

Dr. Vandana Makhijani

PHYSIOTHERAPIST

Personal Details

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Skills

Team Work



Communication



Problem Solving



Rehabilitation Planning



Management



Creativity



Leadership



About

Forward-thinking physiotherapist with 3 years of experience specializing in rehabilitation and physical therapy. Skilled in developing personalized treatment plans, implementing evidence-based techniques, and educating patients to promote long-term health and wellness. Committed to delivering compassionate care and achieving optimal outcomes through teamwork, aiming to contribute to a better world by creating value-centric healthcare solutions.

Education

Bachelors of Physiotherapy

Sumandeep Vidyapeeth University ,
Vadodara 2015 – 2019

- Certificate Course in Sports Injury
- Certificate Course in Women's Health
- Certificate Course in Diet & Nutrition from IAFT

Work Experience

Sterling Hospital – Baroda

Consultant Physiotherapist

2024 – Present

- Delivered holistic, personalized treatment plans for best-possible patient care.
- Maximized rehabilitation potential by building patient knowledge of treatments and conditions.
- Helped people with challenging behavior to overcome physical and mobility challenges.
- Trained junior staff on diagnosis and treatment techniques for different issues.
- Educated patients facing and overcoming disability challenges.
- Managed complex cases, collaborating with multidisciplinary teams to coordinate care and ensure continuity of treatment.
- Developed and implemented protocols for patient rehabilitation, focusing on functional recovery and pain management.
- Conducted educational sessions for patients and families on injury prevention, rehabilitation exercises, and self-management strategies.
- Participated in research projects, contributing to the advancement of physiotherapy practice and evidence-based care.

Holy Child International School – Godhra

Child Consultant

2021 – 2023

- Conducted fitness assessments to evaluate a child's current physical condition, including strength, flexibility, endurance, and overall health.
- Created personalized fitness plans tailored to children's needs, considering factors like age, physical abilities, interests, and any medical conditions.
- Taught children how to perform exercises safely and effectively, ensuring proper form and technique to prevent injuries.
- Provided basic nutrition education and guidance on healthy eating habits to support overall fitness and well-being.
- Tracked children's progress over time, adjusting exercise programs as needed to ensure continued improvement and development.
- Conducted workshops for children and parents on topics related to fitness, nutrition, and healthy lifestyle choices & extra curriculum activities.
- Worked closely with parents, teachers, pediatricians, and other healthcare professionals to coordinate care and support for the child's overall health.
- Maintaining accurate records of assessments, progress reports, and program details to track outcomes and communicate with relevant stakeholders.

Deliver Health Solutions

WFH

Medical Scribe Specialist 2021

Maa Physiotherapy clinic

Baroda

Physiotherapist 2019

KTH Physiotherapy clinic

Godhra

Physiotherapist 2020

Dheeraj General Hospital

Baroda

Physiotherapy Internship 2018-19