

ANAGHA VIJAY M

Physiotherapist

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Professional Summary

Physiotherapist with 3+ years of clinical experience and DHA Eligibility assessing and treating orthopedic, neurological, ICU, pediatric, sports, and post-operative patients through individualized rehabilitation programs. Skilled in manual therapy, therapeutic exercises, pain management, and physiotherapy modalities to improve mobility, functional independence, and recovery outcomes. Experienced in monitoring patient progress, maintaining accurate clinical documentation, and collaborating with multidisciplinary healthcare teams to deliver evidence-based rehabilitation services.

Work Experience

Physiotherapist

(02/2023 – 04/2026)

Red Crescent Hospital | Kozhikode, India

- Conducted comprehensive patient assessments, clinical evaluations, and functional examinations to develop evidence-based treatment and rehabilitation plans.
- Managed musculoskeletal, orthopedic, neurological, pediatric, geriatric, cardiopulmonary, ICU, obstetric, gynecological, sports injury, and post-operative rehabilitation cases.
- Treated post-operative patients, including TKR, THR, and Rotator Cuff Repair, while managing neurological conditions such as CVA, Bell's Palsy, and Parkinson's Disease.
- Implemented individualized rehabilitation programs using therapeutic exercises, manual therapy, gait and balance training, chest physiotherapy, airway clearance techniques, mobility training, and functional rehabilitation.
- Applied physiotherapy modalities including TENS, IFT, Ultrasound Therapy, SWD, EMS, Traction, Cryotherapy, and Thermotherapy for pain management and functional recovery.
- Monitored patient progress through regular reassessments, modified treatment plans, and educated patients and caregivers on home exercise programs, posture correction, ergonomics, fall prevention, and lifestyle modifications.
- Maintained accurate clinical documentation, ensured compliance with infection control and patient safety standards, and collaborated with multidisciplinary healthcare teams to deliver high-quality patient care.

Internship

- **AWH Special College – Kozhikode, Kerala** (06/2022 – 08/2022)
- **Baby Memorial Hospital – Kozhikode, Kerala** (08/2022 – 09/2022)
- **National Institute of Mental Health and Neuro Sciences, Karnataka** (10/2022 – 10/2022)
- **Elite Mission Hospital – Thrissur, Kerala** (11/2022 – 12/2022)
- **Baby Memorial Hospital – Kozhikode, Kerala** (12/2022 – 01/2023)

Skills

- EMR Documentation
- ROM Assessment
- Pain Management
- Patient Education
- Manual Therapy
- Clinical Diagnosis
- Patient Assessment
- Neurodevelopmental Therapy
- Exercise Prescription
- Outcome Measures
- Injury Prevention
- Infection Control
- Gait Training
- Balance Training
- Muscle Strength Testing
- Pediatric and Geriatric Rehabilitation
- Sports Rehabilitation
- Neuro Rehabilitation
- ICU Rehabilitation
- Hand Rehabilitation
- Cardiorespiratory Rehabilitation
- Post-operative Rehabilitation
- Multidisciplinary Collaboration
- Obstetrics and Gynecological Rehabilitation

Education

- **Bachelor of Physiotherapy** (2023)
Kerala University of Health Sciences (KUHS)

Project

- **Proprioceptive Neuromuscular Facilitation Technique in Bell's Palsy**

Certification & License

- **DHA License Eligibility**
Dubai Health Authority | UID : 21444834
- **Fellowship in Manual Therapy (FMT)**
MTFI International Training Center, Mangalore, India
- **Certificate Course in Manual Therapy**
MTFI International, Mangalore, India
- **Basic Life Support**
American Heart Association | Expires: June 2028
- **Registered Member**
Kerala Association for Physiotherapists Co-ordination (KAPC)

Key Achievements

- Received a 95% positive satisfaction rating from more than 50 long-term patients.
- Developed and implemented individualized rehabilitation care plans for 100+ patients.
- Helped reduce patients' pain levels through evidence-based physiotherapy interventions using the Wong-Baker FACES Pain Rating Scale.
- Improved patient mobility and functional independence through personalized rehabilitation programs.
- Delivered comprehensive physiotherapy treatments focused on pain management, mobility restoration, and long-term recovery.

Additional Information

- **Availability:** Join Immediately
- **Visa Status:** Holds valid UAE visit visa
- **Nationality:** Indian
- **Date of Birth:** 16/12/1999
- **Languages:** English, Hindi, Malayalam, Tamil