

VASUDHA SIDDAPPA

PHYSIOTHERAPIST (MPT) MUSCULOSKELETAL SCIENCES

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Current Location: HUBLI

PROFILE SUMMARY

- **Proven cross-functional team leadership talent** to build consensus amongst all stakeholders and keep patient recovery journey on track even under difficult circumstances to deliver exceptional results.
- **Exceptionally diverse combination of hard and soft skills**, from software savvy and process methodology to risk management, learning agility, and interpersonal effectiveness.
- **Unique blend of strategic and creative acuity** to fill multiple roles ranging from small to large teams and interact productively with all departments.
- **Demonstrated physiotherapy expertise** in diagnosing and recommending patients appropriate physical therapies and exercises for diverse kinds of medical conditions.
- **Experience** working at **private** and **government** hospitals, physiotherapy center offering both **clinic** and **at home physiotherapy** services.

ACADEMIC INTERNSHIPS

- Sanjay Gandhi Institute Of Trauma and Orthopedics
- Sri Jayadeva Institute of Cardiovascular Sciences and Research
- SDS Tuberculosis Research Center & Rajiv Gandhi Institute of Chest Diseases
- Indira Gandhi Institute Of Child Health
- Mobility India
- Apollo Multispeciality Hospital

AREAS OF EXPERTISE

- Electrotherapy
- Physical Therapy
- Patient Assessment
- Creating plan of care
- Patient and Family Education
- Documentation
- Performing therapy Inter-variations
- Interpersonal Skills
- Sports Physiotherapy
- Geriatric Physiotherapy
- Orthopedic Physiotherapy
- Cardio Physiotherapy
- Occupational Physiotherapy
- Cancer Physiotherapy
- Neuro Physiotherapy
- Pediatric Physiotherapy

PROFESSIONAL EXPERIENCE

Physiotherapist

JP Nagar Medical And Physiotherapy Centre

(Full Time: Nov 2021 – March 2022)

- Offering comprehensive **medical & physiotherapy services** under one roof which **includes but not limited to**: Joint Pain, Low Back Pain, Frozen Shoulder, Cervical Spondylosis, Arthritis, Neck Pain, Post Fracture, Lumbar Spondylosis, Dislocation, Sports Injuries, Stiffness, Cerebral Palsy, Disc Prolapse, Post Operative Care, Paralysis, Sciatica, Tennis Elbow, and Spondylitis.
- Deliver **care for elderly patients** suffering from heart ailments, CVA, Parkinson's disease, lymph edema, and global weakness associated with age by providing effective physical therapy services, including evaluation and treatment of primarily **geriatric patients**.
- Work with the most difficult and complex patients, returning to independent **ambulation without assistive devices**.
- **Assess** patient health by interviewing, performing physical exams, obtaining, updating, and **reviewing** therapy histories.
- **Delivered physical therapy services** to patients **with a wide range of treatment needs**, including cancer, stroke, coronary artery disease, and general reconditioning.
- **Performed therapeutic procedures** by administering manual exercises, balance training activities, manual stretching, standing tolerance activities, and gait training.
- Supported patients in performing physical activities, such as non-manual exercises, ambulatory functional activities, daily-living activities, and using supportive devices.
- Ensured continuity of care by developing and implementing patient management plans.
- Evaluated patient progress through diagnostic testing and close observation.

ACHIEVEMENTS

- **Voluntary request** by patients for my physiotherapy services.
- **On-job recognition** by senior physiotherapists and reporting manager.
- **Invites to work** as visiting physiotherapist by senior physiotherapists and renowned clinics.
- Recognized for bringing in remarkable patient recoveries on various occasions.

EDUCATION

FATHER MULLER MEDICAL COLLEGE (2022-2023)

- MPT - Musculoskeletal Sciences (69%)
- Research Work (Thesis) - Assessment of Footcore System in Subjects with Knee Osteoarthritis

SANJAY GANDHI INSTITUTE OF TRAUMA AND ORTHOPEDICS (2016-2021)

- BPT- (Aggregate 71%)
- Research Project - Effectiveness of Physiotherapy Intervention in Parkinson's Disease

CERTIFICATES

- International Physiotherapy Conference, Mangalore (03/2017)
- Mangalore Physiocon (01/2018)
- IAP Conference Bangalore (02/2019)
- National conference on Physiotherapy in Women's Health ((03/2019)
- World federation of Neurorehabilitation-Neurorehab Webinar (6th-14th 2020)
- WEBATHON Program by ExRxIndia "CPR in COVID"
- Therapeutic Taping - Basic (2022)
- Plyos - A way to develop agility and power (2023)

PERSONAL INFORMATION

Date of Birth : 01-04-1998

Languages Known : English, Hindi and Kannada