

AMEERA C.M

Senior Physiotherapist (DHA Licensed)

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PROFESSIONAL SUMMARY

DHA Licensed Senior Physiotherapist with expertise in evidence-based rehabilitation, clinical assessment, and individualized treatment planning. Skilled in multidisciplinary healthcare collaboration and patient management to deliver functional recovery and improve quality of life. **Experienced in neurological, orthopedic, pediatric, geriatric, cardiopulmonary, vestibular, and sports injury rehabilitation, including post-operative care and musculoskeletal disorder management.** Proficient in manual therapy, joint mobilization, soft tissue techniques, pain management, therapeutic exercise prescription, gait training, and assistive device training. **Strong clinical reasoning skills with experience in outcome-based rehabilitation, discharge planning, patient education, and evidence-based practice (EBP) in fast-paced hospital environments.**

CORE COMPETENCIES

Clinical Rehabilitation Expertise: Neurological Rehabilitation, Pediatric Rehabilitation, Geriatric Rehabilitation, Orthopedic Rehabilitation, Sports Injury Rehabilitation, Vestibular Rehabilitation, Cardiopulmonary Rehabilitation, Women's Health & Pelvic Floor Rehabilitation.

Advanced Physiotherapy Techniques: Joint Mobilization & Manipulation, Osteopathy, Chiropractic Techniques, Integrated Pain Management, Dry Needling, IASTM (Level 1), Neurodevelopmental Therapy (NDT), Myofascial Release, Musculoskeletal Cupping Therapy, Therapeutic Taping, Hydrotherapy, Cryotherapy.

Clinical Management Skills: Patient Assessment, Clinical Reasoning, Treatment Planning, Goal Setting, Discharge Planning, Documentation, Outcome Evaluation, Evidence-Based Practice, Multidisciplinary Coordination, Patient Education, Assistive Device Training.

Professional Skills: Leadership, Communication, Critical Thinking, Team Collaboration, Organizational Skills, Time Management, Clinical Supervision.

PROFESSIONAL EXPERIENCE

Senior Physiotherapist

June 2024 – Present

Platinum Healthcare, Dubai, UAE

- **Deliver comprehensive evidence-based physiotherapy care** in a multidisciplinary healthcare environment for patients with orthopedic, neurological, musculoskeletal, and post-operative conditions.
- **Perform detailed patient assessments** including physical examinations, posture analysis, range of motion testing, gait assessment, pain evaluation, and functional mobility assessments.
- Develop and implement **individualized rehabilitation and treatment programs** based on clinical findings and patient recovery goals.
- **Provide manual therapy techniques** including joint mobilization, soft tissue release, stretching, and therapeutic exercise interventions.
- Conduct **electrotherapy and pain management treatments** using modalities such as ultrasound, TENS, IFT, and muscle stimulation devices.
- **Monitor patient progress and reassess treatment outcomes** to ensure effective recovery and rehabilitation progression.
- Maintain accurate **clinical documentation, treatment records, and discharge summaries** in compliance with healthcare standards.
- Coordinate patient care with **physicians, nurses, occupational therapists, and other allied healthcare professionals.**
- Educate patients and families regarding **injury prevention, posture correction, ergonomics, and long-term rehabilitation strategies.**
- Prescribe and demonstrate **home exercise programs** to improve patient compliance and recovery outcomes.
- Train patients in the safe use of **assistive and mobility devices** including wheelchairs, walkers, crutches, braces, and prosthetics.
- **Supervise junior physiotherapists and rehabilitation assistants** while ensuring quality standards and patient safety protocols.
- Assist in developing **evidence-based rehabilitation protocols** and contribute to continuous quality improvement initiatives.
- Handle patients with **sports injuries, chronic pain conditions, post-surgical rehabilitation, and geriatric rehabilitation needs.**
- Provide compassionate patient-centered care while maintaining **high professional and ethical standards.**

- **Designed and delivered advanced physiotherapy rehabilitation programs** tailored to individual patient conditions and recovery goals.
- Managed **orthopedic, neurological, musculoskeletal, and sports injury rehabilitation cases** using evidence-based therapeutic techniques.
- Conducted comprehensive **patient evaluations and functional assessments** to determine appropriate treatment approaches.
- Developed customized **exercise therapy and rehabilitation plans** to improve mobility, strength, balance, and coordination.
- Administered **manual therapy, therapeutic exercises, electrotherapy, and pain management techniques**.
- Assisted patients in restoring **functional independence and improving quality of life**.
- Educated patients regarding **posture correction, ergonomic practices, injury prevention, and lifestyle modifications**.
- Monitored patient progress through regular reassessments and modified treatment plans accordingly.
- Maintained detailed **clinical documentation and patient progress reports**.
- Collaborated with healthcare professionals to ensure **effective multidisciplinary patient care**.
- Supported post-operative rehabilitation and recovery for patients following orthopedic procedures and injuries.
- Contributed to improving **clinical service quality, patient satisfaction, and departmental efficiency**.
- Assisted in mentoring junior staff and participated in **continuous professional development activities**.
- Demonstrated strong interpersonal communication and patient counseling skills in a fast-paced rehabilitation setting.

EDUCATION

Bachelor of Physiotherapy (BPT)

2015 – 2019

JDT Islam College of Physiotherapy and Research Centre, Kozhikode, Kerala, India

INTERNSHIPS

- JDT Islam College Physiotherapy Clinic, Kerala, India
- Gurudharmam Mission Hospital, Kerala, India
- IQRAA International Hospital & Research Centre, Kozhikode, India

LICENSES & REGISTRATIONS

- **DHA Licensed Physiotherapist** - License No: 01741965-001
- **DHA Unique ID: 01741965**

CERTIFICATIONS & TRAINING

- Certified IASTM Specialist (Level 1) – 8 Practical Hours
- Spine Manual Therapy Practitioner – 16 Practical Hours
- Therapeutic Taping Certification – 16 Practical Hours
- Myofascial & Musculoskeletal Cupping Therapy – 16 Practical Hours
- Dry Needling Practitioner Certification – 16 Practical Hours
- Neurodevelopmental Therapy (NDT) Certification – 16 Practical Hours

SEMINARS & WORKSHOPS

- Evidence-Based Stroke Rehabilitation – National Seminar
- Physio 2020 International Physiotherapy Conference
- National Workshop on Fitness Training
- Symposium on Advances in Neuro Rehabilitation

ADDITIONAL INFORMATION

- Languages : English | Arabic | Hindi | Malayalam | Tamil
- Nationality : Indian
- Date Of Birth : 06 Oct 1996
- Driving License : Valid Dubai Driving License Holder
- Visa Status : Residence Visa
- Availability : Immediate Joiner