

# CHRISTA ELSA SHABY

## PHYSIOTHERAPIST

### ADDRESS:

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Kerala, India  
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## CAREER OBJECTIVE

Seeking position in the field of a clinical physiotherapist where my knowledge and abilities will be employed in providing comprehensive care to patients and supporting the mission, vision and values of the firm while achieving career growth and development as add on to my achievements.

## EDUCATION

### Bachelor of Physiotherapy (BPT)

Qualified Bachelor of Physiotherapy from Nitte Institute of Physiotherapy, Mangalore, Karnataka in 2022 with aggregate of 62.2%

### Higher Secondary Examination - 2018

Qualified from Chavara Public School, Pala, Kottayam, Kerala in 2018 with 64% marks

### Secondary School Examination - 2016

Qualified from Crossroads Central School, Pampady, Kottayam, Kerala in 2016 with 94% marks

## PROFESSIONAL EXPERIENCE

### Physiotherapist

- Worked as physiotherapist at Bishop Jacob Memorial Hospital, Pallom, Kottayam from 15/3/2023-15/12/2023
  - handled various cases from the field of Orthopaedics, Neuro, Oncology, Geriatrics
  - Home care programmes
  - In-patient and Outpatient physical therapy management.
- Professionally undergone 6 month internship training at **Justice K.S Hegde Hospital.** (K.S Hegde Medical Academy, Nitte University, Mangalore, Karnataka, India)

- Orthopaedics and Sports physiotherapy - 1 month
- MICU/NICU/CICU/HDU - 1 month
- Physical Medicine and Rehabilitation - 15 Days
- General surgery - 15 Days
- General medicine - 15 Days
- Neurology and Neurosurgery - 15 Days
- Paediatrics - 15 Days
- Obstetrics and gynaecology - 15 Days
- Community and Home care Physiotherapy - 15 Days

- OPD - 15 Days

## **SKILLS & ABILITIES**

- Evaluation and education of the patient.
- Assigning the tasks of planning and implementing individual intervention in collaboration with the patient by using graded exercises.
- Perform various treatments for patients with disease related to Neurologic, Orthopaedic, Cardio respiratory, Sports injuries, Oncologic, Paediatric, Obstetrics and Gynaecology, e.t.c.
- Review physician referrals & patient medical records to determine level of physical dysfunction, patient goal & treatment plans for various outpatient clients.
- Good communication skills.
- Evaluation & management of ICU patient.
- Handling & maintaining Electrotherapy modalities.
- Yoga therapy
- Posture and Ergonomic correction
- Tolerance & patience.

## **CERTIFICATION**

- Confluence 2019, National Physiotherapy Conference, Organised by Laxmi Memorial College of Physiotherapy AJ Group of Institutions, Mangaluru, Karnataka on 6<sup>th</sup> and 7<sup>th</sup> December 2019
- A webinar on “Revive, Restore, Rejuvenation: Yoga in COVID-19 Recovery” on 21<sup>st</sup> June 2021
- Nitte Seva Dal, Social Service programme in K.S Hegde Hospital, Mangaluru from 14<sup>th</sup> February 2022 to 19<sup>th</sup> February 2022
- Nitte Physio Panacea 2022, An International Physiotherapy Conference, Organised by Nitte Institute of Physiotherapy, Mangaluru, on 2<sup>nd</sup> and 3<sup>rd</sup> December 2022

## **PROJECT**

Ergonomics For Professionals Who Work From Home

- a guide for employers who are continuing their work in an online mode.

## **PERSONAL DETAILS**

Date of Birth : 16 October 1999

Gender : Female

Marital Status : Single

Nationality : Indian

Language : English, Malayalam, Kannada, Hindi

## **DECLARATION**

I hereby declare that all the information furnished above is true to the best of my knowledge.

Christa Elsa Shaby

Date: 14-12-2023



