

EMIL JOY , CONSULTANT PHYSIOTHERAPIST

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Panakkattil (H) Meakkadampu P O Muvattupuzha, Rackad,
Ernakulam, Kerala 682316, India.



Objective

Highly skilled health care professional with extensive experience in delivering safe, quality, and patient-centric physiotherapy services through a commitment to service availability, accessibility, and excellence. Adept at working with patients and helping them to achieve their functional goals. Designs services to achieve optimal health outcomes and utilize resources efficiently and safely. Provide excellent health services from wellness, health promotion and prevention, acute care, and rehabilitation, to disability and disease management. Leverages holistic approach incorporating a broad range of physical and physiological therapeutic interventions and aids. Demonstrates integrity, accountability, and judgment in the best interests of the client.

Experience

Kaniv Palliative & Palliative Care , Muvattupuzha, Ernakulam

June 2023 - Still working

Consultant Physiotherapist

- To make a difference to the quality of life of a person with a life-limiting condition by reducing common symptoms such as pain, fatigue and dyspnoea, and by improving functional capacity to retain independence and dignity.
- To remain as independent as possible/maximize independence and daily function.
- To optimize and maintain quality of life – determined by physical functioning and psychological symptoms.
- Reduction/control of the consequences of the illness.
- Coping mechanisms and self-management – to be in more control of their lives.
- To avoid secondary complications associated with life-limiting illnesses.
- Psychological support.

Sabine Hospital & Research centre, Muvattupuzha, Ernakulam

September 2022 - March 2023

Consultant Physiotherapist

- Plan treatment programs to restore physical health in the least amount of time possible.
- Used exercise and equipment to relief the patients pain and prevent future injury.
- Maintained a 98% patient satisfaction using the best practices for a faster and safe recovery.
- Evaluated and treated wide range of conditions, including chronic and acute pain, Disc prolapse, Whiplash, Dislocation, Arthritis, Parkinson's, Stoke and Neuropathies in patients between the ages of 50-80 years old.
- Supervising clinical students and support staff, including certified and licensed assistants, technicians and volunteers.
- Dealt with physiotherapy management of patients with orthopaedic, neurological, cardiological , gynaecology and pediatrics conditions.

Malankara Orthodox Syrian Church Medical College, Kolencheary, Ernakulam

March 2022 - September 2022

Physiotherapy - Intership

- Conducted pain management therapy sessions for 15-20 patients per day.
- Completed over 6 month of practice under close supervision.
- Assisted with patient treatment using treadmills, stretching techniques, massages and at-home care.
- Improved therapy sessions by taking medical history into account, ensuring the staff takes the best course of action in teams of physical therapy plans.
- Planned and administered range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle re-education.
- Demonstrated clear written and oral communications skills when working with health care professionals, patients and caregivers.

Sanidhya Special School, Manglore, Karnataka

2017 - 2022

Clinical practice

- Makes movement easier by training more typical patterns of movements.
- Improves posture and integrates reflexes of child.
- Addresses respiratory difficulties.
- To take care of autistic children with motor impairments in the body.



Education

Rajiv Gandhi University of Health and science, Banglore, Karnataka

2017-2022

Bachelor of Physiotherapy

First class

Board of Higher Secondary Examination, Government of Kerala

March 2017

Higher Secondary Examination

75%

Kerala Board of Public Examination

March 2015

Secondary School Leaving Certificate Examination

90%



Lisence Exams/ Association

UK NARIC/ UK ENIC

UK Visa & immigration.

English language proficiency statement.

The level of English language for the Bachelor of Physiotherapy degree course is considered to meet the requirements of **CEFR level C1**.

The statement gives information relevant to your immigration application to UK Visa & immigration.



Skills

Orthopedics Specialist

- Trained in diagnostics and prognostics
- Trained in motor and cognitive skills therapy
- Skilled in patient relations
- Bone conduction testing
- Home health care expertise
- Broad understanding of neurology
- HIPAA compliance
- Physical assessments
- Good communication
- Accountability
- Empathetic
- Keeping up to date with latest advancements in profession



Projects

EFFECT OF SMARTPHONE OVERUSE ON NECK POSTURE AND DEEP NECK FLEXOR ENDURANCE IN COLLEGE STUDENTS

To find out the effect of smartphone overuse on neck posture and deep neck flexor endurance in college students.



Courses/Workshops

IASTM - WORKSHOP Certificate

International certificate in IASTM organized by Physionees Academy on 08 January 2023

Conference 2019

"Confluence 2019", National Physiotherapy Conference, Laxmi Memorial College of Physiotherapy, AJ Group of Institutions Mangalore, Karnataka.

Conference 2019

"IAPCONBANGALORE 2019", 57th Annual Conference, Indian Association Of Physiotherapists.

Conference 2018

"MANGALORE PHYSIOCON 2018", South Canara Physiotherapy Teachers Association (R). City College of Physiotherapy, Mangalore, Karnataka

Conference 2018

"MANGALORE PHYSIOCON 2018", South Canara Physiotherapy Teachers Association (R), 17th & 18th January 2018,



Achievements & Awards

"Confluence 2019", National Physiotherapy Conference, Laxmi Memorial College of Physiotherapy, AJ Group of Institutions Mangalore, Karnataka.

"IAPCONBANGALORE 2019", 57th Annual Conference, Indian Association Of Physiotherapists.

"MANGALORE PHYSIOCON 2018", South Canara Physiotherapy Teachers Association (R). City College of Physiotherapy, Mangalore, Karnataka

"MANGALORE PHYSIOCON 2018", South Canara Physiotherapy Teachers Association (R), 17th & 18th January 2018,



Personal Details

- Date of Birth : 15-12-1999
- Marital Status : Single
- Nationality : Indian
- Religion : Christian Jacobite
- Gender : Female
- Driving Licence : Yes
- Place : Muvattupuzha, Ernakulam



Languages

- Read - English, Malayalam, Hindi
- Write - English, Malayalam, Hindi
- Speak - English, Malayalam, Hindi, Tamil, kannada



Reference

- **Dr.Amar Prekash - City College of Physiotherapy, City Enclave,Kadri, Manglore, Karnataka**
Principal
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+91 89714 55313
- **Dr. Anuja Philip - Malankara Orthodox Syrian Church Medical College, Kolencheary, Ernakulam**
Physiotherapy Department's HOD
9446265367



Declaration

- It is certified that the above information is true to the best of my knowledge. I promise to satisfy my superiors to the best of my ability.