




AMRUTHA AJITH KUMAR

BPT, CSTMT, CDNP, CKTP, CBFRT

PROFILE

SEEKING A CHALLENGING POSITION TO UTILIZE MY SKILLS AND RESPONSIBILITIES IN THE AREA OF HEALTH CARE DOMAIN WHICH OFFERS PROFESSIONAL GROWTH WHILE BEING RESOURCEFUL INNOVATIVE AND FLEXIBLE AND UPLIFITNG THE STANDARDS OF PHYSIOTHERAPY BY DOING CONTINUOUS RESEARCH WORKS AND PARTICIPATING IN ACTIVITIES OF PROFESSIONAL ORGANIZATIONS

CONTACT ME

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➤ EXPERIENCE

APRIL 2023 - CURRENT WORKING

TRAVANCORE FOUNDATION

PRESIDENCY HOMES, ERNAKULAM

- Develop several treatment plans for patients suffering from physical injuries and illness
- Assist patients in rehabilitation after assessing and analyzing individual patients
- Treat patients using variety of exercise program along with soft tissue manual therapy and mobilization and various advance level treatments
- Reduced patients pain and swelling through a variety of techniques including hot and cold packs, taping and splinting
- managed pre-admission treatment and follow up care for patients to provide seamless treatment

MAY 2022- JULY2022

APOLLO ADLUX HOSPITAL, ANGAMALY

PHYSIOTHERAPY INTERN

- Provided clinical assessment and treatment for a range of conditions including sports injuries, workplace injuries, and post surgical care
- done 3months rotational internship in orthopedics and sports medicine, cardio-respiratory medicine and surgery various ICUs, Neurology and Neuro surgery, pediatrics, General medicine , General surgery and OBG
- provided clinical assessment and treatment for a range of conditions like, sports injuries, workplace injuries, deformities, and post surgical care

JANUARY 2022- MARCH 2023

SREE SWAMI VAIDYA GURUKULAM HOSPITAL AND RESEARCH CENTRE , PERUMBAVOOR

- working as a physiotherapist in an ayurvedic hospital was a unique experience, my role as a physiotherapist complemented this approach in several ways .
- worked closely with ayurvedic Doctors to create treatment plans that integrated both ayurvedic remedies and physiotherapy techniques in various conditions
- Extensive Experience in assessing and treating a wide range of musculoskeletal and neurological conditions
- worked with diverse patient populations, including athletes, post surgery cases, chronic pain, providing personalized care and achieving positive outcomes.

AUG 2021- DEC 2022

MALABAR MEDICALCOLLEGE HOSPITAL AND RESEARCH CENTRE , KOZHIKODE

PHYSIOTHERAPY INTERN

- Gained invaluable hands-on experience in the clinical setting. actively contributed to patient assessments, treatment planning and rehabilitation exercises under the guidance of experienced physiotherapists
- Expertly customize conventional physical therapy techniques to meet the specific needs of individual patients
- instructed in one on one manual therapy labs with certified specialists
- Done 4 months of rotational internship and clinical posting in various departments like, Orthopedics and sports medicine, cardio- respiratory medicine, General medicine, General surgery and OBG

CORE QUALIFICATIONS

- Completion of extensive theory and advanced clinical training established by Ashira Foundation on the International course on Dry Needling Practitioners (Basic and advanced module)(CDNP)
- Course completion of extensive theory and advanced clinical training established by Ashira foundation on International certification course on Soft tissue Manual therapy (CSTMT)
- International certificate course on Blood flow resistance training established by Physioneds Academy (BFRT)
- completed Hands on workshop on Therapeutic taping and international validity certificate with Transcript (CPD-UK) (CKTP)
- completed a webinar regarding ACL rehabilitation established by E-Physioneds Academy

CONFERENCE ATTENDED

- Manglore physiocon - 2018(International physiotherapy conference
- Chartered Society of Physiotherapy Teachers National Conference - 2018

RESEARCH EXPERIENCE

- Scientific study on ' **INCIDENCE ON GENERALIZED JOINT HYPERMOBILITY IN UNDERGRADUATES** '
- Conducted study in Partial fulfillment of requirement for the degree in bachelor of Physiotherapy under the guidance of Associate Professor
- Inspected several articles, collected data, and screened according to inclusion and exclusion criteria
- Statistics were done under supervision of qualified statistics expert

PROFESSIONAL SKILLS

- various Soft tissue manual therapy techniques
- Instrument assisted soft tissue manual therapy
- Organizing Therapeutic and physical exercise session
- Electrotherapy modalities and ultrasound
- providing education and advice about exercise and movements

REFERENCE

- Dr. Arun Samuel (PT)- 9745964954
- Dr. Uday Nair - 8157011155
- Dr. Kamal (PT) - 8547485179