

# RAHUL T V

## DHA-LICENSED PHYSIOTHERAPIST

### PROFESSIONAL SUMMARY

Experienced DHA-Licensed Physiotherapist with 4+ years in patient assessment, diagnosis, and customized rehabilitation planning across Neurology, Orthopaedics, Paediatrics, ICU, and Post-operative Care. Proven expertise in pain management, manual therapy, exercise prescription, and documentation. Adept at managing high-acuity patients including ICU and COVID-19 cases, with strong interpersonal, communication, and team collaboration skills. Committed to evidence-based care and improving patient mobility and quality of life.

### CONTACT

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### WORK EXPERIENCE

#### Physiotherapist

Lourde Hospital, Taliparamba, Kannur, Kerala, India | April 2021 – May 2025

- Conducted physiotherapy assessments and delivered customized treatment plans for neurology, orthopaedic, and paediatric patients.
- Provided rehabilitation services in ICU and COVID-19 wards, including early mobilization and respiratory physiotherapy.
- Delivered manual therapy, muscle strengthening, and electrotherapy for pain management and mobility restoration.
- Performed pre- and post-operative rehabilitation for orthopedic and neuro-surgical patients.
- Maintained detailed SOAP notes, rehabilitation goals, and progress reports.
- Educated patients and caregivers on home exercise programs and recovery strategies.
- Supervised and trained physiotherapy interns in therapeutic techniques and patient safety.

#### Physiotherapy Intern

Srinivas College of Physiotherapy & Research Centre, Mangalore | September 2020 – March 2021

- Assisted in clinical evaluations, therapy sessions, and treatment planning under senior physiotherapists.
- Gained practical exposure in Orthopaedics, Neurology, and Community-Based Rehabilitation departments.
- Collaborated with multidisciplinary teams to ensure integrated patient care.

### EDUCATION

#### Bachelor of Physiotherapy (BPT)

Srinivas College of Physiotherapy & Research Centre, Mangalore | 2014 – 2021

## **CERTIFICATIONS & LICENSES**

- DHA Licensed Physiotherapist – Dubai Health Authority
- BLS Certified – Basic Life Support
- Member, Indian Association of Physiotherapists (Reg. No: 51139)
- Certified Dry Needling Therapist (Level 1) – IAHS
- Certified Instrument-Assisted Soft Tissue Mobilization (IASTM) Therapist – IAHS
- Certified Advanced Functional & Prehab Cupping Therapist – IAHS
- Workshop: Cervical & Lumbar Spine Mobilization, Upper Limb Dysfunction, Fascial Release
- Conference: Rehabilitative Approach in Oncology Care

## **CORE SKILLS**

- Neurological & Orthopaedic Rehabilitation
- ICU & Post-Operative Physiotherapy
- Paediatric & Geriatric Rehabilitation
- Manual Therapy & Joint Mobilization
- Muscle Strengthening & Exercise Therapy
- Cupping Therapy & Dry Needling
- Electrotherapy Modalities (IFT, TENS, US)
- Community-Based Rehabilitation
- Respiratory Physiotherapy (COVID & ICU)
- SOAP Documentation & Progress Tracking
- Patient Education & Home Exercise Programs
- Team Collaboration & Multidisciplinary Coordination

## **LANGUAGES**

- English
- Malayalam
- Tamil
- Hindi
- Kannada