



# ALEENA BIJU

## PHYSIOTHERAPIST

### CONTACT

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Kunnappilly(house),  
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### SKILL

- Patient Assessment
- Pain Management and Techniques
- Manual Therapy Techniques
- Sports Taping
- Dry Needling
- Communication skills

### COURSES AND SEMINARS

- March 2020 | Chennai ,India participated in **Annual Conference of The Indian Association of Physiotherapist.**
- March-April 2023 | Sharp Insight **Dry Needling, Radiology, Myokinetic Therapy, Taping.**
- April 2023 | **Course in Manual Therapy.**
- July 2023 | Srinivas University participated in **NEUROCON 2023 NATIONAL LEVEL CONFERENCE**

### LANGUAGE

- Malayalam
- English
- Kannada

### WORK EXPERIENCE

- **Internship**  
In General Medicine and Surgery ward
- **Internship**  
In General ICU & SICU
- **Internship**  
In OBG & Pediatric Department
- **Internship**  
In Neurology Department
- **Internship**  
In Orthopedic Department
- **Internship**  
Community posting  
Old age home & affiliated PHC'S  
Chetana special school, Mangalore  
Spandana Special School, Surathkal

### PERSONAL PROJECT

- Project done on "**Immediate Effects Of IASTM on Pain And Range Of Motion in Chronic Non-Specific Low Back Pain - A single-group pretest-posttest study**"
- Presented a Poster on the title "**Effects of Aquatic Therapy in post-stroke patients**"

### EDUCATION

- **Bachelor of Physiotherapy**  
Rajiv Gandhi university of Health Sciences, Karnataka  
Srinivas College of Physiotherapy, Mangalore  
completed in 2023 (2018-2023)
- **Higher Secondary**  
St.Sebastian's HSS kuttikad  
completed in 2018 (2016-2018)
- **SSLC**  
GHSS Chaipankuzhi  
completed in 2016(2015-2016)

### CERTIFICATES

- Certificate course in Manual Therapy organised by Manual Therapy Foundation of India
- On Mechanical, Radiological, Differential diagnosis & it's Dry Needling & Myokinetic Therapy in Musculoskeletal disorder