



## CURRICULUM VITAE

**Adwaith KR**  
**Kalappurackal House**  
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**Vaikom, Kottayam**  
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### PROFESSIONAL PROFILE

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I am a committed, caring and friendly Physiotherapist with a great passion for helping patients of all age groups. I have experience in working with patients of different age groups ranging from children with developmental problems to adults and the elderly affected by and recovering from injuries and movement disorders. I have excellent communication skills, both written and oral. Moreover I really enjoy working as a team with the aim of achieving a common goal.

### CAREER SUMMARY

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After graduation I did my Internship at leading hospitals delivering a wide range of treatments for patients enabling them to recover from injuries.

**6<sup>th</sup> MARCH 2023 – 6<sup>th</sup> MAY 2023**      **INDO AMERICAN HOSPITAL, CHEMMANAKARY VAIKOM**  
**[INTERNSHIP]**

Providing physiotherapy assessment and treatment to patients by improving physical strength, cognition, mobility and quality of life in patients of all ages.

- ❖ Patient progress against expectations and recommended updates to treatment plans.
- ❖ Managed and maintained equipment used in physical therapy and exercise programs.
- ❖ Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and developmental co-ordination disorder.
- ❖ Supporting patients recovery from surgery.
- ❖ Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions).

### **15<sup>th</sup> MAY 2023 – 15<sup>th</sup> JULY 2023    GENERAL HOSPITAL, ERNAKULAM. [INTERNSHIP]**

- ❖ Implemented evaluation and treatment to patients transferred from the trauma and orthopedic wards post-surgery.
- ❖ Chest physiotherapy skills used – Clinical reasoning skills.
- ❖ Assessment and designing an appropriate treatment plan for each patient.
- ❖ Evaluated and formulated a plan of care for outpatients with a variety of orthopedic, neurological and cardio respiratory diagnosis to enhance their functional independence in the community.

### **4<sup>th</sup> AUGUST 2023 - 4<sup>th</sup> OCTOBER 2023    ASHOKA MEDICOVER HOSPITAL, NASHIK [INTERNSHIP]**

- ❖ Worked on hip rehabilitation for various hip injuries.
- ❖ Handled rehabilitation for total knee replacement and other post operative orthopedics cases.
- ❖ Handled outpatient department assessment, provisional diagnosis.
- ❖ Implemented physiotherapy techniques, documented and monitored prognosis.
- ❖ Managed post operative protocols and coordinated care with physicians and surgeons to achieve patient goals.
- ❖ Mobilized a variety of patients in ICU [SICU, MICU, NICU], orthopedic unit and emergency department.
- ❖ Coordinated full patient case load with a variety of diagnosis ranging from Parkinson's, CVA, TBI, SCI, Amputation.
- ❖ Promoted client healthy lifestyles by improving strength, flexibility, balance and coordination.

### **6<sup>th</sup> NOVEMBER,2022 - 6<sup>th</sup> DECEMBER,2022    ASTER MEDCITY HOSPITAL, KOCHI. (CLINICAL POSTING)**

- ❖ Evaluating, planning and delivering bespoke physiotherapy plans to meet the needs of individual patients
- ❖ Counseled patients on treatments and strategies for improving long term well-being through targeted exercises.
- ❖ Evaluated effectiveness of treatment plans and implemented modifications.

### **12<sup>th</sup> JUNE 2022– 13<sup>th</sup> SEPTEMBER 2022.    INDO-AMERICAN HOSPITAL, VAIKOM (CLINICAL POSTING)**

- ❖ Performed comprehensive patient assessments and formulated effective clinically reasoned treatments plans
- ❖ Demonstrated proper form and monitored patients during exercise.
- ❖ Perform test and measures patient strength, range of motion, balance, co-ordination, posture, muscle performance, respiration and motor function.

### **CORE SKILLS**

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- ❖ Excellent interpersonal and communication skills in order to explain procedures to patients.

- ❖ A supportive and caring disposition.
- ❖ Good observation skills and attention.
- ❖ Self-motivation and the ability to work under pressure.
- ❖ Organization and decision-making skills.
- ❖ The ability to work as part of a healthcare team

## KEY ACHIEVEMENTS AND PROJECT WORK

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- ❖ CPR & AED Skills (BLS)
- ❖ 2<sup>nd</sup> National IAP Corporate Conference 2022 (October 15,16 2022)
- ❖ Prevalence of knee pain in chronic stroke patients with weight bearing asymmetry (project)

## ACADEMIC QUALIFICATION

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| DEGREE   | BOARD OF EXAMINATION   | YEAR OF PASSING |
|--|--|-----------------|
| Bachelor of physiotherapy [4 year + 6 months internship] | Kerala university of health sciences, Thrissur                             | 2023            |
| Higher secondary   | Kshethra Pravesanan Memorial Vocational Higher Secondary School, Ernakulam | 2018            |
| Grade 10   | Rajagiri Amala CMI Public School, Vaikom                                   | 2016            |

## REFERENCES

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- ❖ Professor K.S Sharad  
BPT, MPT in orthopedics  
Principal of BCF College of physiotherapy  
Email: [bcfphysiotherapy@gmail.com](mailto:bcfphysiotherapy@gmail.com)

## PERSONAL PROFILE

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Name : ADWAITH K.R

Religion : HINDU

Gender : MALE

Education : BACHELOR OF PHYSIOTHERAPY

DOB : 18/05/2000  
Fluent Language : ENGLISH, MALAYALAM  
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## DECLARATION

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I do hereby declare that all the above information is correct and true to my knowledge.

**ADWAITH K.R**