



SAPNAL SARAH VARGHESE

Physiotherapist

A highly motivated individual with Bachelor of physiotherapy, well versed with required skills and ability to work closely with other professionals to assess a patient's need and devise a suitable plan

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☎ 8848812950

📍 Chengannur, Alappuzha, Kerala

EDUCATION

City College of physiotherapy Rajiv Gandhi University of healthy sciences

09/2016 - 03/2021 *Mangalore*

Courses

- Bachelor of Physiotherapy

Mar Dionysius Senior Secondary school Central board of secondary education

03/2014 - 03/2016 *Mallappally*

Courses

- Higher secondary education

WORK EXPERIENCE

Consultant physiotherapist Holy Family hospital

08/2022 - 03/2023 *Thodupuzha*

Achievements/Tasks

- Implemented individual intervention with doctors by using graded exercise
- Executed manipulation and mobilization of peripheral joints
- Instructed and counseled patient by describing therapeutic regimens
- Reduced patient need for surgery and medications by improving joint range of motion, strength, flexibility and coordination

Consultant physiotherapist Lifecare polyclinic

11/2021 - 07/2022 *Palakkad*

Achievements/Tasks

- Diagnosed, assessed and treated patients physical problems and conditions
- Reviewed training programmes that encouraged exercise and movement by use of various techniques
- Educated patients on how to prevent or improve conditions
- Performed tests and measures to identify potential and existing problems
- Restored, maintained, promoted not only optimal physical condition but also optimal quality of life

SKILLS

Patient education

Patient assessment

Team working skills

Management of resources

Critical thinking

Pain management

ACADEMIC EXPERIENCE

Iqraa international hospital and research centre
(05/2021 - 11/2021)

Physiotherapy intern

City hospital and charitable trust (09/2016 - 03/2021)
Student

Sanidhya special school (09/2017 - 09/2019)
Student physiotherapist

CERTIFICATES

Mangalore physiocon 2018 organized by South Canara Teachers Association (01/2018)

Confluence 2019 national physiotherapy conference organised by Laxmi Memorial College of physiotherapy (12/2019)

LANGUAGES

English
Full Professional Proficiency

Malayalam
Native or Bilingual Proficiency

Hindi
Elementary Proficiency

Kannada
Elementary Proficiency

ADDITIONAL INFORMATION

Father's name : A.G VARGHESE

Mother's name : THRESIA VARGHESE

DOB : 19 APRIL 1998

Marital status : single

Nationality: Indian