]

Department: Paediatrics & OBG wards

- [16/01/2023 – 15/02/2023] [Old age home & Affiliated PHC'S, Chethana & ST. Agnes special school]

Department: Community posting (PHC, GERIATRICS & SPECIAL SCHOOL) Professional Training and Qualification

## **Professional Training and Qualification**

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- Attended national conference on “**Cardiac Rehabilitation-The Inevitable Functional Bypass**”
- Attended a short course of Mechanical, Radiological Differential Diagnosis & Its Dry needling & Myo kinetic Therapy In Musculoskeletal Disorders.
- Presented a posture on national level conference“ **EFFECT OF EARLY MOBILIZATION IN PATIENTS AFTER CARDIAC SURGERY**”

## **SKILLS**

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- Dry needling
- Taping [MYOKINETIC THERAPY]
- Experienced in using different rehabilitation techniques and equipment. Showing tolerance and patience when dealing with patients, relatives and carers. Excellent ability to demonstrate different methods, actions and positions. In-depth knowledge of ICT programs and confidentiality policies.

## **Referees**

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**DR. RAJASEKAR S**  
**Professor and DEAN**  
**Srinivas Institute of Physiotherapy**

**DR. THRISHALA NORONHA**  
**Associate professor & Intern coordinator**  
**Srinivas Institute of Physiotherapy**