



# TINCYMOL JOY

DHA REGISTERED

## EXPERIENCE

January 2021 - August 2022

**Consultant Physiotherapist at Pulse Health Care and Rehabilitation** | Pazhayannur Thrissur, India

August 2018 - December 2020

**Consultant Physiotherapist at Santhula Trust Hospital Vadakara Oliyapuram PO** | Koothattukulam

- Improved patients' range of motion and assisting in muscle re-education and strengthening through techniques including manual and electrotherapy.
- Reduced patients' pain and swelling through a variety of techniques including hot and cold packs, taping and splinting.
- Assisted individuals with permanent disabilities to maximize daily functioning through exercise and rehabilitation.
- Built personalised treatment programs around medical objectives and personal goals.
- Followed safety standards and optimum techniques with use of exercise equipment and aides, protecting patients from undue risks.
- Conducted complex mobilisation techniques on patients following safety standards and treatment guidelines.
- Used range of healing exercises, massage and pain relief techniques on affected areas.
- Educated patients and conducted demonstrations to teach patients how to complete exercises and relieve pain.
- Screened patients for common physical conditions and disorders through individual appointments or community-based programmes.
- Completed independent clinical assessments on patients to guide treatment planning.
- Provided person-centred care, involving patients in decision making and explaining value of different treatment options.
- Administered tests to assess functional abilities of muscles, nerves and joints.
- Educated patients, their families and the wider community to lead healthy lifestyles to prevent injury and disability.
- Implemented strategies to strengthen muscles, improve bodily functions and restore balance and coordination.
- Planned rehabilitative and exercise treatment programmes.

## EDUCATION

2018

**Bachelor of Physiotherapy** | Physiotherapy  
The Tamilnadu Dr M G R Medical University, Chennai

- Bachelor Of Physiotherapy
- Dissertation in comparative study on Fascial Manipulation vs IFT for low back pain
- Internship done in reputed and specialized hospitals

2016

**Diploma of Higher Education** | Diploma in Yoga for Human

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## SUMMARY

Experienced physiotherapist with an extensive background offering all kinds of care to patients through exceptional techniques and rehabilitative methods. Expertly employs diagnostic and assessment abilities to create and implement comprehensive care plans, minimizing patient discomfort. Physiotherapist with 4+ years of experience providing exceptional care to patients through a variety of techniques and exercises. Utilizes all kinds of equipment and mobility aids to strengthen muscles and improve range of motion in patients enhancing overall wellbeing.

## SKILLS

- Excellent diagnostic abilities
- Mobility assessments
- Enthusiastic problem-solver
- Physically fit and active
- Recovery review
- Fitness demonstrations
- Rehabilitation planning
- Human anatomy understanding
- Clinical risk management
- Emotional support and companionship
- Therapeutic exercises knowledge
- Team building

Excellence {DYHE}  
Bharathiar University, Coimbatore, TN

2006  
**Diploma of Higher Education** | Diploma in Computer Application  
{DCA}  
Jawaharlal Nehru Education Foundation, Pattikkadu Thrissur

LANGUAGES

Malayalam: First Language

English: C2  
Proficient

Malayalam: C2  
Proficient

Tamil: B1  
Intermediate