



SATHANA BALU

PHYSIOTHERAPIST

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Address

Poombuhar, Mayiladuthurai,
Tamil Nadu.

About Me

Dedicated and compassionate Physiotherapist with hands-on experience through clinical practice and internships across hospitals and rehabilitation clinics. Skilled in patient assessment, treatment planning, and therapeutic interventions for diverse conditions. Adept at applying evidence-based techniques to promote recovery, mobility, and overall well-being. Strong interpersonal and communication skills with a patient-centered approach to care.

Skills

- Patient assessment & diagnosis
- Manual therapy techniques
- Electrotherapy modalities
- Post-surgical rehabilitation
- Pediatric and geriatric physiotherapy
- Pain management techniques
- Knowledge of anatomy & kinesiology
- Patient record management
- Strong communication with patients and healthcare teams

Languages

English

Tamil

Education

Bachelor of Physiotherapy

2020 - 2025

Mannai Narayanasamy College Of Nursing and Physiotherapy (MGR University)

Experience

Internship

Mar 2025 - Sep 2025

Completed a six-month physiotherapy internship at

- Sri Kamachi Medical Centre,
- Saravana speciality hospital,
- AtoZ Speciality Hospital, and
- Manni Narayanasamy College of Physiotherapy, Thanjavur.

Gained hands-on experience in patient assessment, treatment planning, and rehabilitation exercises under expert supervision.

Clinical Practice

Jun 2025 - Sep 2025

Completed four months of clinical practice and observation at Raghav Physiotherapy Clinic, gaining hands-on exposure to patient assessment, therapeutic interventions, and rehabilitation techniques under professional guidance.

Projects

Effects of chest resistance exercise and chest expansion exercise to improve trunk control ability in patient with acute stroke

Researched the effects of chest resistance and chest expansion exercises on improving trunk control in acute stroke patients, highlighting their role in enhancing postural stability and functional recovery.

Certifications

Workshop on holistic diagnosis & treatment of low back-pain-orthopedic manual therapy

THANJAVUR MEDICAL COLLEGE AND HOSPITAL

Workshop on integrated manual therapy for vertebral column

MNCOP THANJAVUR

Conference on Bio mech synergy

SWAMY VIVEKANANDHA PHYSIOTHERAPY COLLEGE, NAMAKKAL