

AKSHAYA . A

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24/04/2001

Objective

Dedicated physiotherapist seeking a professional role to deliver quality patient care, support recovery, and contribute effectively to the organization.

Experience

- Dr.kamakshi multi-speciality clinic** 11/04/2024
Physiotherapist
 - Evaluated patients and developed personalized treatment plans.
 - Administered therapeutic exercises, manual techniques, and modalities.
 - Supported patient recovery through continuous monitoring and guidance.
 - Worked closely with doctors and healthcare staff.

Education

- Dr.MGR medical University** 2023 passed out
Bachelor of physiotherapy (BPT)
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Skills

- Skilled in patient assessment, diagnosis, and progress evaluation.
- Experienced in rehabilitation techniques, manual therapy, and pain management.
- Proficient in orthopedic, neurological, and cardiopulmonary rehabilitation.
- Knowledgeable in electrotherapy modalities.
- Strong communication, teamwork, and patient education skills.

Projects

- Effectiveness of Deep breathing exercise and aerobic exercise to improve quality of life in perimenopausal women**
This study evaluated the effectiveness of deep breathing exercises and aerobic exercises in improving the quality of life of perimenopausal women. The findings showed that regular exercise significantly reduced symptoms and improved physical, mental, and overall well-being.

Language

- -Tamil
- -English

Internship


- Completed physiotherapy internship at KMC Hospital, managing diverse inpatient and outpatient cases.
- Performed detailed patient assessments and planned individualized treatment programs.
- Gained hands-on experience in orthopedic, neurological, and post-surgical rehabilitation.
- Assisted in ICU and ward-based physiotherapy care.
- Applied evidence-based physiotherapy techniques to improve patient recovery.
- Worked closely with doctors and multidisciplinary healthcare teams.
- Conducted regular progress evaluations and modified treatment plans.
- Provided patient and family education on exercises and injury prevention.
- Improved patient mobility, strength, and functional independence.
- Developed strong clinical skills, professionalism, and patient-care confidence.

postings

- Sundaram Medical Foundation (anna nagar)
Indian Red cross society (Egmore)
Gremaltes hospital (Shenoy Nagar)

Declaration

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

Signature: 
Akshaya . A