

# ALNA K B

## Physiotherapist

### Contact

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Ernakulam Kerala  
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### Education

Rajiv Gandhi University of  
Health Sciences Bangalore  
2018-2023 batch  
Mark scored- 70.69%  
First class

### Key Skills

Treatment planning  
Project Management  
Good interpersonal  
communication  
Time Management  
Patience  
Active listening

### Objective

Dedicated Physiotherapist, I consider myself as responsible and orderly person. I'm looking forward for an opportunity to work in your Hospital where I can use my knowledge and skills in various fields of physiotherapy.

### Experience

Organization- Vathakat Orthopaedic Hospital  
Designation- Physiotherapist  
From- 01/09/2023  
To- Present

Organization- Aster Medcity Kochi  
Designation – Physiotherapy Intern  
From- 02/02/2023  
To- 02/08/2023

Responsibilities: Assessing the patients presented with various complaints and diagnose the conditions. Plan the treatment appropriately according to the conditions and capability of the patients. Assessing the improvement in the conditions of patients and changing treatment accordingly

## Language

English

Malayalam

Hindi- Read & write

## Achievements

3<sup>rd</sup> rank- pharmacology

4<sup>th</sup> rank- Orthopaedics and traumatology

7<sup>th</sup> rank- General Surgery

8<sup>th</sup> rank- General Medicine

9<sup>th</sup> rank- Pathology and Microbiology

## References

Dr. Zachariah V Jacob  
Chief Orthopedic surgeon  
Vathakat Orthopedic  
Hospital Ernakulam

Gireesh Kumar  
Chief Physiotherapist  
PMR Department  
Aster Medcity Kochi

## Conferences

2019- IAP Conference Bangalore

2019- Continuing Medical Education Program

2020-Dr. MGM International Physiocon Post Conference

## Workshops

- ❖ Certified Therapeutic Taping Technique (CTTP)- 2023
- ❖ Instrument Assisted Soft Tissue Mobilization (IASTM)- 2024

## Project

- ❖ Effectiveness of treadmill walking and cycling exercise program in combination with therapeutic exercises in lumbar spinal stenosis patients- a literature review
- ❖ Muscle Energy Technique  
Description – To study about how the MET helps in patients with muscle and joint stiffness.