

J. BOAZ, MPT Orthopedics

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Professional Summary

Multifaceted **Physiotherapist (MPT Orthopaedics)** and **Ph.D. candidate** with clinical, hospital consultancy, academic, paediatric training, and workplace ergonomics experience. Consultant Physiotherapist at Faith Hospital with proven skills in evidence-based orthopaedic rehabilitation, manual therapy (IASTM, dry needling, kinesiology taping), and functional restoration for complex inpatient and outpatient cases. Certified in **Palliative Care** and experienced in compassionate multidisciplinary management. Skilled paediatric physical-development trainer who creates play-based programs to improve motor skills, balance, strength, and coordination. Part-time Associate Ergonomic Consultant (from Nov 2025), conducting workstation assessments, recommending practical interventions, and delivering employee training to reduce musculoskeletal risk and support return-to-work. Strong communicator and mentor who translates research into practice and provides measurable improvements in patient function and workplace well-being.

Core Skills

- **Clinical & Technical:** Orthopaedic rehabilitation; Manual therapy; IASTM; Dry needling; Kinesiology taping; Paediatric physical development; Palliative care
- **Ergonomics & Occupational Health:** Workstation assessment; Risk identification; Equipment recommendations; Return-to-work planning; Employee training
- **Professional & Academic:** Patient education; Interdisciplinary collaboration; Mentoring; Curriculum delivery; Clinical research; Community outreach
- **Tools:** MS Office; clinical documentation; outcome measurement tools

Professional Experience

Associate Ergonomic Consultant (Part-time) — [*Ergonomic India Health Care Pvt*], Chidambaram Nov 2025 – Present

- Conduct ergonomic risk assessments for office and industrial workstations and identify musculoskeletal hazards.

- Recommend workstation modifications, assistive equipment, and posture strategies to improve comfort and productivity.
- Deliver employee training on safe postures, microbreak strategies, and injury prevention; support return-to-work planning.

Physiotherapist — *TrustTheChild Montessori School, Chennai Sep 2024 – Present*

- Design and deliver play-based physical development programs to improve motor milestones, balance, coordination, and strength.
- Create individualized therapy plans and collaborate with parents and teachers to ensure carryover and progress tracking.

Lecturer, Physiotherapy — *UCA College of Paramedical Sciences, Chennai Aug 2023 – Nov 2024*

- Taught theory and practical modules; integrated clinical case studies and evidence-based protocols into teaching.
- Supervised student research projects and clinical skill development; provided structured feedback and assessment.

Physiotherapist — *Evolve Physiotherapy and Wellness Clinic, Chennai Jan 2020 – Jan 2021*

- Managed musculoskeletal caseload using individualized, evidence-based treatment plans and objective outcome measures.
- Educated patients and caregivers on home exercise programs and self-management strategies.

Consultant Physiotherapist — *Faith Hospital (WBS), Chennai 2019 – Present*

- Lead community health camps and outreach programs to promote early screening, prevention, and access to rehabilitation.

Self-Practice — *Chennai 2019 – Present*

- Established and managed an independent practice delivering personalized care for musculoskeletal disorders and functional restoration.

Clinical Internships — *Saveetha Medical College & Hospital; Mehta's Hospital; Vels Medical College & Hospital*

Education

Doctor of Philosophy (Ph.D.) - Hindustan Institute of Technology and Science
(Pursuing)

Master of Physiotherapy (Orthopaedics) - Vels School of Physiotherapy,
VISTAS, 2023 -72%

Bachelor of Physiotherapy - Saveetha College of Physiotherapy, Saveetha
University, 2019 -70%

Higher Secondary (12th) - Madras Christian College Higher Secondary
School, 2015 - 84%

Secondary (10th) - Madras Christian College Higher Secondary School, 2013-
92%

Research & Projects

- **Postgraduate:** *Influence of cervical spine rehabilitation on pain and quality of life in temporomandibular joint disorder* - clinical protocol design and outcome evaluation.
- **Undergraduate:** *Influence of ankle mobilization and active stretching on low back pain in pronated foot subjects* - clinical trial assessing manual therapy and exercise effects.

Certifications & Professional Development

- **Palliative Care Certificate** - [Indian Association of Palliative Care] 2024
- Workshops and certifications in manual therapy, dry needling, IASTM, paediatric physiotherapy, and workplace ergonomics.
- Regular participation in conferences and continuing professional education.

Additional Information

Languages: Tamil, English

Interests: Music, playing musical instruments

Personal Details

Name: J. Boaz **Date of Birth:** 23/06/1998 **Marital Status:** Single

Declaration I affirm that the information provided above is accurate and true to the best of my knowledge.

Place: Chennai **Date:** 29/12/2025

Yours faithfully,

Boaz J