

R | P

RAHUL KUMAR JHA

PHYSIOTHERAPIST (

DHA ID 3729430)

PHYSIOTHERAPIST



City tower, 19th Street, Al
Qusais industrial area,Dubai,
Dubai, United Arab Emirates



+971588814426



jai_matadi101.rj@gmail.com



ABOUT ME

Experienced and compassionate
Physiotherapist with over 9 years of
expertise in neuromuscular rehab,
manual therapy, dry needling, and
cardio-respiratory care. Licensed by
Dubai Health Authority and registered
with the Indian Association of
Physiotherapy. Eager to join your
team to deliver personalized,
evidence-based treatments that
improve patient outcomes across
diverse clinical settings.

EDUCATION

BACHELOR OF PHYSIOTHERAPY

Florence College of Physiotherapy,
RGUHS / 2015

SKILLS

Neuro Rehabilitation

Dry Needling Therapy

Manual Therapy Techniques

Cardiorespiratory Physiotherapy

Musculoskeletal Pain Management

ICU and Post-Operative Care

Patient Education & Motivation

Athletic Taping & Injury Prevention

Myofascial Release Techniques

Therapeutic Exercise Prescription

Orthopedic Rehabilitation

Clinical Documentation

LANGUAGES

English

Hindi

Nepali

REFERENCES

DR. MOHAMMED KHURRAM

Physiotherapy Department,
Specialist Hospital

7411404789

DR. HANNIEL

Yad Al Amal Home Health Centre,
Dubai

+971588814427

PERSONAL DETAILS

Date of birth:

01 Oct 1991

Nationality:

Nepali

WORK EXPERIENCE

Shri Shirdi Sai Physiotherapy Clinic

Mar 2020 - Present
Bangalore

SENIOR PHYSIOTHERAPIST

- Leading neuro and orthopedic rehabilitation sessions with personalized care plans.
- Performing advanced dry needling and myofascial release to address chronic pain.
- Coordinating with referring doctors and maintaining detailed patient progress records.
- Guiding patients on ergonomic practices and preventive physiotherapy techniques.
- Supervising interns and providing clinical mentoring for skill enhancement.
- Managing patient scheduling, feedback, and follow-up for long-term care efficiency.

Specialist Hospital, Kalyan Nagar

Jul 2015 - Mar 2020
Bangalore

PHYSIOTHERAPIST

- Delivered physiotherapy care in ICU, surgical, orthopedic, and neuro wards.
- Assisted in early mobilization of post-operative patients including CABG, TKR, and spine surgeries.
- Conducted pain management sessions using manual therapy and electrotherapy modalities.
- Designed patient-specific rehabilitation plans with a focus on regaining mobility and strength.
- Collaborated with physicians, surgeons, and rehab teams for integrated patient care.
- Educated patients and caregivers on therapeutic exercises and post-discharge care protocols.

Portea medical Bangalore (home care)

May 2019 - Mar 2025
1st
stage,domlur,Bangalor
e,india

CONSULTANT (HOME CARE)

INTERNSHIPS

Florence College of Physiotherapy

OPD POSTING

Fortis Hospital, Cunningham Road

CARDIOVASCULAR SURGICAL ICU, MEDICAL ICU, CARDIAC ICU

Abhaya Hospital, Wilson Garden

NEUROLOGICAL, MEDICAL, CTVS, AND SURGICAL ICUS

Ravi Kirloskar Hospital, Peenya

ORTHOPEDIC AND CARDIAC UNITS

COURSES

CERTIFIED DRY NEEDLING THERAPIST (45 CREDIT HOURS)

ATHLETIC TAPING - HANDS-ON TRAINING (16 CREDIT HOURS)

INTEGRATED MYOFASCIAL RELEASE THERAPY - HANDS-ON (8 CREDIT HOURS)

CORE STABILITY EXERCISES - TRAINING (8 HOURS)

MANUAL THERAPY COURSE

BASIC LIFE SUPPORT (BLS)

PHYSICAL ACTIVITY DURING THE PANDEMIC

Present

Jan 2020