



# Princy Varghese

## Neuro Physiotherapist

Dedicated Neuro Physiotherapist with one year of clinical experience in neurological rehabilitation with a strong background in evaluating, diagnosing, and treating patients with neurological conditions. Committed to improving the quality of life for individuals through evidence-based, patient-centered care.,

### Contact

#### Phone

+91-8137067628

#### Email

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#### Address

Joy Bhavan,  
Carmelaram  
Bangalore-35

### Language

English

Hindi

Malayalam

Kannada

Tamil

### Experience

January, 2023- Current

**Sakra World Hospital, Bengaluru**

**Junior Neuro Physiotherapist**

- Evaluate and assess patients with neurological conditions, such as stroke, multiple sclerosis, spinal cord injuries, and traumatic brain injuries.
- Develop customized treatment plans tailored to individual patient needs, goals, and limitations.
- Administer therapeutic interventions, including neurorehabilitation exercises, gait training, and balance exercises.
- Utilize advanced modalities and equipment for neurorehabilitation, such as functional electrical stimulation (FES) and robotic-assisted therapy.
- Collaborate with a multidisciplinary team of healthcare professionals, including neurologists, occupational therapists, and speech therapists.
- Monitor and document patient progress, adjust treatment plans as needed, and provide ongoing support and education to patients and their families.

### Education

2020-2022

**Master of Physiotherapy**

**Neurological and Psychosomatic Disorders**

The Oxford College of Physiotherapy, Bangalore.

Rajiv Gandhi University of Health Sciences

2015-2019

**Bachelor of Physiotherapy**

Krupanidhi College of Physiotherapy, Bangalore

Rajiv Gandhi University of Health Sciences

### Skills

- Proficient in neurological assessment and diagnosis
- In-depth knowledge of neurorehabilitation techniques
- Expertise in utilizing advanced equipment and modalities
- Strong interpersonal and communication skills
- Ability to work in a team-based healthcare setting
- Effective documentation and record-keeping abilities
- Continuous commitment to professional development and staying up-to-date with the latest advancements in neuro physiotherapy.

# **Internships & Clinical Trainings**

- St John's Medical College and Hospital, Bangalore- 5 months
- Mobility India, Rehabilitation Research and Training Centre, Bangalore- 1 month
- NIMHANS - 1 Month

## **Activities**

- Published an article on “Self Reported Physical Activity & Barriers Of Physical Activity in Youth of Bangalore” in 2018
- Presented a paper on “Self Reported Physical Activity & Barriers Of Physical Activity in Youth of Bangalore” in International Physiotherapy Conference KRUPACON 2018
- Attended 57th Annual Conference Of Indian Association Of Physiotherapists
- Attended an International Conference on “Recent Advancement in Physiotherapy”
- Attended an International Conference on “Recent Advancements in Physiotherapy And Scientific Perspectives”
- Attended a workshop on “Mobilization Of The Nervous System In Postural Disorders”
- Presented a paper on A STUDY ON IDENTIFYING THE KNOWLEDGE AND THE CURRENT PRACTICE OF PHYSICAL ACTIVITY AMONG ADULTS WITH DIABETES – A QUALITATIVE STUDY in National Physiotherapy Conference Mangalore PHYSIOCON 2022.
- Hands on Workshop: Treatment of children with cerebral palsy and neuromotor impairments- based on neuro developmental treatment (NDT) Approach
- Attended a workshop on Proprioceptive Neuromuscular Facilitation (PNF)
- Attended a workshop on Behaviour Change Technique for Upper Limb Recovery After Stroke
- Attended a workshop on Evidence Based Physiotherapy in Adult Critical Care
- Contributed substantially towards development of Clinical Module on the Physiotherapy in Surgery at The Oxford College Of Physiotherapy.

## **Declaration**

I hereby declare that the above information is correct to the best of my knowledge and belief.

PRINCY VARGHESE