

STERIL BABU

PHYSIOTHERAPIST



EDUCATION

2018-2023

BACHELOR OF PHYSIOTHERAPY
SRINIVAS COLLEGE OF PHYSIOTHERAPY,
MANGALORE , KARNATAKA
RAJEEV GANDHI UNIVERSITY

- Average score-67%

2017-2018

HIGHER SECONDARY SCHOOL
ST.SEBASTIAN HIGHER SECONDARY
SCHOOL,KUTTIKAD, THRISSUR

- Average score -82%

SKILLS

- Therapy Procedures
- Creating plan of care
- Applying Manual Therapy
- Communication
- Documention
- Pain management
- Treatment development

LANGUAGES

- English
- Malayalam
- Tamil

CONTACT

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✉ sterilbabu008@gmail.com

📍 Bharanikulangara(H) Kuttikad
PO Chalakudy, Thrissur

PROFILE INFO

I'm a dedicated physiotherapist with a passion for improving patients' physical health. My focus is on treating musculoskeletal conditions, enhancing mobility, and promoting overall well-being. I create personalized treatment plans, incorporating exercises, manual therapy, and education to empower patients in their recovery journeys and help them achieve their physical goals.

EXPERIENCE

- SRINIVAS HOSPITAL, MANGALORE** 3 Months.
 - ICU Management
 - Musculoskeletal Wards
 - OBG Wards
- SRINIVAS COLLEGE OF PHYSIOTHERAPY AND RESEARCH CENTRE** 2Months.
 - Musculoskeletal Department
 - Neuro Department
- GERIATRIC REHABILITATION CENTER, MANGALORE** 1 Month.
 - Muscle Strengthening
 - Pain Management

ACHIEVEMENTS AND AWARDS

• Conference's and Workshop's

1.Successfully completed Certificate Course in Manual Therapy (CMT) at MTFI international training centre. (72hrs)

2.Attended a Workshop Training on Dry needling and Myokinetic Therapy (levelI) in Musculoskeletal disorders. (61hrs)

3.Attended IAP Conference at Chennai on 2020

4.NEUROCN 2023- National Level Conference on "Insight into Stroke Recovery and Rehabilitation"

• Project and Poster

1.Relationship Between Physical activity and Premenstrual Syndrome : Cross sectional Study

2.Effect of Backward Walking in Gait Training Programme for Post-Stroke Patients: Review of Literature