



SAFNAS

PHYSIOTHERAPIST (BPT, CSTMT, CDNT)

Seeking a challenging career as a physiotherapist where my professional and technical abilities will be utilized & enhanced. Being part of an organization, I aim to offer the right attitude and dedication in my job.

✉ safsafnas@gmail.com

☎ +91 8606181904

📍 S S MANZIL, KAMBIL, KOLACHERRY 670601, KANNUR, INDIA

EDUCATION

Bachelor of Physiotherapy

Lourde Institute of Allied Health Sciences,
Kannur, Kerala | KUHS University

2016 - 2021

67.72

XII Grade

GHSS Pallikunnu, Kannur

2013 - 2015

92.9%

X Grade

Gracious English Medium School, Kannur

2013

9.6

WORK EXPERIENCE/INTERNSHIP

Physiotherapist

BUDS Special School, Matool

09/2022 - Present

Consultant Physiotherapist

C.H Medical Clinic, Matool

03/2022 - Present

Intern

Brains Neuro Hospital, Bangalore

Trained for

- Assessing and planning Rehabilitation protocols for neuro conditions like SCI, CVA, Parkinsonism etc
- Handling neuro OPD, IP and wards.

Intern

JSS Hospital Mysore

Trained for

- Handling various ICU conditions.
- Assessing and handling various Pediatric conditions like CP, Milestone delay etc

Intern

Elite Mission Hospital, Thrissur

Trained for

- Assessment and management of Orthopaedic conditions.
- Sports injury management and Rehabilitation.

Intern

Lourde Hospital, Kannur

Trained for

- Handling of different type of electrotherapy modalities.
- Dry needling technic and Cupping therapy.

SKILLS

Skilled in assessment, treatment plans and implement it according to the condition.

Advanced anatomy knowledge.

Skilled in pain management for common muscular skeletal conditions.

Good communication skill.

Responsible, hardworking and perfect attendance.

Honest, sincere and dedicated.

Ability to handle pressure.

PERSONAL PROJECTS

Prevalence of Varicose Veins in Teachers

CONFERENCES AND WORKSHOPS

Workshop on Integrated Approach in Stroke Rehabilitation : Conventional Vs Robotics (2022)

Workshop on Handling Children with Developmental Disorders (2022)

Certification in Dry Needling Technique (2022)

International Certification on Soft Tissue Manual Therapy (2022)

Theory and practical hands on training in manual therapy (2019)

Role of Orthotics and Prosthesis in Rehabilitation (2019)

Seminar and hands on training on first aid management for healthcare professionals (2017)

International Physiotherapy Conference, Mangalore (2018)

LANGUAGES

English
Full Professional Proficiency

Malayalam
Native or Bilingual Proficiency

Hindi
Elementary Proficiency

Kannada
Elementary Proficiency

Tamil
Elementary Proficiency

INTERESTS

Football

Cricket

Athletics

Sports