

JACOB THOMAS (PHYSIOTHERAPIST)

P +918547561827
+919986793116

E jacthomas114@gmail.com
jacobthomas106@gmail.com

A Vazhakalayil House
Kolani P.O,
Thodupuzha, Idukki,
Kerala, India
685608

M Kerala association for
Physiotherapists co-
ordination.
(KAPC) Reg No:3271

OBJECTIVE

Looking for an excellent opportunity to work and sculpt myself in the field of healthcare by being a part of an esteemed organization that will allow me to apply my knowledge, clinical and consulting skills, leadership and experience.

PERSONAL STATEMENT

I am a very motivated, passionate and professional team player who is responsible and aim to carry out my responsibilities to very high standards.

As an individual who is always seeking to learn and develop his/her knowledge, I can assure you that I will be loyal to your company, carry out my duties in a trustworthy manner and always fulfill all my duties to provide patient care to the highest standard if you would give me the opportunity to represent your company.

EXPERIENCE (4+ YEARS)

2nd April 2019 to 21st June 2021

BABY MEMORIAL HOSPITAL Calicut, Kerala, India

2nd August 2021 to till date

CHAZHIKATTU HOSPITAL Thodupuzha Kerala, India

AREA OF EXPERTISE

- Rotational experience in orthopedics and trauma, neurology and neurosurgery, Cardiopulmonary, General surgery, gerontology, community physiotherapy and Rehabilitation. Working along part of a high-quality MDT team by clearly understanding my roles, responsibilities

EDUCATION

- Bachelor of Physiotherapy - Father Muller Medical college (2013-2019)
- Higher Secondary Certificate- NSS HSS Manakkad- 2012
- Secondary School Certificate- St- Sebastian's HS Thodupuzha- 2010

MY SKILLS

- SELF MOTIVATED
- EXCELLENT COMMUNICATION
- CONFIDENT, DEDICATED
- TEAM PLAYER
- HCPC REGISTERED PHYSIOTHERAPIST(PH138173)

PERSONAL DOSSIER

- DATE OF BIRTH -21/12/1995
- LANGUAGES KNOWN - ENGLISH, HINDI, MALAYALAM
- MARITAL STATUS - SINGLE
- NATIONALITY- INDIAN

- Able to assess and clinically diagnose various musculoskeletal conditions. Sets proper protocol for the management using appropriate electrotherapy modalities and prescribing specific exercises according to personal capacities.
- Post operative management and rehabilitation of orthopedic surgeries such as Total knee hip and shoulder replacement, Bipolar hemiarthroplasty, shoulder and knee arthroscopic surgeries (ligament and meniscal repair and reconstruction, RC repair), Scoliosis correction, Spinal fixation, discectomy and all fracture conditions.
- Assessment and management of various neurological diseases which includes stroke, spinal cord injury, head injury, parkinsonism, multiple sclerosis etc.
- Acute management of stroke in ICU and wards, early rehabilitation and discharge planning. For effective communication with patient use a wide range of verbal and non-verbal communication tools.
- Neuro surgical post operative and early management.
- Diagnose and provide management for various cardiorespiratory conditions. Focus on preventing chest complications in ICU maintaining and 94+ saturation. Able to do independent suctioning.
- Geriatric rehabilitation along with falls prevention management and group exercises.
- Community rehabilitation, home care physiotherapy, pain and palliative care management.

DUTIES AND RESPONSIBILITIES

- 1-Punctual and maintain work ethics in all circumstances.
- 2- Assessment of the patient by physical examination, special tests, various outcome measures and clinical reasoning skills.
- 3- Establish short term and long-term treatment goals with patients, family and MDT members based on diagnosis.
- 4- Plan and implement programs of physiotherapy including therapeutic exercises and use of various electrotherapy and exercise therapy equipment's.

IT FORTE

- MS OFFICE
- BASIC FUNDAMENTAL OPERATIONS

PROJECT

- EFFECTIVENESS OF ECCENTRIC TRAINING FOR PATELLAR TENDINITIS.

PROFESSIONAL ENHANCEMENTS COURSES/ WORKSHOPS/ SEMINARS

- INTERNATIONAL SPORTS REHABILITATION E CONFERENCE
- CARDIORESPIRATORY PHYSIOTHERAPY COURSE (CSDS).
- BLS PROVIDER (AMERICAN HEART ASSOCIATION).
- INTENSIVE CARE PHYSIOTHERAPY ORIENTATION (PaCCMan) (CSDS)
- INTENSIVE CARE PHYSIOTHERAPY VENTILATOR HYPERINFLATION. (CSDS)
- THERAPY FOR SPORTS INJURIES
- INTRODUCTION ABOUT CHEST RADIOGRAPHS
- BLOOD FLOW RESTRICTION TRAINING
- CLINICAL SPINE ANATOMY
- LOWER BACK PAIN- DIFFERENTIAL DIAGNOSIS AND TREATMENT

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- 6- Provide specialized interventions of physiotherapy.
 - 7- Monitoring the progress of patients and changing treatments as needed.
 - 8- Maintain proper documentation of the patient including history and treatment records with high confidentiality.
 - 9- Maintaining high standard of work and professionalism at all times.
 - 10- Monitoring and leading students during clinical postings.
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INTERNSHIPS

Six months Internship in **Father Muller Medical college** in the following departments

- ✓ Orthopedic Physiotherapy
- ✓ Neurological Physiotherapy
- ✓ Pediatric Physiotherapy
- ✓ Cardio-respiratory Physiotherapy
- ✓ Physiotherapy in women's Health
- ✓ Community Based Rehabilitation.
- ✓ Geriatric Physiotherapy

FELLOWSHIP

3-month sports fellowship programme which covers Assessment and diagnosis, Biomechanical Analysis, Clinical Anatomy, Gym Injuries, Therapeutic taping, Dry Needling, Instrument assisted soft tissue mobilization, Manual Therapy (KKMT), Sports massage, Positional release therapy, Active release technique, Muscle Energy Technique, Soft Tissue Manual Therapy, Trigger Point Therapy.

REFERENCES

- Dr.Noufal Ali physiatrist, BABY MEMORIAL HOSPITAL.
email: Drnoufalali@gmail.com
- Saiju Antony H.O.D, Physiotherapy and Rehabilitation,
CHAZHIKATTU HOSPITAL
email: saijuvettathu@gmail.com