**SEHANAZ SHAJAHAN**

***Indian Association of Physiotherapy (IAP), Reg No: L57681 | Health Care and Professionals Council (HCPC), Reg No: PH140775/ Dubai Health Authority (DHA), ID: 55843130***

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**CAREER SNAPSHOT**

A compassionate and detail-oriented Physiotherapist with 4 years of specialized experience in Orthopaedic rehabilitation. Demonstrated ability to assess patient needs, design effective treatment plans, and implement therapeutic interventions to enhance patient recovery. Honed ability to manage diverse patient demographics, including intensive care, inpatient, and outpatient care, ensuring excellence in treatment delivery

***Key Strengths / Achievements:***

* Completed specialized courses in Soft Tissue Mobilization, Dry Needling, and Cupping Therapy, enhancing hands-on skills for advanced therapeutic techniques
* Proficient in developing and executing targeted rehabilitation programs, focusing on pain management, mobility improvement, and muscle re-education
* Adept at interdisciplinary collaboration, offering seamless integration of physiotherapy with overall patient care plans in consultation with general practitioners, surgeons, prosthetists, occupational therapistsand other healthcare specialists
* Commitment to mentoring the next generation of physiotherapists through the supervision and training of interns and students
* Proactive participation in community outreach and professional development seminars to advocate for injury prevention and health education
* Rigorous adherence to patient safety, risk management, and infection control protocols, safeguarding patient welfare
* Strong background in pre-and post-operative physiotherapeutic care, manual therapy techniques including dry needling and soft tissue mobilization, and rehabilitation of patients with COVID-19
* Effectual communication with patients and their families to facilitate understanding of treatment modalities and preventive strategies
* Efficient administrative management capabilities, evidenced by roles in monitoring nursing staff and maintaining meticulous patient records

**CORE COMPETENCIES**

Clinical Assessments | Manual Therapy Techniques | Physiotherapy Programs | Supporting Patients Treatment Journey | Assessing Treatment Conditions | Muscle Strength Evaluation | Electrotherapy Modalities | Wheelchair and Gait Training | Aid In-Home Evaluation | Treatment Plans | Physical Evaluations | Patient Care | Pediatric and Adult Physiotherapy

**WORK EXPERIENCE**

**Physical Therapist Sept 2021 – Present**

***PSG Hospitals, Coimbatore***

* Cared for Inpatients, Outpatients, and patients in the Intensive Care Unit
* Executed and assessed the treatment of patients transferred from the trauma and orthopaedic wards post-surgery
* Mentored, instructed and appraised observers, interns, and students of PT and Postgraduate PT students during their clinical rotation
* Managed caseloads autonomously and upheld department records
* Routinely participated in outreach initiatives and campus webinars to raise awareness about injury risk and prevention
* Vigilantly adhered to patient safety, risk management, and infection control policies and procedures
* Implemented a prescribed care plan to treat patients and achieve predetermined objectives
* Assisted patients in performing various exercises and mobilization directed by Physicians or Surgeons
* Effectively communicated with other healthcare providers, including nurses, Physicians, and administrators, to ensure seamless patient care
* Contributed to team meetings and collaborated with management in the decision-making process
* Educated patients and their families on diagnosis, injury prevention, and therapeutic intervention
* Developed and administered various treatments and therapeutic exercise programs, including active and passive range of motion and muscle re-education
* Evaluated and treated both adult and pediatric cases
* Aided patients in rehabilitation following amputations, sports injuries, and post-traumatic injuries
* Offered Myofascial release therapy to enhance muscle mobility and alleviate patient pain

**Physical Therapist Aug 2020 – Sept 2021**

***Care Ortho Hospital, Tiruppur, India***

**OPD:**

* Delivered physiotherapy services to patients referred by Doctors, adhering to their instructions
* Conducted diagnosis, assessment, and treatment of patients' physical issues and conditions
* Facilitated the rehabilitation of patients with various musculoskeletal diseases and injuries
* Applied manual therapies, including dry needling and soft tissue mobilization
* Evaluated training programs promoting exercise and movement through diverse techniques
* Educated patients on preventive measures and ways to improve their conditions

**Inpatient Ward:**

* Conducted pre-surgical assessments, provided education, and prepared patients for the post-surgical phase
* Documented case notes and reports and conducted tests and measurements to identify potential and existing problems
* Effectively treated COVID patients in collaboration with an Intensivist, offering physiotherapy for their recovery
* Assisted with hospital management tasks such as supervising staff nurses, maintaining case records, and preparing discharge summaries
* Collaborated closely with nursing staff, other hospital personnel, and the medical team to enhance functional mobility with the goal of patient discharge

**INTERNSHIP**

**Physical Therapist Intern Nov 2019 – May 2020**

***Sri Ramakrishna Hospital, Coimbatore, India***

* Collected patient medical history to verify reliability
* Monitored and recorded patient's essential signs
* Efficiently conveyed progress notes regarding patients to the attending physician
* Acquired diverse practical competencies and treated patients under supervision
* Maintained cleanliness in treatment zones and prepared therapy apparatus

**EDUCATION**

**Bachelor of Physical Therapy Sept 2015 – May 2020**

Sri Ramakrishna Institute of Paramedical Sciences, Coimbatore, India