



STENIA K SAJI

physiotherapist

I am committed, caring, friendly Physiotherapist with a great passion for helping people of all ages. I have previous experience in evaluating and effectively managing the treatment of patients. I have excellent communication skills, both oral and written.

CONTACT

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KOLAKOTTU (H)

MAMPARA P.O

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PATHANAMTHITTA

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SKILLS

- Hardworking, punctual and sincere.
- Good time management.
- Interpersonal skills.
- Good communication skills Ability to work as a part of a team Ability to establish a good relationship with patients and their family.
- Tolerance and patience, Optimistic and enthusiastic.

EXPERIENCE

October 2022 - Present **EVOLVE WELLNESS, KOCHI**
Physiotherapist

- Evaluated and treated patients with Musculoskeletal, sports and Neurological conditions.
- Implemented treatment which mainly involved progressive exercises protocol, hands on mobilization and electrotherapeutic modalities.
- Treated patients with pre and post TKR/THR, LBP and cervical problems
- Performed patient-related tasks such as pre-treatment exercises, under supervision.

EDUCATION

BACHELOR OF PHYSIOTHERAPY

2017-2022 Laxmi Memorial College Of Physiotherapy, Mangalore.

HIGHER SECONDARY SCHOOL

2015-2017 Mount Bethany Public School, Kumbazha, Pathanamthitta

HIGH SCHOOL

2015 Sree Narayana Central School, Athikayam, Pathanamthitta

INTERNSHIP

AJ Institute of Medical Sciences And Research Centre

LANGUAGE

- English
- Malayalam
- Hindi
- Kannada

- AJ Institute of Medical sciences and research centre, Mangalore - 01/03/2022 - 03/09/2022 Completed 6 months of Internship in the following departments of AJ institute of medical sciences and research centre, Mangalore, Karnataka (NABH accredited):
- Orthopaedics department
- Pediatrics department
- Neurology department
- ICU and Cardio-Respiratory department
- General Medicine and Surgery department
- Outpatient department and CBR postings
- Palliative Care Unit
- Dementia centre

ADDITIONAL SKILLS

- March 26-May 1, 2022 Certificate course in Manual Therapy Organized by Manual Therapy Foundation Of India, Mangalore.
- August 15- September 15, 2022 Certificate course in “Mechanical, Radiological differential diagnosis & its Dry Needling therapy in musculoskeletal disorders“ conducted by Sharp Insight Rehabilitation Research Centre.Mangalore.
- August 15- September 15, 2022 Certificate course in Myokinetic therapy - Kinesio Taping techniques in Musculoskeletal disorder conducted by Sharp Insight Rehabilitation Research Centre,Mangalore.

RESEARCH WORKS

- **Final year project**- Effect of Hip abductors and lateral rotators strengthening in females with patellofemoral pain syndrome:- A Literature review
- **Internship project**- Effect of lumbar stabilization and dynamic lumbar strengthening exercise in patients with chronic low back pain:- A case series
- **Presented Scientific Poster** in the National level conference on “Holistic approach to healthy aging and geriatric rehabilitation“-Srinivas University, title:-Factors impacting early mobilization following hip fracture:- A Literature Review

CONFERENCE AND SEMINAR ATTENDED

- Attended a CME on Evidence based foundation of basic sciences in Physiotherapy education“ at AJIMS Mangalore on November 2018
- Attended International physiotherapy conference PHYSIOCON on 2018 at Mangalore Attended National Physiotherapy Conference
- CONFLUENCE 2019 at AJIMS in December 2019
- Attended a webinar on splinting to optimize hand function in children with cerebral palsy on 27th July 2022
- Attended a webinar on telerehabilitation for older persons on 8th October 2021
- Attended National level conference on “Holistic approach to healthy aging and geriatric rehabilitation“at Srinivas University, Mangalore

REFERENCES

Evolve wellness,kochi- evolvekochi@gmail.com