



# ALNA K B

## PHYSIOTHERAPIST

### OBJECTIVE


*Dedicated physiotherapist, currently working at Vathakat Orthopaedic Hospital. I consider myself a responsible and orderly person.*

*I am looking forward for a career and work experience through which I can develop my knowledge and skills to diagnose and treat patients in the field of neuro Physiotherapy.*

### CONTACT ME

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Ernakulam

### PERSONAL DETAILS

Gender: Female

DOB : 08/09/2000

Age : 23

### ➤ EDUCATION

#### **BACHELOR OF PHYSIOTHERAPY**

*Rajiv Gandhi University of Health Sciences, Bangalore  
2018-2023*

#### **HIGHER SECONDARY**

*SDPY VHSS Palluruthy  
2016-2018*

#### **SSLC**

*St.Dominic's EMHS, Palluruthy  
2015*

#### **MS OFFICE AND TALLY**

*GTec Computer Education Palluruthy  
2015*

### ➤ INTERNSHIP

#### **ASTER MEDCITY, KOCHI**

*As a part of my internship program I had worked under PMR department in Aster Medcity for 6 months of duration from 02/02/2023 to 02/08/2023*

### ➤ CONFERENCE

*2019- IAP Conference Bangalore*

*2019- Continuing Medical Education Program*

*2020- Dr. MGM International Physiocon Post Conference*

## ➤ PROJECT

1. Effectiveness of treadmill walking and cycling exercise program in combination with therapeutic exercises in lumbar spinal stenosis patients: A literature review
2. Muscle Energy Technique  
Description: To study how MET can be used in patients with muscle and joint stiffness

## ➤ PERSONAL SKILLS

- Interpersonal communication
- Time management
- Project management
- Patience
- Active listening
- Computer skills
- Treatment plan

## ➤ LANGUAGES

English  
Malayalam  
Tamil

## ➤ REFERENCE

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