



# ANJANA P

Pulparambil House, Karanthur Post, Kunnamangalam Via, Kozhikode District,  
Kerala - 673571

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## CAREER OBJECTIVE

- Active, passionate, enthusiastic, and caring physiotherapist well-versed in a broad range of programming, treatments, and modalities for restoring function and migrating disability. expertise in treating adolescent, adult, and geriatric patients. work with a centre that will make use of my abilities in developing both personal and interpersonal skills, along with my sincere contribution to the organisation's growth, and to obtain a position as a physical therapist where my skills and experience will make an effective contribution.

## PROFESSIONAL STRENGTH

- Pain management techniques
- Time management proficiency
- Successful treatment of musculoskeletal and sport injury conditions
- Outpatient therapy background
- Gentle and skilled with treatment procedure
- Goal Setting & Patient Evaluation
- Strong medical ethics & Strong clinical judgement
- Sensitive, tactful, tolerant and patience.
- Adaptive Equipment Use
- Ability to build good relationship with colleagues and patients
- Adaptable and able to work independently and as part of a team.
- Possess excellent problem solving skills

## EXPERIENCE

- **B2N Movement Science & Physiotherapy Clinic, Calicut Kerala**  
*08/03/22 - Present*  
Physiotherapist
  - Supervised individual patient care services and outcomes with quality control in a fast-paced orthopaedic sports medicine clinic.
  - Educated patient in lifetime wellness programs with personalized home-exercise programs
  - Incorporated evidence-based care into practice environment to ensure higher quality care for patients and their families.
  - Established and maintained positive relationships with patients, families, other area health care providers, physicians and the community at large.
  - Served effectively as an referral resource by provide patient/family experience expertise. Continued to strengthen communications between physician staff and the patient.
- **Wellphy Pain and Sports Clinic, Calicut, Kerala**  
*15/01/21 - 30/11/21*  
Junior Physiotherapist
  - Performed initial assessment of injured players.
  - Developed sports physical treatment program to meet player's needs.
  - Educated patients about injury management and prevention procedures.
  - Recommended changes to therapy programs based on recent research findings.
  - Informed patients about specialized care to be taken at home to prevent further injury.

## CLINICAL EXPERIENCE

- **During course of UG**

- KTG COLLEGE OF PHYSIOTHERAPY -Hegganahalli cross, Bangalore.
- RAVI KIRLOSKAR MEMORIAL HOSPITAL -Peenya, Bangalore.

- **During internship**

BABY MEMORIAL HOSPITAL  
- Calicut, Kerala.

ESIC MEDICAL COLLEGE  
- Bangalore, Karnataka.

- During Internship I was posted in following areas;
- Physical Medicine & Rehabilitations.
- Orthopedics & Sports Rehabilitation.
- General Medicine & General Surgery.
- Cardiology & ICU
- Physiotherapy OPD
- Community Health Service

## EDUCATION

- **Rajive gandhi University of health and science**

2020  
Bachelor of Physiotherapy

- **Vocational higher secondary school / VHSS Kerala**

2015  
Rahmaniya VHSS Medical collage, Calicut

- **Kerala secondary education board/ SSLC**

2013  
Kunnamangalam HSS Kozhikode

## CONFERENCE ATTENDED

- 2018  
Attended a conference of 2 days, organized by the "South Canara Physiotherapy Teachers Association" held on 17th & 18th January 2018, "MANGALORE PHYSIOCON 2018" at Town hall, Mangalore, Karnataka.
- 2020  
Attended webinar on ICU PHYSIOTHERAPY MANAGEMENT organized by physio webinar club on 23rd August 2020.

## VOLUNTARY ORGANISATION PROGRAMS

- **2018**  
Participated 3 days walkathon program as a Physiotherapy Volunteer at "OXFAM TRAIL WALKER INDIA 2017-18" from 2nd to 4th January 2018.
- **2019**  
Participated 3 days walkathon program as a Physiotherapy volunteer at "OXFAM TRAIL WALKER INDIA 2018-19" from 18th to 20th January 2019
- **2020**  
Participated 1 day marathon program as a Physiotherapy volunteer at "SPORTS KERALA MARATHON -2020" on 8th March 2020.

## LAUNGUAGE

- English, Malayalam

## REFERENCE

- Dr. Vikranth G R  
HOD of physiotherapy  
K T G College of physiotherapy, Hegganahalli cross,  
Bangalore, Karnataka  
MOB: +91 9986015226
- Anuradha P  
Lead Physiotherapist and Asst.Manager  
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## DECLARATION

I hereby declaree that the above informations furnished are true to best of my knowledge and belief, I promise that I would be sincere and work hard for the betterment of the organisation.