

DR.MITAL MAHIDA

M.P.T in Musculoskeletal Conditions

CONTACT



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OBJECTIVE

To join a highly reputed healthcare organization to enhance and improve my skills, abilities and knowledge and make positive contributions to the organization with mutual profits

➤ WORK EXPERIENCE

• ASSISTANT PROFESSOR (ONGOING)

OCTOBER 2023

**C U SHAH PHYSIOTHERAPY COLLEGE
SURENDRANAGAR**

- Conducting thorough assessments, developing individualized treatment plans and developing evidence-based intervention for a diverse caseload of orthopaedic patients.
- Collaborating with multidisciplinary teams to optimize patient outcomes and promote interdisciplinary care.
- Guiding UG and PG students with case presentation and journal presentation along with academic lectures.

• CONSULTANT PHYSIOTHERAPIST

JANUARY-2023 -SEPTEMBER-2023

**SHIVECHCHHA REHABILITATION
CENTER
RAJKOT**

- Consulting and treating patients with various Musculoskeletal, Sports and Neurological conditions.
- observed and participated in application of advance physiotherapy modalities, such as high level LASER and spinal decompression.
- Certified for Dry Needling with additional skills in Electroacupuncture and Cupping Therapy.

PERSONAL DETAILS

DOB: 21/12/1997

Languages: Gujarati

Hindi

English

Marital status: Unmarried

SKILLS

- Having experience and ability to work with Musculoskeletal, Neurological, Cardiac and Respiratory rehabilitation, and Pediatric rehabilitation.
- Excellent communication skills for dealing with patients and their caretakers from diverse backgrounds.
- Performed duty in improving physical strength, mobility & quality of life in patients of all ages.
- Having good communication skills, presentation skills, interpersonal skills.
- Possess excellent problem-solving and practical skills.
- Able to motivate and create awareness among patients and students.

➤ EDUCATION

Master of Physiotherapy 2020-2022

M.P.T in Musculoskeletal conditions - 64.2%

(First class)

Shri K.K. Sheth Physiotherapy College, Rajkot
Saurashtra University

MPT DISSERTATION PROJECT

Title: “A study to compare the effect of transcutaneous electrical nerve stimulation(TENS) with neural mobilization and cervical traction with simultaneous neural mobilization on patients having cervical radiculopathy-An Interventional study ”

Bachelor of Physiotherapy-2015-2020

Kamdar Institute of Physiotherapy College,
Rajkot Saurashtra University

- 4th year-61.76%
- 3rd year-60.6%
- 2nd year-53.2%
- 1st year-58.4%

H.S.C-2015

70%

Shree P.V. Modi School, Rajkot

S.S.C-2013

80%

Shree P.V. Modi School, Rajkot-

REFERENCES

Dr. Chirag Magdani

Director at shivechchha
rehabilitation center
Rajkot, Gujarat.
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Dr. Jayesh Parmar

Principal
Shri K K Sheth
physiotherapy college
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Dr. Urmi Bhatt

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C U Shah Physiotherapy
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Dr. Sheetal Patel

Associate professor
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➤ CLINICAL EXPERIENCE

P.G. CLINICAL AREAS OF EXPOSURE

Performed duties in the following
Physiotherapy clinics

- Shri K.K. Sheth Physiotherapy College, Rajkot
- Shri G.T. Sheth Orthopedic Hospital, Rajkot
- Shri H.T. Sheth Hospital, Rajkot
- Shiv Orthopedic Hospital, Rajkot
- Olympus Hospital, Rajkot
- Rajkot G.T. Sheth Cancer Hospital

U.G. CLINICAL AREAS OF EXPOSURE

Performed duties in the following
Physiotherapy clinics

- Kamdar Physiotherapy OPD
- Shri Ramakrishna Ashram, Rajkot
- Shri Swaminarayan Gurukul
Hospital, Rajkot
- Shri Jalaram Raghukul Sarvajanic
Hospital, Rajkot
- Florence Hospital, Rajkot
- Sardar Patel Arogyabhavan, Rajkot
- Medisurge Hospital, Rajkot

INTERNSHIP

Rotational internship for 6 months
At P.D.U. Government Hospital, Rajkot

Performed duties in following wards

- Orthopedic Rehab Department
- Neurological Rehab Department
- ICU
- PICU & NICU
- Burns ward

SUMMARY

Highly skilled and compassionate physiotherapist with a strong background in musculoskeletal rehabilitation. dedicated to providing evidence-based care and empowering patients to achieve optimal functional outcomes. seeking a rewarding position in a dynamic healthcare facility where I can utilize my expertise to enhance patient well-being.

➤ CERTIFICATION

- April 2024: Participated in CME on Empowering New Graduated Physiotherapists: Navigating The Transition To Academic Practice organized by KD Institute of Physiotherapy, Ahmedabad.
- Consistent Attendee of CME organized by Rajkot Physiotherapy Association.
- July 2022: Attended the 7-day Online Faculty Development Program “Digital pedagogy – A way forward” organized by Banarasidas Chandiwalla Institute of Physiotherapy, New Delhi.
- February 2021: attended and performed a hands-on workshop in dry needling by Dr Paras Joshi at Harivandana Physiotherapy College.
- April 2018: Participated in the 8th National Physiotherapy Summit “PHYSIOFEST” held at the School of Physiotherapy, RK University: Innovative Physiotherapy Exhibition.
- April 2016: Participated in the 7th National Physiotherapy Summit “PHYSIOFEST” held at the School of Physiotherapy, RK University.

➤ DECLARATION

I hereby declare that the above-mentioned information is true to the best of my knowledge

Mital Mahida