



# ALNA K B

## PHYSIOTHERAPIST

### OBJECTIVE


*Dedicated physiotherapist,  
Currently working at  
Vathakat Orthopaedic  
Hospital as Junior  
physiotherapist  
I consider myself a  
responsible and orderly  
person.*

*I am looking forward for a  
career in Medical Trust  
Hospital where I can  
develop my knowledge and  
skills in different fields of  
physiotherapy.*

### CONTACT ME

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Palluruthy  
Ernakulam

### PERSONAL DETAILS

Gender: Female

DOB : 08/09/2000

Age : 23

### ➤ EDUCATION

#### BACHELOR OF PHYSIOTHERAPY

*Rajiv Gandhi University of Health  
Sciences, Bangalore  
2018-2023*

#### HIGHER SECONDARY

*SDPY VHSS Palluruthy  
2016-2018*

#### SSLC

*St.Dominic's EMHS, Palluruthy  
2015*

#### MS OFFICE AND TALLY

*GTec Computer Education Palluruthy  
2015*

### ➤ INTERNSHIP

#### ASTER MEDCITY, KOCHI

*As a part of my internship program I had  
worked under PMR department in Aster  
Medcity for 6 months of duration from  
02/02/2023 to 02/08/2023*

### ➤ EXPERIENCE

#### JUNIOR PHYSIOTHERAPIST

*Vathakat Orthopaedic Hospital,  
Kacheripady, Ernakulam  
01/09/2023- Present*

## ➤ CONFERENCES

- 2019- IAP Conference Bangalore
- 2019- Continuing Medical Education Program
- 2020- Dr. MGM International Physiocon Post Conference

## ➤ PROJECT

1. Effectiveness of treadmill walking and cycling exercise program in combination with therapeutic exercises in lumbar spinal stenosis patients: A literature review
2. Muscle Energy Technique  
Description: To study how MET can be used in patients with muscle and joint stiffness

## ➤ PERSONAL SKILLS

- Interpersonal communication
- Time management
- Project management
- Patience
- Active listening
- Computer skills
- Treatment plan

## ➤ LANGUAGES

- English
- Malayalam
- Tamil

## ➤ REFERENCE

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