

RATHNA JAI SHIVANI S

PHYSIOTHERAPIST

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Thoothukudi, Tamilnadu.

EDUCATION

Bachelor of Physiotherapy

White Memorial College of
Physiotherapy, Kanyakumari
(2020 - 2025)

PROJECT

FINAL YEAR PROJECT:

A comparative study on isometric
exercises combined with
mobilization techniques versus
ultrasound therapy for the
treatment of patellofemoral pain
syndrome among athletes.

SOFT SKILLS

- Time management
- Critical thinking
- Patient-centered approach
- Good communication
- Team work

LANGUAGE

- Tamil : Native
- English : Fluent
- Malayalam : Intermediate

REFERENCES

Dr. Sneha Athreyas (PT)

PHYSIOTHERAPIST

Aster Whitefield Hospital,
Bangalore.

Phone : +91 9738548627

PROFILE

Compassionate and hardworking BPT graduate with strong clinical knowledge in rehabilitation, exercise therapy, and patient care. Eager to learn and apply skills in professional healthcare settings to improve patients' mobility and quality of life.

INTERNSHIP / CLINICAL EXPERIENCE

PPK Hospital, Marthandam, Kanyakumari - 2025

White Mission Hospital, Kanyakumari - 2025

AVM Hospital, Thoothukudi - NOV 2024

Ganga Hospital, Coimbatore - JAN 2024

CREDENTIALS

Sparrc Institute, Chennai

Poovanthi Institute of Rehabilitation, Madurai

Aster Whitefield Hospital, Bangalore

CORE CLINICAL SKILLS

- Musculoskeletal and neurological rehabilitation
- Patient assessment and evaluation
- Electrotherapy application
- Antenatal and postnatal exercise training
- Post-operative rehabilitation (ACL, TKR, THR, fractures)
- Posture and gait correction
- Ergonomic advice and education
- Oncology and cardio-pulmonary rehabilitation
- Clinical documentation, reporting and EMR system handling

WORKSHOP

Attended a workshop on "Mastering the Skill of Diagnosis" held on 14th and 15th September 2024, at Fitsiomax Physiocare and Fitness Centre, Chennai.