



# MIDHUN P.

## PHYSIOTHERAPIST

### PERSONAL INFORMATION

**Contact :** +971 524735508

**Email :** midhunp449@gmail.com

**DoB:** 01/08/1997

**Location:** Al Nahda , Sharjah, UAE

**Passport :** C0803872 - Active

### LICENSE & CERTIFICATION

- Dubai Health Authority (DHA) Licence 15054115
- Life member of Kerala Association of Physiotherapy (KAPC) Reg No 5465

### COMPETENCIES

- Proficient in patient assessment and treatment planning.
- Skilled in personalized rehabilitation programs.
- Effective in patient education and engagement.
- Adept at manual therapy and mobility training.
- Knowledgeable in evidence-based physiotherapy.
- Committed to professionalism and ethical practice.

### PROFESSIONAL SUMMARY

Experienced Physiotherapist skilled in rehabilitation, pain management, and patient care. Adept at designing personalized treatment plans, improving mobility, and enhancing recovery. Seeking to apply expertise in physiotherapy techniques and holistic healing to promote patient well-being in a dynamic healthcare environment.

### EXPERT IN

- Physiotherapy assessment & Treatment
- ACL rehabilitation
- Fracture management
- Stroke Rehabilitation
- Total Knee Replacement (TKR) rehabilitation
- Orthopedic physiotherapy
- ACL Rehabilitation
- Myofascial Release Techniques (MFR)
- Functional Movement Training
- Assistive Devices (Crutches, Walking Frames, Wheelchairs)
- Mobilization & Manual Therapy
- Neuro Rehabilitation
- Pre and Post-Operative Physiotherapy
- Physiotherapy Assessment & Treatment
- Inpatient & Outpatient Rehabilitation
- Orthopaedic Physiotherapy
- Fracture Management
- Bronchial Hygiene & Chest Physiotherapy
- Respiratory Rehabilitation
- COVID-19 Recovery Physiotherapy
- Professionalism & High Work Standards
- Total Knee Replacement (TKR) Rehabilitation

### EXPERIENCE (3+ YEARS)

#### PHYSIOTHERAPIST | 04/2023 – 06/2025

#### D.R PHYSIO PHYSIOTHERAPY & ACUPUNTURE CENTRE, KASARAGOD, KERALA, INDIA

- Conduct physiotherapy assessments and develop individualized treatment plans.
- Provide therapy in sports rehabilitation, neurology, musculoskeletal, and pediatrics.
- Utilize manual therapy, electrotherapy, and exercise-based rehabilitation.
- Educate patients on injury prevention, posture correction, and self-care.
- Monitor progress and adjust treatment plans for optimal recovery.
- Collaborate with professionals to ensure holistic patient care.

**TECHNICAL SKILLS**

- Data entry
- All other basic computer knowledge

**LANGUAGES**

- English (Read, Write & Speak)
- Hindi (Read, Write & Speak)
- Malayalam (Read, Write & Speak)
- Tamil (Speak)
- Kannada (Speak)

**INTERNSHIPS**

- Govt.Wenlock Hospital  
Mangalore
- Sai Physiotherapy Clinic  
Mangalore
- Sadhana Clinic Mangalore
- Lady Goshen Govt. Hospital -  
State Bank, Mangalore
- SDCPT OPD Lalbagh  
Mangalore
- Athena Hospital

**PHYSIOTHERAPIST (PART TIME CONSULTANT) | 04/2023 – 06/2025**  
**AUTISM CENTRE OF BRC HOSDURG, KASARAGOD, KERALA, INDIA**

- Conducted assessments and developed treatment plans for children with special needs.
- Delivered therapy sessions 2–3 times weekly, including weekends.
- Implemented therapeutic interventions to improve motor skills and independence.
- Educated parents on home exercises and coordinated care with therapists and physicians.
- Volunteered services during weekends (Saturday & Sunday) as part of a community initiative.

**PHYSIOTHERAPIST | 03/2022 – 03/2023**  
**PHYSIOREHAB PHYSIOTHERAPY & REHAB CENTRE, KASARGOD, KERALA, INDIA**

- Diagnosed and treated patients with musculoskeletal, neurological, and sports injuries.
- Designed and implemented rehabilitation programs to restore function.
- Applied pain management techniques, including therapeutic exercises.
- Provided post-surgical rehabilitation for orthopedic, neurological conditions.
- Educated patients, caregivers on rehabilitation exercises, lifestyle modifications.
- Maintained accurate records and progress reports for effective tracking.

**EDUCATIONAL QUALIFICATION**

**BACHELOR OF PHYSIOTHERAPY**  
**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, BANGALORE, INDIA | 2021**

**CERTIFICATION**

- Certified biomechanical cupping therapist course held at Kochi
- Certified Manual Therapist (64 Hours)
- Certificate Course in Dry Needling Practitioner by IHFA held at Calicut 5.
- American Heart Association Basic Life Support Program

**CONFERENCE & WORKSHOP**

**Conference :**

- Mangalore Physiocon 2022, South canara physiotherapy Teachers Association (R).
- Mangalore Physiocon 2018, South canara physiotherapy Teachers Association (R).
- Mangalore Physiocon 2017, South canara physiotherapy Teachers Association (R).

**Workshop :**

- Interpretation of EEG & X-ray, Aquatic Therapy-Hands On Workshop
- Vestibular Rehabilitation - Temporomandibular Joint Rehabilitation