

SHARAFUDHEEN K K

PHYSIOTHERAPIST

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Phone Number: +971 541332833 | Current Locality: Dubai, UAE | DHA Eligibile

Professional Summary

Dedicated and patient-focused Physiotherapist with 2+ years of experience delivering evidence-based physiotherapy, musculoskeletal rehabilitation, neurological rehabilitation, pain management, and patient-centered care in hospital and rehabilitation center settings. Experienced in comprehensive patient assessment, treatment planning, exercise therapy, manual therapy, and multidisciplinary team collaboration to improve mobility, restore function, and enhance quality of life. Strong ability to manage diverse patient populations while maintaining accurate clinical documentation and international healthcare standards. DHA Qualified and prepared to contribute immediately within UAE healthcare environments.

Core Competence

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| <ul style="list-style-type: none">• Patient Assessment & Functional Evaluation• Physiotherapy Treatment Planning• Musculoskeletal (MSK) Rehabilitation• Neurological Rehabilitation• Orthopedic & Post-Surgical Rehabilitation• Intensive Care Unit (ICU) Rehabilitation• Cardiopulmonary Physiotherapy• Exercise Therapy & Therapeutic Exercise Prescription• Manual Therapy• Dry Needling Techniques• Cupping Therapy• Electrotherapy Modalities | <ul style="list-style-type: none">• Pain Management• Mobility Restoration• Patient Education & Self-Management• Fall Prevention Strategies• Clinical Documentation• Outcome Measurement• Evidence-Based Practice• Patient-Centered Care• Multidisciplinary Team Collaboration• Infection Prevention & Patient Safety• Electronic Medical Records (EMR)• Rehabilitation Protocols |
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Professional Experience

Physiotherapist | Garden International Hospital, Malappuram, Kerala, India 01/2025 – 01/2026

- Conducted comprehensive patient assessments for musculoskeletal, neurological, orthopedic, and post-surgical conditions to develop individualized rehabilitation programs.
- Delivered advanced neurological and orthopedic rehabilitation using the RYMO Mobi-L Robotic Rehabilitation System to enhance motor recovery and functional mobility.
- Developed and implemented evidence-based physiotherapy treatment plans for 15–20 patients daily, improving mobility, functional independence, and quality of life.
- Administered spinal decompression therapy using specialized decompression therapy devices to manage chronic back pain, disc-related conditions, and spinal disorders.
- Provided Virtual Reality (VR)-based therapy to improve patient engagement, motor function, cognitive performance, and rehabilitation outcomes.

Consultant Physiotherapist | Maurya Neuro and Ortho Rehabilitation Centre, Muvattupuzha, Ernakulam, Kerala, India 11/2023 – 11/2024

- Assessed and treated patients with neurological, orthopedic, and chronic musculoskeletal conditions using evidence-based rehabilitation techniques.
- Designed individualized rehabilitation programs that improved patient mobility and reduced recovery timelines by approximately 15%.
- Operated and managed the Huber 360 rehabilitation system to improve balance, posture, core stability, neuromuscular control, and functional performance.

- Delivered Body Weight Supported Treadmill Training (BWSTT) for neurological and orthopedic patients to enhance gait training, endurance, and mobility restoration.
- Provided manual therapy, exercise therapy, dry needling, and pain management interventions.

Education

Bachelor of Physiotherapy (BPT) AKG Co-operative Institute of Health Sciences, Kerala, India	2018 – 2023
Higher Secondary Examination Government Higher Secondary School, Kerala, India	2016 – 2018

Certification

DHA Eligibility – Dubai Health Authority

Professional Workshops

- Basic and Advanced Dry Needling** - International CPD course
Musculoskeletal Cupping Therapy - International CPD course

Conferences Attended

KG Nexus Conference 2022 – National Physiotherapy Conference, Tamil Nadu, India

Languages

English - Fluent | Malayalam - Native | Arabic - Basic | Tamil - Working Proficiency

Achievements

- Improved patient mobility outcomes by 25% through personalized rehabilitation programs.
- Reduced chronic pain symptoms by 35% using evidence-based physiotherapy interventions.
- Increased patient rehabilitation compliance by 30% through structured education initiatives.
- Reduced recovery timelines by 15% through optimized treatment planning.
- Successfully managed 15–20 patients daily while maintaining high-quality clinical documentation.
- Strengthened multidisciplinary collaboration to improve patient-centered healthcare delivery.