



## **Dr. JIS MATHEW SAM(PT)** BPT,MPT,CMT,MKAPC,MIAFT

Mobile: 9495184100

Email: physiojis95@gmail.com

### **Objective**

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To work for modern physical solutions as a physiotherapist where I may be able to employ my knowledge of best practices of physiotherapy to provide relief to patients.

### **Skills**

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- Sound knowledge of anatomy, physiology and kinesiology
- Excellent knowledge of physical therapy techniques.
- Solid knowledge of physical therapy principal and methods.
- In depth knowledge of
  - Manual therapy, tissue massage, traction and manipulation
  - Tapping
  - Cupping therapy
  - Advanced Fitness/Gym
  - Aerobic
  - Spinning
  - Fitness-Diet and Nutrition
  - Pre and Postnatal Fitness
  - Primary and Advanced Pilates
  - Yoga and Power Yoga

### **Academic Qualification**

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2023 : **MASTER OF PHYSIOTHERAPY (MUSCULOSKELETAL AND SPORTS)**

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCE

From DR. M V Shetty college of physiotherapy, Mangalore, Karnataka.

Dissertation : The Relationship between Dynamic balance and Physical performance in Mechanical

Low back pain patients submitted to Rajiv Gandhi University of Health Science, Bangalore, India.

2013-2018 : **BACHELOR OF PHYSIOTHERAPY**

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCE

From Srinivas college of physiotherapy, Mangalore, Karnataka.

Project done on Fibromyalgia.

2013 : HIGHER SECONDARY

From Govt Higher Secondary School, Ayaparambu, Alappuzha, Kerala.

2011 : 10<sup>th</sup> Standard

From NSS Higher Secondary School, Karuvatta, Alappuzha, Kerala.

### Internship/Experience

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- Completed Six months of compulsory rotatory internship in the following departments of **Srinivas Hospital** from July 2018 – January 2019
  - ✓ Physiotherapy OPD
  - ✓ Pediatrics and OBG wards
  - ✓ Orthopedics and Traumatology
  - ✓ General Medicine wards
  - ✓ MICU and CCU
  - ✓ General Surgery Wards
  - ✓ CTS wards, CTS-ICU Neurosurgery wards
  - ✓ Neurology Neuro-ICU Neurosurgery wards
- Worked as Physiotherapist at **Jaya Physiotherapy Clinic**, Muthukulam, Kerala, from March 2019 to July 2019.
- Worked as Physiotherapist at **Narayana Multi-speciality Hospital**, Mysore, Karnataka, from August 2019 to November 2020.

### Webinars and Conferences

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- One day National level CME on “Evidence informed Practice in Mechanical Neck pain and Headache” -2021
- International Physiotherapy Conference Mangalore Physiocon - 2022
- Lecture on Clinical Anatomy-Simplified – 2022
- Sports Physiotherapy course conducted by Rajasthan Royals – 2022
- Splinting to Optimize Hand Function in Children with Cerebral Palsy – 2022

### Hands on Workshops

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- Workshop on “Modern Physiotherapy Approaches in ICU patients” credit hours – 8 hours (2018)
- Completed hands on workshop on “MYO-KINETIC CUPPING THERAPY” (level 1&2) credit hours – 16 hours (2022)
- Completed hands on workshop on “ON-FIELD THERAPEUTIC TAPING” (level 1&2) credit hours – 16 hours (2022)

### Certification Courses

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- Completed Certificate course in Manual Therapy (CMT) in integrated approach for the Vertebral Column, Pelvic Complex, Temporomandibular joint, Neural Tissue and Extremities – contact hours – 72 hours. (2019)

(Organized at MTFI International Training centre, Mangalore by Dr. Umashankar Mohanty).

- Completed Certificate course in Advanced Fitness/Gym Instructor Training.
- Completed Certificate course in Aerobics Instructor Training.
- Completed Certificate course in Spinning Instructor Training.
- Completed Certificate course in Fitness- Diet and Nutrition.
- Completed Certificate course in Pre and postnatal Fitness Instructor Training.
- Completed Certificate course in Primary and Advanced Pilates Instructor Training.
- Completed Certificate course in Yoga and Power Yoga Instructor Training.

[All Organized at Indian Academy of Fitness Training, Mangalore by Dr. Surjeet Chakrabarty with contact hours of 125 hours] 02/01/2023 – 14/02/2023.

## Personal Details

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Date of Birth : 21/09/1995

Native Place : Karuvatta, Alappuzha district from the state of Kerala

Nationality : Indian

Marital Status : Single

Languages : Malayalam, English, Kannada, Tamil, Hindi

## Declaration

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I hereby declare that all the information given above are true and correct to the best of my knowledge and belief.

Thanking you for your time in going through my profile.

Jis Mathew Sam