

I SAEED AHSAN

ORTHOPAEDIC AND SPORTS PHYSIOTHERAPIST

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Address: 'THOOBA'(H), 43/2481, SRM Road, Cochin-682018, Ernakulam Dt., Kerala

Date of Birth: 27/11/1996



I am a motivated and confident individual with strong multitasking and organizational abilities. My effective and empathetic communication style enhances patient rehabilitation and understanding of complex clinical issues. I excel at working with clients and am skilled at collaborating with healthcare colleagues to assess needs and create personalized treatment plans. As a dedicated physiotherapist, I am eager to contribute actively and make a meaningful impact in this next phase of my career.

EXPERIENCE/INTERNSHIP

PHYSIOTHERAPIST-INTERN LOURDES HOSPITAL(NABH ACCREDITED), COCHIN	Mar 2021 - Jun 2021
PHYSIOTHERAPIST-INTERN AWH SPECIAL COLLEGE, CALICUT	Dec 2020 - Feb 2021
PHYSIOTHERAPIST-INTERN ELITE MISSION HOSPITAL(NABH ACCREDITED), THRISSUR	Nov 2020 - Dec 2020

EDUCATION

Master of Physiotherapy(MPT) Yenepoya Physiotherapy College, Mangalore	Aug 2023
Specialization: Orthopaedics and Sports University: Yenepoya(Deemed to be) University	
Bachelor of Physiotherapy(BPT) AWH Special College, Calicut	Jun 2021
University: Kerala University of Health Science	
Senior Secondary Ansar English School, Thrissur	2014
CBSE	
Secondary Champion School, Cochin	2012
CBSE	

OTHER EXPERIENCE

Clinical Posting at K S Hegde Hospital(NABH Accredited),Mangalore	Apr 2018 - May 2018
Clinical Posting at Nirmala Hospital(NABH Entry Level Accredited),Calicut	Feb 2017 - Mar 2017

PROFESSIONAL DEVELOPMENT

Basic Life Support(BLS) ACTS YEN(In association with American Heart Association)	Jul 2023
Matrix Rhythm Therapy(MRT)	Apr 2022
Certified in Soft Tissue Manual Therapy Physioneds Academy	Mar 2021
Certified in Football Medicine(Diploma) FIFA	Dec 2020
Attended Physio-Con 2017	Jan 2017

International Physiotherapy Conference conducted by NITTE Institute of Physiotherapy, Mangalore

National Physiotherapy Conference in Guruyavur, Thrissur conducted by Kerala Association of Physiotherapy Students(KAPS)

SKILLS

Leadership | Team collaboration | Strong Communication | Counseling and emotional support | Manual therapy

RESEARCH/PROJECT

ASSOCIATION OF FOOT POSTURE WITH LEG DOMINANCE IN ATHLETES WITH ANTERIOR CRUCIATE LIGAMENT INJURY

PG Research Dissertation

RHEUMATOID ARTHRITIS IN KNEE AND MANAGEMENT

UG Project

DUTIES & RESPONSIBILITIES

- Conduct comprehensive assessments of patients' physical conditions and medical histories.
- Formulate accurate diagnoses and evidence-based treatment plans tailored to individual needs.
- Education of patients and their families about self-care treatment interventions.
- Pre and Post-operative physiotherapy after joint replacement and other orthopaedic surgeries.
- Regular follow-ups and reassessment for comprehensive rehabilitation.
- Establish short-term and long-term treatment goals with patients based on the physical diagnosis.
- Manage and treat patients with home care.
- Collaborate closely with medical professionals to ensure cohesive and holistic patient care.
- Develop sport-specific rehabilitation programs to facilitate athletes' return to peak performance.
- Monitor patient progress and adjust treatment plans based on ongoing assessments.
- Maintain accurate and organized patient records, including assessments and progress notes.
- Stay current with advancements in orthopaedic and sports physiotherapy through continuous learning.
- Integrate research findings and evidence-based practices into treatment strategies.
- Empower patients through education on conditions, treatments, and self-management techniques.
- Advocate for patients, supporting their goals and facilitating optimal recovery outcomes.
- Experienced in treating diverse patient populations, including those with neurological conditions like stroke.
- Skilled in developing tailored rehabilitation programs to enhance motor function, balance, and coordination for neurology patients.
- Capable of providing specialized chest physiotherapy techniques to improve respiratory function and lung health.

LANGUAGES

English | Malayalam | Tamil | Hindi | Arabic | Kannada

REFERENCES

Reference available upon request