

## **Dr. Rehana Bharthu (PT)**

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**Nationality**: Indian

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### **CREATIVE PROFESSIONAL**

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*Extensive knowledge of physical disabilities, very patient-focused, Excellent verbal and written communication abilities, Works well with others and has good interpersonal skills, Good knowledge of providing physical therapy in residences, Deep understanding of program design to reduce pain restore movement and increase functional level, Excellent assessment and evaluation skills, highly compassionate and understanding, Works well as part of the overall medical treatment team.*

**Objective:** Seeking a career in the field of physiotherapy especially for treatment and research where I can utilize my knowledge and skills to the best and to be part of an organization which gives me ample opportunities for growth.

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### **EDUCATIONAL BACKGROUND**

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**Masters in Physiotherapy** (*Musculoskeletal disorders and sports physiotherapy*) –**Year of Passing 2016**  
THE OXFORD COLLEGE OF PHYSIOTHERAPY, BANGALORE.

**Grand Project in MPT:**

**Field:** Research

**Project Title:** “Efficacy of Grip Strength and Hand Co-Ordination Training in Improvement of Handwriting in School Children.”

**Training During MPT:**

- Apollo Speciality Hospital, Bangalore.
- Fortis Hospital, Bangalore.
- Sagar Hospital, Bangalore.
- Sparsh Hospital, Bangalore.

**Bachelor in Physiotherapy (General) –Year of Passing 2013**  
SHREE B.G. PATEL COLLEGE OF PHYSIOTHERAPY ANAND(GUJARAT).

**Grand Project in BPT:**

**Field:** Research

**Project Area:** Neuro Physiotherapy (Randomized Clinical Trial)

**Project Title:** “A Comparison of Myofascial Release and Roods Approach to Release Calf Muscle Spasticity in Patient with Hemiplegia for Improvement of Ankle Range of Motion in Gait.  
Duration: 6 Months

**Internship Profile:**

Internship Organization: Shree B. G. Patel College Of Physiotherapy Anand (388001) Gujarat.  
Duration: 6 Months (7th October 2013 To 26th April 2014)

**Posting During Internship:**

Departments: -

- Pediatrics
- Neurology
- Orthopedics
- Electrotherapy
- Cardio- Respiratory Rehabilitation
- Antenatal-postnatal physiotherapy and Fitness

Language Known:- English, Hindi, Marathi & Gujarati.

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## PROFESSIONAL CHRONOLOGY

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**PNPP Clinic – Thane .**

**Feb 2021 to June 2024**

*Working as a Senior Physiotherapist.*

**Knowledge Institute of physiotherapist. – Bakrol, Anand, Gujarat.**

**Feb 2019 to June 2020**

*Assistant Professor*

**Main Duties:**

- Assisting in the establishing of the department
- Conduction of lectures and practical sessions for B.P.T students
- Preparation of question papers, practical/viva evaluation on behalf of the university
- Taking care of the patients in the physiotherapy clinic

**Shri Sarvajani Jain Clinic Trust.  
( Dr. C.D. Patel Physiotherapy Centre, Anand)**

**August 2017 – March 2018**

*Clinical Therapist*

**Main Duties:**

- *Providing physiotherapy assessment and treatment by improving physical strength, cognition, mobility and quality of life in patients of all ages*
- *Evaluating, planning and delivering bespoke physiotherapy plans to meet the needs of individual patients*
- *Being involved in a patient's pre-admission and follow-up care*
- *Working with special needs infants and toddlers*
- *Supporting patients recovering from surgery*
- *Performing routine physical examinations and inspections*
- *Maintaining a high standard of work and professionalism at all times*

**B N Patel College of Physiotherapy. – Anand, Gujarat.**

**January 2018 to June 2018**

*Assistant Professor*

**Main Duties:**

- *Assisting in the establishing of the department*
- *Conduction of lectures and practical sessions for B.P.T students*
- *Preparation of question papers, practical/viva evaluation on behalf of the university*
- *Taking care of the patients in the physiotherapy clinic*

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**FREELANCE EXPERIENCE**

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**Home Health Physical Therapist**

**Main Duties:**

- *Provided in-home hands-on physical therapy to patients with a range of disabilities.*
  - *Evaluated patients for physical therapy needs.*
  - *Designed physical therapy programs.*
  - *Worked with geriatric and pediatric patients*
  - *Worked one-on-one to help restore function and reduce pain.*
  - *Completed all chart documentation.*
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**Membership:**

*Registered with Indian association of physiotherapist as a life member. IAP registration number L-38935.*

**Publication:**

*An article published in the Innovare journal of education on the topic of “Efficacy of Grip Strength and Hand Co-Ordination Training in Improvement of Handwriting in School Children. Volume 5,2017”.*

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**Conference, Seminar & Workshop Attended:**

- *Two day's workshop attended on Dry Needling Techniques Module -1 at Goa 13<sup>th</sup> & 14<sup>th</sup> May 2023.*
- *Presented a paper on “Effectiveness of Rotational Angular Breathing exercises to improve breathlessness in post COVID patients” in Thinkathon 2022 Held in Mumbai, Maharashtra.*
- *Organized an awareness program about Importance of Physiotherapy and Free Check Up Camp On 8th September 2018 at shree B.G. Patel college of physiotherapy on theme of fit India hit India in association with IAPWC.*
- *Attended CME on Ergonomics for Desk Job Workers held at BITS institute of physiotherapy on 5th August 2018 organized by IAPWC.*
- *Two days' workshop attended on Cupping Kinetics (level 1) held at Ahmedabad on 28th -29th July 2018.*
- *Worked as team physiotherapist -36-hour stadium run at shree kanteerava stadium, Bangalore.*
- *Attended two days' seminar on mechanical diagnosis and therapy McKenzie Approach at The Oxford College of Physiotherapy, Bangalore*
- *National physiotherapy conference at Nitte University, Mangalore 2015.*
- *52th Annual conference of the Indian Association of Physiotherapist (IAP) held at Indore, Madhya Pradesh*
- *Workshop On Spinal Conditions Diagnosis and Management Held at Shree B G Patel College of Physiotherapy, Anand.*
- *Physio fest 2013 At RK University, Rajkot*

***Declaration:*** - *I solemnly declare that all the above furnished information is free from error to the best of my knowledge and belief.*

*Place: Rajkot*

*Signature*  
*Rehana Bharthu*

