

# **Antose Benny**

The Nilgiris, Tamil Nadu/ 9626612908/ [antossan123@gmail.com](mailto:antossan123@gmail.com)

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## **SUMMARY**

Dedicated Physiotherapist with 6 months of experience in NABH Hospital utilizing mobilising skills to ensure optimum patient care and physical therapy. Enthusiastically fulfils tailored treatment plans to minimize pain and enhance patient well-being.

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## **EXPERIENCE**

KG Hospital

### **Intern Doctor**

Coimbatore, Tamil Nadu

- Administered immunizations with precision and care, reassuring patients and easing anxiety.
- Diagnosed conditions accurately by combining findings from examinations and test results.
- Managed shift handovers by documenting and communicating information to doctors before the shift ended on matters.
- Obtained an extensive understanding of medical terminology, doctor tasks and best practices through regular training.
- Shadowed qualified doctors to learn best practices and techniques regarding examinations and patient consultations.
- Maintained clear confidentiality laws at all times when dealing with patient's sensitive and health information.
- Assisted in developing treatment and care plans creating based on client needs and conditions.
- Communicated clear health management plans, utilising expert knowledge to direct patients to further care as required.
- Maintained and updated patient notes, ensuring accuracy and confidentiality.

Spinal Cord Injury Rehabilitation Center

### **Internship**

Coimbatore, Tamil Nadu

- Reduced patient's pain and swelling through techniques including hot and cold packs, modalities.
- Assessed patient's physical condition to identify issues and plan an appropriate treatment regimen.
- Improved patient's range of motion and assisted in muscle re-education and strengthening through techniques including manual and electrotherapy.
- Retrained patients to walk and use devices such as walking frames, crutches and wheelchairs to improve mobility.
- Educated patient, their families and the wider community to lead healthy lifestyles to prevent injury and disability.

## **SKILLS**

- Patient file organizing
- Enthusiastic problem-solver
- Physically fit and active
- Mobility assessments
- Excellent diagnostic abilities
- Muscle stretching
- Patient referral management
- Therapeutic exercises knowledge
- Emotional support and companionship
- Rehabilitation planning
- Human anatomy understanding
- Leadership and Team coordination

## **EDUCATION**

**KG College of Physiotherapy,  
Coimbatore**

- Bachelor of Physiotherapy  
(2018-2023)

## **PROJECT**

Effects Of Plyometric Training On Agility, Endurance And Speed Among Collegiate Soccer Players.

## **PERSONAL INFORMATION**

**Name** : Antose Benny

**Gender** : Male

**D.O.B** : 10/04/2000

**Languages known** : English, Malayalam and Tamil

**Martial status** : Single

**Nationality** : Indian

**Address** : Oravalakudyil (H), Ayyankolly, Munnanad, The Nilgiris, Tamilnadu-643239

## **REFERENCE**

**Dr.Manoj Abraham** – ‘KG College of Physiotherapy’

Principal

9600439512

**Dr.V Mohan Gandhi** – ‘KG Hospital’

Cheif Physiotherapist

98945 97453

## **DECLARATION**

I hereby declare that the details furnished above are true to the best of my knowledge