


**STEVE SAMPRAS. E**

**BACHELOR OF PHYSIOTHERAPY (BPT)**

 **stevesampras@gmail.com**

 **6380912580**

 **No 6 Lal Bagathur Sastri Street,  
Nandavana Mettur, Avadi,  
Chennai 600071.**

## **PERSONAL PROFILE**

As a recent physiotherapy graduate with hands on clinical experience and a passion for helping patients achieve their goals. I am excited to bring my knowledge and skills to a dynamic health care team. With a strong foundation in anatomy and physiology, clinical assessment and a variety of treatment techniques, including therapeutic exercise, manual therapy and electrotherapy, I am committed to provide compassionate, patient-centered care and contributing to the success of the organization.

## **EDUCATION**

**Bachelor of Physiotherapy (B.P.T)** -Dr. MGR Educational and Research Institute, Vellapanchavadi, Chennai, **CGPA: 6.3**

**Senior secondary-** Nazareth Matriculation Higher Secondary School. Score:70%

**Higher secondary-** Nazareth Matriculation Higher Secondary School. Score:91%

## **CLINICAL EXPERIENCE**

### **INTERNSHIP POSTINGS (JAN 2023 – JULY 2023)**

- ACS Medical college and hospital, Chennai.
- Sri Lalithambigai medical college and hospital, Chennai.
- Spasticity Association of Tamil Nadu (SPASTN), Chennai.
- Sports Performance Assessment Rehabilitation Research Counselling Institute (SPARRC), Chennai.

### **CLINICAL TRAINING**

- Ayyadurai Cartilage and Ligament Clinic (**SEP 2020 – MAR 2021**)
- REMA Physiotherapy Clinic (**JUL 2021 – JAN 2022**)

## AREAS OF EXPERTISE

**CLINICAL ASSESSMENT AND DIAGNOSIS:** Proficient in conducting thorough assessments to diagnose a variety of musculoskeletal, neurological and respiratory conditions.

**MANUAL THERAPY:** Mulligan Concept Manual therapy, Myofascial Trigger Point Release, Taping Techniques.

**REHABILITATION:** Skilled in rehabilitating Stroke patient, Tendon Transfer, Ligament Reconstruction and Joint replacements.

**LIFESTYLE MODIFICATION:** Skilled in providing tailored plans to patients and helping them to achieve their goals.

**ELECTROTHERAPY:** Worked with Shortwave Diathermy, Interferential therapy, TENS, Intermittent Traction device, Ultrasound therapy.

## SKILLS

- GOOD OBSERVER
- PATIENT EDUCATION AND EMPOWERMENT
- COMMUNICATING SKILLS
- RECORD MAINTAINING
- TIME MANAGEMENT
- ADAPTABILITY
- PROBLEM SOLVING

## PAPER AND POSTER PRESENTATIONS:

- ✓ **HETICON 2018 INTERNATIONAL CONFERENCE** ,Chennai  
TOPIC: *The Role of Technology in shaping Future Health Care*

## CONFERENCE AND WORKSHOP ATTENDED:

DATE	NAME OF CONFERENCE /WORKSHOP	PLACE
<b>30<sup>TH</sup> 31<sup>ST</sup> OCTOBER 2018</b>	<i>HETICON International conference-2018</i>	<i>ACS MEDICAL COLLEGE AND HOSPITAL, CHENNAI</i>
<b>7<sup>th</sup> 8<sup>th</sup> DECEMBER 2019</b>	<i>International Fitness &amp; Sports Conference-2019</i>	<i>VELS UNIVERSITY, CHENNAI</i>
<b>6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> MARCH 2020</b>	<i>58<sup>th</sup> Annual Conference of The Indian Association of Physiotherapist -2020</i>	<i>MAHABALIPURAM, CHENNAI</i>
<b>12<sup>th</sup> SEPTEMBER 2021</b>	<i>IAP- CME PROGRAMME “ World Physiotherapy Day #LongCOVIDandRehabilitation”</i>	<i>NARUVI HOSPITALS, VELLORE.</i>
<b>7<sup>th</sup> – 12<sup>th</sup> DECEMBER 2021</b>	<i>MULLIGAN Manual Therapy Concept.</i>	<i>REVIVAL INSTITUTE OF MANUAL THERAPY, CHENNAI.</i>

**PROJECT:** Effectiveness of PNF vs Isometric exercises on subjects with Grade I Rotator Cuff Injury.

**SEMINAR's PRESENTED:**

- ✓ Brachial Plexus
- ✓ Physiology of Respiration
- ✓ Congenital heart diseases
- ✓ Proprioceptive Neuromuscular Facilitation Techniques
- ✓ Rheumatoid Arthritis
- ✓ Lower limb Special tests
- ✓ Strength training
- ✓ Phases of running

**PERSONAL DETAILS:**

**DATE OF BIRTH:** 30/10/2000

**GENDER:** MALE

**MARITAL STATUS:** SINGLE

**NATIONALITY:** INDIAN

**LANGUAGES KNOWN:** ENGLISH, TAMIL, MALAYALAM, TELUGU (to speak)

**DECLARATION**

I hereby declare that the information furnished above is true to the best of my knowledge.



**E. STEVE SAMPRAS**

