



DELVIN BENNY

PHYSIOTHERAPIST | DHA ELIGIBLE : 73388174

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PROFESSIONAL SUMMARY

Dedicated and compassionate **DHA Eligible Physiotherapist** with over **2 years and 6 Months** of clinical experience providing evidence-based rehabilitation across outpatient, inpatient, and home-care settings. Experienced in assessing and treating orthopedic, neurological, geriatric and post-operative patients using comprehensive physiotherapy interventions. Skilled in developing individualized rehabilitation programs, manual therapy, therapeutic exercise, electrotherapy, dry needling, and patient education to improve pain, mobility, strength, balance, and functional independence. Proficient in clinical documentation (SOAP Notes), multidisciplinary collaboration, and evidence-based practice while delivering high-quality patient-centered care.

CORE COMPETENCIES

- Musculoskeletal & Orthopedic Rehabilitation
- Neurological Rehabilitation (Stroke, SCI)
- Post-Operative Rehabilitation (TKR, THR)
- Sports Injury Rehabilitation
- Patient Assessment & Physical Evaluation
- Manual Therapy & Soft Tissue Mobilization
- Functional Mobility Training & Postural Correction
- Treatment Planning & Rehabilitation Program Development
- Therapeutic Exercise Prescription
- Patient & Caregiver Education
- Evidence-Based Practice
- Electrotherapy Modalities (IFT, US, TENS, Shockwave, MS)
- Clinical Documentation & Case Note Writing
- Multidisciplinary Team Collaboration

PROFESSIONAL EXPERIENCE

PHYSIOTHERAPIST

BISHOP VAYALIL MEDICAL CENTRE, IDUKKI, KERALA

April 2024 - January 2026

- Managed orthopedic, neurological and musculoskeletal rehabilitation cases across inpatient service
- Conducted comprehensive physiotherapy assessment and developed individualized rehabilitation plan to improve patient mobility, functional independence and recovery outcome
- Conducted ROM assessment, MMT, gait analysis, posture evaluation, balance assessment, and functional mobility assessments.
- Documented patient evaluations, progress notes, treatment goals, and discharge summaries using SOAP documentation standards.
- Provided ICU and post-operative physiotherapy care, including early mobilization, respiratory care, and functional recovery support while collaborating with multidisciplinary healthcare teams.

PHYSIOTHERAPIST

HOPE PHYSIOTHERAPY CLINIC, IDUKKI, KERALA

August 2023 - March 2024

- Delivered physiotherapy services across outpatient, inpatient, and home-care settings.
- Designed individualized rehabilitation programs focused on pain reduction, functional recovery, and mobility improvement.
- Applied therapeutic exercises, manual therapy, electrotherapy, kinesiology taping, and rehabilitation techniques.
- Assisted post-operative patients in restoring mobility, strength, balance, and independence.
- Conducted fall prevention programs and functional training for elderly patients.
- Educated patients regarding rehabilitation goals, exercise compliance, posture correction, and lifestyle modifications.
- Maintained accurate clinical documentation while ensuring compliance with professional and ethical standards.

EDUCATION

BACHELOR OF PHYSIOTHERAPY (BPT)

2018 - 2023

VIKAAS COLLEGE OF PHYSIOTHERAPY, MANGALORE, KARNATAKA, INDIA

Rajiv Gandhi University of Health And Science, Karnataka, India

PROJECTS

Effectiveness of Graded Motor Imagery for Reducing Phantom Limb Pain in Amputation

December 2022

Graded Motor Imagery (GMI) effectively reduces phantom limb pain and associated disability in amputees by promoting cortical reorganization and restoring motor cortex function

CERTIFICATION

- DHA Eligibility (Dubai Health Authority) - 2026
- Basic Life Support (BLS) for Healthcare Providers and Professional Rescuers
- Certified Dry Needling Practitioner (CDNT) - 2025
- Certified Biomechanical Cupping Therapist (CMCT) -2025
- Certified IASTM Practitioner - 2025
- Certified Kinesiology Taping Specialist (CKTP) - 2025
- Indian Association of Physiotherapy (IAP) Membership - 2024

ACHIEVEMENTS

- Successfully treated 100+ post-operative orthopedic patients, achieving improved mobility and functional independence through individualized rehabilitation plans.
- Reduced recovery time in sports injury patients through evidence-based rehabilitation protocols
- Managed 15–20 patients daily , achieved 95% patient satisfaction through personalize
- Served as Physiotherapy Department In-Charge, managing daily departmental operations, coordinating patient care, supervising staff, maintaining clinical documentation, and ensuring quality rehabilitation services.

PERSONAL INFORMATION

- Nationality : Indian
- Visa Status : Visit Visa
- Gender : Male
- Availability : Immediate joiner
- Language : English, Malayalam, Hindi, Tamil, Kannada

REFERENCE

Mr. Arun Mathew

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