

## **CURRICULUM VITAE**

**ARATHY.K.M**

**D/O MADHUSUDHANAN NAIR**

**KAITHAKKATTU (H)**

**PALLIPURAM P.O**

**CHERTHALA**

**ALAPPUZHA**

**PIN: 688541**

**Email : [arathykm1997@gmail.com](mailto:arathykm1997@gmail.com)**

**MOB: 8921483665, 8606727213**



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### **CAREER OBJECTIVE:**

“To seek employment in a dynamic and challenging environment with potential career growth, where my diversified competencies and unique skills can be utilized for assures growth and betterment of the organization. Ideally, I would like to see myself working in a reputed environment updating my knowledge frequency and formulating strategies in a team environment to be ahead in the field of physical therapy and rehabilitation”

### **EDUCATIONAL PROFILE**

#### **MASTER OF PHYSIOTHERAPY**

**Specialty : MUSCULOSKELETAL AND SPORTS**

**Institution: BCF COLLEGE OF PHYSIOTHERAPY**

**CHAMMANAKARY P. O VAIKOM**

**KOTTAYAM**

**Pin: 686143**

**University: KERALA UNIVERSITY OF HEALTH SCIENCES**

**Year : 2021 batch**

**Percentage: 64%**

## **BACHELOR OF PHYSIOTHERAPY**

**Institution:** SCHOOL OF MEDICAL EDUCATION, CPAS

GANDHINAGAR P. O KOTTAYAM

Pin: 686008

Phone: 0481 2598356

**University:** MAHATMA GANDHI UNIVERSITY

**Year** : 2015 batch

**Percentage: 65%, FRIST CLASS**

- ✓ Course : HSE  
School: S.N.H.S.S Sreekandeswaram  
BOARD: Board of Higher secondary examination, Kerala  
YEAR: 2013-2015  
Percentage: 90%

- ✓ Course: SSLC

School: S.N.H.S.S Sreekandeswaram  
Board: State Board of Secondary examination  
YEAR: 2013

**WORK EXPERIENCE:** 1 year (2021 -2022)

DR SHENOY'S CARE Pvt. Ltd Changanassery Kottayam

## **CLINICAL EXPOSURE**

MPT clinical posting and research work

- ✓ **ASTER MEDICITY HOSPITAL ERNAKULAM**

COMPULSARY INTERNSHIP

- ✓ **LOURDES HOSPITAL, ERNAKULAM**

- ✓ **K.V.M SUPERSPECIALITY HOSPITAL CHERTHALA**

- General medicine and cardio clinical posting: **RENAI MEDICITY MULTY SUPER SPECIALITY HOSPITAL PALARIVATTAM, V.P.S LAKESHORE HOSPITAL ERNAKULAM**
- Neurology and neurosurgery clinical posting: **BCF INDO AMERICAN HOSPITAL INSTITUTE OF BRAIN AND SPINE, VAIKOM**
- Orthopedics and sports medicine clinical posting: **K.V.M SUPER SPECIALITY HOSPITAL CHERTHALA**

## **RESEARCH WORK**

**“EFFECTIVENESS OF PLYOMETRIC EXERCISE ON THE FUNCTIONAL RECOVERY, STRENGTH AND SCAPULAR ACTIVITY AFTER ROTATOR CUFF REPAIR IN NON-ATHLETES”**

## **CERTIFICATION**

- ✓ Acquired international certification on “**CLINICAL SPORTS DRY NEEDLING**” from Eprolis academy India

## **ACHIVEMENTS**

**PAPER PRESENTATION ON THE TOPIC “effectiveness of plyometric exercise on the functional recovery, strength and scapular activity after rotator cuff repair in non-athletes” at national physiotherapy conference JDT COLLEGE OF PHYSIOTHERAPY 2023**

## **PERSONAL PROFILE:**

- Name : ARATHY.K.M
- Father’s Name: Madhusudhanan Nair
- Mother’s Name: Sreelekha
- Age 26
- Date of birth : 22 September 1997
- Gender : Female
- marital status : Single
- Nationality : Indian
- Languages Known: English, Malayalam, Hindi

**KEY SKILLS**

- Experience of dealing with emotional and stressful situations
- Can motivate others through effective communication skills
- Ability to work independently in busy environment.
- Professional mannerisms
- Take up responsibilities with utmost dedication and sincerity.

**DECLARATION**

I hereby declare that all the above details furnished by me are true, accurate and fair reflection of my abilities

**ARATHY.K.M**