



DINIYA B JOSEPH

PHYSIOTHERAPIST

PROFESSIONAL SUMMARY

A highly dedicated, hardworking, caring physiotherapist with a strong will to serve my community, seeking to join a highly reputed health care organization where I can enhance my skills, abilities and knowledge. Ready and qualified for the next stage in successful career and looking forward in making a significant contribution as a physiotherapist.

WORK HISTORY

physiotherapy - intern

February 2023- August 2023

• **AJ institute of medical science and research center,**

Mangalore

- Collaborated with hospital department and community agencies to deliver coordinated care
- Diagnosed, assessed, and treated patients' physical problems and conditions.
- Reviewed training programs that encouraged exercise and movements by the use of various techniques.
- Educated patients on how to prevent/improve conditions.
- Wrote case notes and reports. Performed tests and measures to identify potential and existing problems.
- Restored, maintained, and promoted optimal physical condition and optimal quality of life-related to movement and health.
- Obtained patients' medical history to ensure reliability.
- Monitored and recorded patients' vital signs.
- Efficiently communicated patients' progress notes to the attending physician.
- Clean treatment areas and set up therapy equipment.
- Demonstrated expertise in all of the below department
- Orthopedic
- Pediatrics
- Neurology
- ICU and cardio- Respiratory
- General medicine and surgery
- Outpatient and CBR
- Palliative care



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SKILLS

- Manual therapy
- Dry needling
- Kinesio Taping Techniques
- Time management
- communication and adaptability
- Therapeutic assessment
- Treatment plan
- First aid / CPR

LANGUAGES

- English
- Malayalam
- Kannada
- Tamil
- Hindi

RESEARCH WORK

- Presented scientific poster in the international level conference on "Effectiveness of lower extremity muscle strengthening and aerobic exercises to reduce pain and improve functions of knee in knee osteoarthritis in older adult: A literature review."
- Internship project - The effectiveness of end range mobilization and ultrasound therapy on pain in frozen shoulder

REFERENCE

- Prof. Umasankar Mohanty - B.P.T, M.P.T (Manual Therapy), PhD,MIASP, MISEP, F.A.G.E Member, International Society of Educators in Physiotherapy President , Manual Therapy Foundation of India [R]. Mangalore, Karnataka - www.mtffi.net , 09901659074
- Dr. Harish S. Krishna - Professor Laxmi Memorial College of Physiotherapy, Mangalore, Karnataka -575002 +919448327388

EDUCATION

BACHELOR OF PHYSIOTHERAPY 2018-2023

Laxmi Memorial College of physiotherapy,Mangalore (Rajiv Gandhi University Of Health Sciences,Karnataka)

HIGHER SECONDARY EDUCATION 2016-2018

GHSS Kaniyanchal,kannur

CERTIFICATION

- March 12th - April 18th,2023 Certificate course in Manual Therapy organized by Manual Therapy fundation of India, Mangalor
- June 3rd - june 25th, 2023 Certificate course in "Mechanical, Radiological differential diagnosis & its Dry Needling therapy in musculoskeletal disorders"conducted by Sharp Insight Rehabilitation Research Centre.
- June 3rd - june 25, 2023 Certificate course in Myokinetic therapy - Kinesio Taping techniques in Musculoskeletal disorder conducted by Sharp Insight Rehabilitation Research Centre.

CONFERENCE

- 57th Annual Conference of Indian Association of Physiotherapist
- National physiotherapy conference "confluence 2019"
- DSU Physiocon 2023: National Physiotherapy Conference
- CME on Evidence Based Foundation of Basic Sciences in Physiotherapy Education
- Webinar on TELEHABILITATION FOR OLDER PERSON