



**AFTAB P. N**

**Mobile : 8136833934**

**Email: afthab21naushad@gmail.com**

## **Objective**

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Dedicated and highly motivated Junior Physiotherapist seeking a challenging position in a reputable healthcare facility to utilize my skills and passion for helping patients achieve their optimal physical health and well-being. Possess strong interpersonal skills, collaborate effectively with multidisciplinary teams and communicate complex medical information in a clear and compassionate manner. I have developed a strong foundation in anatomy, biomechanics, therapeutic exercises and manual therapy techniques. My clinical rotations and internships have equipped me with hands-on experience in treating a diverse range of patients with orthopedic, neurological and cardiopulmonary conditions.

## **Education**

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- Bachelor Degree in Physiotherapy – 2023  
Kanachur College of Physiotherapy, Rajiv Gandhi University of Health & Sciences,  
Mangalore, Karnataka, India  
Marks obtained – First class
- PUC – 2018  
Board of Higher Secondary Education, Kerala, India  
Marks obtained – 81%
- SSLC – 2016  
Central Board Secondary Education, Kerala, India  
Marks obtained – 92%

## **Clinical Education & Experience**

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Kanachur Hospital & Research Centre, Kanachur College of Physiotherapy, Lions Club, Manchi

- Orthopedics & traumatology - 1 month
- Neurology & Neurosurgery - 15 days  
(including Neuro ICU)
- Pediatrics & OBG - 1 month
- General Medicine (including MICU) - 1 month
- Physiotherapy OPD - 1 month
- Surgery - 1 month
- Community postings - 15 days

## **Project Work**

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- Association between forward head posture and hand function in tailors

## **Conferences and Workshop attended**

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- IAPCON BANGALORE 2019-57<sup>TH</sup> Annual Conference. Organized by INDIAN ASSOCIATION OF PHYSIOTHERAPISTS at Bangalore
- CONFLUENCE national physiotherapy conference 2019 December 6<sup>th</sup> & 7<sup>th</sup> Organized by Laxmi Memorial College of physiotherapy, held at A.J Auditorium, Mangalore
- Early mobilisation in critical care, Diabetes & Cardiovascular Disease, chest X-ray interpretations & Pulmonary tuberculosis & its management Organized on 13<sup>th</sup>&14<sup>th</sup> february 2023

## **Certification**

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- Diversified cupping therapy in association with Sports and fitness training federation India
- Dry Needling in association with Sports and fitness training federation India
- Kinesiotaping For Upper & Lower Extremities, Clinical And Sports Taping in association with Sports and fitness training federation India
- Manual therapy for upper and lower extremities and spine in association with Sports and fitness training federation India
- Life membership with Indian association of graduated physiotherapists and Sports fitness and training federation of India

## **Duties and Responsibilities**

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- Evaluation and education of the patient
- Assigned the tasks of planning and implementing individual intervention in collaboration with the patient by using graded exercises
- Handled the responsibilities of monitoring and evaluating treatment to measure the progress and endure effectiveness of the intervention
- Performed various treatments for patients with conditions related to neurologic, orthopedic, cardio respiratory, oncologic, pediatric, sports injuries, geriatric etc
- Performed the task of going for rounds with the concerned consultant and gaining referrals
- Handled other essential tasks as require
- Evaluation and management of ICU patients
- Assigned the tasks of preparing case notes and reports of patients
- Giving ergonomic advice for those who needed
- Handling and maintenance of electrotherapy modalities

## **Personal Details**

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Name – Aftab . P.N

Nationality – Indian

Age & Date of Birth – 23 yrs, 21-06-2000

Marital Status - Single

Present Contact - 8136833934

Languages Known - English, Malayalam, Hindi, Kannada

Driving Licence – India

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Thrissur, Pin-680028

## References

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- Dr. Mohamed Ashraf. (HOD ORTHOPAEDICS, Travancore Medical College, Kollam)  
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- Dr. Mohammad Suhail. (HOD Kanachur College of Physiotherapy, Mangalore, Karnataka)  
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