



SHABNA P

Date of birth : 13June 2000 **Nationality:** Indian **Location:** Dubai, UAE
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VISA STATUS : Own Visa

Profile

Physiotherapist / DHA / SHA / MOH Licensed

Physiotherapist / DHA Licensed with Bachelor of Physiotherapy qualification and clinical exposure in neurological, orthopedic, musculoskeletal, respiratory, pediatric, and geriatric rehabilitation. Skilled in patient assessment, functional evaluation, evidence-based treatment planning, pain management, and mobility restoration. Experienced in therapeutic taping, along with exercise therapy and post-surgical rehabilitation. Proficient in developing individualized treatment plans, home exercise programs, and clinical documentation. Focused on delivering structured rehabilitation programs, clinical efficiency, and patient-centered physiotherapy services within a progressive healthcare environment.

Professional Experience

Physiotherapist | EASE AND CARE PHYSIOTHERAPY CLINIC, ALANALLUR(P O),PALAKKAD 678601 01-07-2025 to 30-06-2026

- Delivered physiotherapy interventions across neurological, orthopedic, and musculoskeletal conditions using structured rehabilitation protocols.
- Performed patient assessment, functional evaluation, and developed individualized treatment plans.
- Managed post-surgical rehabilitation cases including joint replacement and soft tissue injuries.
- Administered manual therapy techniques including IASTM, dry needling, cupping therapy, and therapeutic taping.
- Provided patient education and home exercise programs to support recovery.
- Maintained clinical documentation, treatment records, and progress monitoring.
- Coordinated with multidisciplinary healthcare teams to optimize patient outcomes.
- Implemented pain management strategies using therapeutic exercises and modalities.
- Monitored patient progress and modified treatment plans based on clinical response.

Physiotherapist | SHIHAB THANGAL PAIN &PALLIATIVE CLINIC THAZHEKODE, NOVEMBER 2023 to FEB:2025

- Provided patient education and home exercise programs to support recovery.
- Maintained clinical documentation, treatment records, and progress monitoring.
- Coordinated with multidisciplinary healthcare teams to optimize patient outcomes.
- Implemented pain management strategies using therapeutic exercises and modalities.
- Monitored patient progress and modified treatment plans based on clinical response.

Internship

Physiotherapy Intern |, EMS Co-Operative HOSPITAL PERINTALMANNA Kerala, India ,March 2023 to November 2023

- Assisted in rehabilitation programs across orthopedic, neurological, and respiratory departments.
- Conducted patient assessments and supported treatment implementation.
- Gained exposure to inpatient and outpatient physiotherapy services.
- Assisted in post-surgical rehabilitation including joint replacement and fracture management cases.
- Applied exercise therapy techniques focusing on mobility, strength, and functional recovery.
- Maintained patient records, treatment documentation, and progress tracking.

Education

- **Bachelor Of Physiotherapy (BPT) |** Kerala University Of Health Sciences, EMS College Of Paramedical Science, Perinthalmanna | 2018 – 2023

Core Competencies And Skills

- **Neurological Rehabilitation:** Stroke rehabilitation, neurofunctional training, motor recovery techniques.
- **Orthopedic And Musculoskeletal Physiotherapy:** ACL rehabilitation, TKR rehabilitation, joint mobilization, pain management.
- **Sports Injury Rehabilitation:** Injury recovery protocols, functional training, mobility enhancement.
- **Respiratory Physiotherapy:** Chest physiotherapy, pulmonary rehabilitation, breathing exercises.
- **Pediatric Physiotherapy:** Developmental delay management, pediatric neurological rehabilitation.
- **Geriatric Rehabilitation:** Balance training, mobility improvement, fall prevention strategies.
- **Manual Therapy Techniques:**, therapeutic taping.
- **Exercise Therapy And Rehabilitation:** Strengthening exercises, flexibility training, posture correction.
- **Patient Assessment And Documentation:** Clinical evaluation, treatment planning, progress tracking.
- **Post-Surgical Rehabilitation:** Joint replacement recovery, soft tissue injury rehabilitation, functional restoration.
- **Pain Management And Electrotherapy:** TENS, IFT, ultrasound therapy, non-invasive pain relief techniques.
- **Clinical Decision Making And Treatment Planning:** Evidence-based protocols, outcome measurement, rehabilitation progression.

Certifications

- **Certified In Therapeutic Taping** | IMTT | 2025

Projects

- **"Effect Of PULSED ULTRASOUND ON PTTD FOR REDUCING MEDIAL ANKLE PAIN -A CASE STUDY "**

Conferences

- **KG NEXUS 2022 National Level Conference** – Neuro Rehabilitation in Children with Cerebral Palsy and Spinal Cord Injury Rehabilitation | 22 Apr 2022 – 24 Apr 2022.
- **Community Outreach Visit** – Ayurgreen Therapeutic and Robotics Centre, Edappal Healthcare Awareness Program.
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- Coordinated with multidisciplinary healthcare teams to optimize patient outcomes.
- Implemented pain management strategies using therapeutic exercises and modalities.
- Monitored patient progress and modified treatment plans based on clinical response.

NITTE physio panacea 2022 international physiotherapy conference -advances in sports injury prevention /02 dec 2022-03 dec 2022

Medical Equipment Handled

- **Electrotherapy Equipment:** TENS (Transcutaneous Electrical Nerve Stimulation) | IFT (Interferential Therapy Equipment) | Ultrasound Therapy Unit | Electrical Muscle Stimulation (EMS) Unit | Shortwave Diathermy (SWD)
- **Rehabilitation And Mobility Equipment:** CPM (Continuous Passive Motion Machine) | Traction Unit (Cervical and Lumbar) | Parallel Bars | Walker and Gait Training Aids | Balance Boards and Stability Trainers
- **Exercise Therapy Equipment:** Resistance Bands (TheraBands) | Dumbbells and Free Weights | Stability Balls | Pulley Systems | Exercise Mats
- **Manual Therapy and Support Tools:** | Therapeutic Taping Materials
- **Assessment and Monitoring Tools:** Goniometer (Range Of Motion Measurement Measuring Tape (Limb Length and Girth Assessment) | Hand Dynamometer | Posture Assessment Tools

Languages

- **English** | **Arabic(Basic)** | **Hindi (Basic)** | **Malayalam**