

## PROFILE

Dedicated and enthusiastic physiotherapist with a strong foundation in anatomy, physiology, and rehabilitation techniques. Passionate about helping patients regain their mobility and improve their quality of life. Excellent communication skills and a patient-centered approach to provide personalized care. Eager to contribute my knowledge and learn from experienced professionals to excel in the field of physiotherapy"

## EDUCATION

**BACHELOR OF PHYSIOTHERAPY, Laxmi Memorial College Of Physiotherapy (Rajiv Gandhi University Of Health Sciences)**  
September 2017 – August 2023  
Mangalore, Karnataka, India

**HIGHER SECONDARY EDUCATION, Shanthal Jyothi Public School,**  
2015– 2017 |Muttom, Kerala

## SKILLS

Hardworking, punctual and sincere  
Good time management  
Interpersonal ability  
Good communication skills  
Patient support and education Direct patient care  
Detail oriented  
Tolerance and patience  
Basic computer skills

## LANGUAGES

|           |           |
|-----------|-----------|
| Malayalam | ● ● ● ● ● |
| English   | ● ● ● ● ● |
| Tamil     | ● ● ● ● ● |
| kannada   | ● ● ● ● ● |
| Hindi     | ● ● ● ● ● |

## CONFERENCES

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 TELEHABILITATION FOR OLDER PERSON on 18th October 2021

# Aanet Mary Gilan

## PHYSIOTHERAPIST



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## WORK HISTORY

### Physiotherapist - Intern

February 2023 – August 2023

AJ institute of medical science and research center, Mangalore

- Collaborated with hospital department and community agencies to deliver coordinated care
- Diagnosed, assessed, and treated patients' physical problems and conditions.
- Reviewed training programs that encouraged exercise and movements by the use of various techniques.
- Educated patients on how to prevent/improve conditions.
- Wrote case notes and reports. Performed tests and measures to identify potential and existing problems.
- Restored, maintained, and promoted optimal physical condition and optimal quality of life-related to movement and health.
- Obtained patients' medical history to ensure reliability.
- Monitored and recorded patients' vital signs.
- Efficiently communicated patients' progress notes to the attending physician.
- Clean treatment areas and set up therapy equipment.
- Demonstrated expertise in all of the below department

-Orthopedic

-Pediatrics

-Neurology

-ICU and cardio- Respiratory

Attended 57th Annual Conference of Indian Association of Physiotherapists

Attended National Conference DSU PHYSIOCON on "NCR3- Research, Reinvention and Rehabilitation" on 3rd March 2023 at DSU Bangalore, Karnataka

## REFERENCES

**Dr. Sanjay Eapen Samuel,**  
*Principal and Proffessor,*  
Laxmi Memorial College of Physiotherapy,  
Mangalore, Karnataka, 575002

**Dr.Harish S Krishna**  
*Proffessor,*  
Laxmi Memorial College of Physiotherapy,  
Mangalore, Karnataka, 575002  
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- General medicine and surgery
- Outpatient and CBR
- Palliative care

## PROJECTS

### Final year:

- Endrange mobilization technique in adhesive capsulitis of the shoulder joint:- A literature review

### Internship:

- Effectiveness of TENS and strengthening exercises on functional ability in patients with osteoarthritis of knee joint:- A case series

### Presented scientific poster on:

- Aerobic Exercise Training For Elderly With Dementia:- A Narrative Review

## CERTIFICATIONS

March 26 - May 1, 2022

Certificate course in Manual therapy organized by **Manual therapy foundation of India, Mangalore**

## WORK SHOP BY IAFT- INDIAN ASSOCIATION OF FITNESS TRAINING

February 2023 - April 2023 | Mangalore, Karnataka

- Advanced fitness / Gym instructor Training
- Aerobic Instructor Training
- Primary and Advanced Pilates Instructor Training
- Fitness - Diet and Nutrition
- Spinning Instructor Training
- Pre and Postnatal Fitness Instructor Training
- Yoga and Power Yoga Instructor Training