



ZULAIKHA M A

PHYSIOTHERAPIST (DOH/HAAD)

PERSONAL PROFILE

Accomplished and dedicated physiotherapist with 3 years of experience possessing strong clinical assessment and expertise in pain management Neuro, Ortho, Cardio & Pulmonary Rehabilitation, Pediatric Rehabilitation and other related Physiotherapy areas. Proficient in observing findings and recommending exercises.

WORK EXPERIENCE

PHYSIOTHERAPIST

NAVAJEEVANA RAHABILITATION CENTRE IN PERLA, KASARAGOD, KERALA, INDIA (JUNE 2021-Sept 2023)

- Working with patients with a variety of conditions, sometimes over a period of weeks or months.
- Diagnosing, assessing and treating problems.
- Encouraging exercise and movement.
- Advising patients on leading a healthy lifestyle.
- Keeping reports on patients and their progress.
- Liaising with other healthcare professionals to encourage a holistic approach to treatment.
- Staying up to date with developments in treatments.
- Being caring, compassionate, and patient.

ASSISTANT PHYSIOTHERAPIST

E K NAYANAR MEMORIAL CO-OPERATIVE HOSPITAL MARCH 2020-MARCH 2021
(NALAMILE CHANGALA ROAD KASARGOD 671541)

Main duties performed:

- Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages
- Evaluating, planning and delivering bespoke physiotherapy plans to meet the needs of individual patients
- Being involved in a patient's pre-admission and follow-up care
- Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and developmental co-ordination disorder.
- Supporting patients recovering from surgery
- Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions)
- Supporting elderly people to increase their mobility and liaising with the Occupational Therapists to ensure that the patients have access to all the equipment, devices and resources that they require
- Performing routine physical examinations and inspections
- Maintaining a high standard of work and professionalism at all times

CONTACT ME AT

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VISA STATUS

Dependant Visa

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AREA OF EXPERTISE

- Stroke rehabilitation
- Head and spinal cord injury
- Movement disorder
- Parkinsonism and neurodynamic
- patient treatment and management
- Cognitive mobility Rehabilitation
- pediatric physiotherapy services
- Myofascial release
- MSK

EDUCATIONAL HISTORY

- Bachelor of physiotherapy (2015-2020 From Yenepoya deemed to be university Mangaluru)
- Higher secondary (2015) From Government higher secondary school Bekur
- SSLC (2013) From SIRAJUL HUDA EMHS, MANJESHWAR KASARGOD

ADDITIONAL SKILL

- Dry Needling
- Taping
- NDT
- PEDIATRICS AND ASSESSMENT OF PEDIATRIC NEUROLOGICAL DISORDERS

SOFT SKILLS

- Excellent patient management skills
- Outstanding communication skills
- Compassionate & Good listener.
- Good leadership skills and Team player

LANGUAGES

- ENGLISH
- MALAYALAM
- KANNADA
- HINDI
- TAMIL

REFERENCE

- Will be provide upon request.

LICENSES AND CERTIFICATION

- Life membership in Kerala Association of Physiotherapists Coordination. (KAPC)
- DOH/HAAD (HPPRF-2023-012291)

WORKSHOPS AND CONFERENCES

- Hands on workshop on "**therapeutic taping**" organized by Yenepoya Physiotherapy college on 20th and 21 January 2020.
- Hands on workshop on "**Function in pediatrics: Liberating the limbs and mouth with a strong core**" Yenepoya University.
- International **Dry Needling practitioner-compendious module** organized by Physioneds Academy Mangalore 21st-25th October 2019.
- Physiocon 2017- International Physiotherapy conference organized by south Canara Teachers Association Mangaluru 3rd and 4th march 2017.
- Hands on workshop on "**Integrated approaches in pediatrics and assessment of pediatric neurological disorders**"

INTERNSHIP

- Completed six months of compulsory rotatory internship in departments of Yenepoya physiotherapy college (Yenepoya medical college hospital).

DECLARATION

I hereby declare that the above information furnished by me is true to the best of my knowledge. Any further clarifications regarding any of the above stated data shall be provided if necessary.

ZULAIKHA M A