

Sidra Ahmad Siraj

NEURO-PHYSIOTHERAPIST



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R399, Waris Pura, near Lal Madrasa,
Kamptee, 441001, Nagpur,
Maharashtra, India

PERSONAL DETAILS

Date of birth

01/05/2000

Nationality

Indian

Marital status

Single

LANGUAGES

English

Urdu

Hindi

CAREER OBJECTIVE

Dedicated Neuro Physiotherapist focused on cultivating positive patient relationships. I aim to contribute in training future physiotherapist by incorporating patient-centered care and evidence-based clinical practice. Seek opportunities to contribute to the scientific community and develop new rehabilitation strategies through active engagement in research and interdisciplinary collaboration. Committed to integrating patient care with research initiatives to improve quality of life and functional outcome of patients.

EDUCATION

Masters in Neuro-physiotherapy SRM Institute of Science and Technology / Chennai / 2023 – 2025 / CGPA-8.35

Bachelor of Physiotherapy

Ravi Nair Physiotherapy / Sawangi (Meghe), Wardha / 2018 – 2023 / 69.2%

HSC

Delhi Public School / Kamptee / 2018 / 80.75%

SSC

Army Public School / Kamptee / 2016 / 81.7%

WORK EXPERIENCE

Internship

At Acharya Vinoba Bhave Rural Hospital and Shalinitai Meghe Hospital, Sawangi

- Design treatment programs to achieve established goals.
- Worked one-on-one to restore function, relieve pain, and prevent disability.
- Performed therapy interventions utilizing standard physical therapy techniques and skills
- Carry out a treatment program to rehabilitate patients with various injuries or disabilities.
- Communicate efficiently with co-workers, nurses, and medical attendants to provide effective patient care.
- Carefully plan treatment for antenatal and postnatal patients.
- Worked on patients in Intensive Care Units.

SKILLS

Presenting reports and information clearly and effectively

Ability to build good relationships with coworkers and patients

Proficient in assessing patient data and formulating solutions

Managing appointments and prioritizing tasks to achieve deadlines

Broad knowledge of new technologies and physiotherapy equipments

PERSONAL COMPETENCE

Commitment and passion

Hardworking and punctual

Ability to control the complete team with comfort and ease

Inspire others

Honesty and integrity

REFERENCE

Dr. Irshad Qureshi

Datta Meghe Institute of Higher Education and Research (Deemed to be University) Dean Ravi Nair
Physiotherapy College
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Prof. Veeragoudhaman T S

SRM Institute of Science and Technology Dean SRM College of Physiotherapy
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Sidharth Gupta Memorial Cancer Hospital

- Re-evaluate ongoing treatment for the betterment of cancer patients by improving quality of life, functional capability and independence.
- Document patient rehabilitation progress.

Mahatma Gandhi Ayurveda Hospital

- Device protocol as per patient's requirement focusing on-hand issue.
- Provide psychological support to the patient and family members.

Private Clinics

- Scheduled appointments and document patients record.
- Treated patients suffering from stroke, back pain, post-op stiffness, fracture, and children with CP

PUBLICATIONS

Physiotherapy for Piriformis Syndrome Using Sciatic Nerve Mobilization and Piriformis Release (published in cureus, December 2022)

A Comprehensive Physiotherapy Rehabilitation for Lower Limb Amputation as a Consequence of Cannabis and Alcohol Dependency: A Case Report (published in cureus, November 2022)

Rehabilitating Case of Tetralogy of Fallot Undergone Surgical Repair with Comprehensive Exercise Program: A Case Report (published in JPRI, December 2021)

Case Report on Taping Adjunct to Strengthening and Proprioception in Hill Sachs Lesion Patient (published in cureus, September 2023)

Psychological Stress of Caregivers and its Effect on Quality of Life and Perceived Stress Among Post-Stroke Individuals in Kattankulathur (MPT thesis)

CERTIFICATIONS

Certified cupping therapy specialist

Basic life support

Astrocyte: Exercise Countermeasures for Astronauts

Neurodynamic Solutions

I hereby declare that the information furnished above is true to the best of my knowledge.