

BOTHSA SATYANARAYANA

PHYSIOTHERAPIST

PROFESSIONAL SUMMARY

Highly motivated and patient-centered Physiotherapist, with a strong interest in neurological rehabilitation and experience in managing conditions such as stroke, spinal cord injury, and other neuromuscular disorders. Skilled in comprehensive assessment, clinical reasoning, and goal-oriented treatment planning using evidence-based techniques to enhance functional recovery and patient independence.

Additionally experienced in orthopaedic, cardiopulmonary, and post-operative rehabilitation across diverse clinical settings. Proficient in exercise therapy, manual therapy, gait training, and patient education. Committed to continuous learning, multidisciplinary collaboration, and delivering high-quality, outcome-driven patient care.

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Visakhapatnam

EDUCATION

Masters of Physiotherapy (Neurology)

- VAPMS College Of Physiotherapy

Bachelor of Physiotherapy | 2018-2023

- Sree rama educational trust college of physiotherapy (2018- 2023)
- 62.5%

Intermediate | 2017-2018

- Narayana Junior College (2017 – 2018)
- 92 %

SSC | 2016

- Sri krishna vidya peet (2016)
- CGPA -7.5

PROFESSIONAL EXPERIENCE

**Maharaja Institute of Medical Sciences (MIMS),
Nellimarla, Vizianagaram | 6 Months**

- Provided physiotherapy interventions to patients across all age groups, from adolescents to geriatric populations
- Completed clinical rotations in Neuro ICU, Neurosurgery, Pulmonary ICU, General Medicine (GM), and Medical ICU (MICU), contributing to the management of critically ill patients and multidisciplinary rehabilitation.
- Managed a variety of conditions including Cerebral Palsy, Parkinson's disease, meningitis, ACL injuries, and hip/knee osteoarthritis
- Conducted patient assessments and evaluations for 10-15 outpatients per day, developing individualized treatment plans
- Assisted in implementing rehabilitation programs focusing on mobility, strength, and functional independence
- Collaborated with physiotherapists and healthcare professionals to deliver comprehensive patient care
- Supported rehabilitation of geriatric patients, emphasizing pain management and functional recovery
- Gained clinical exposure in Rural Health Centre (RHC) settings, managing community-based rehabilitation needs

CORE COMPETENCIES

- Neurological Rehabilitation & Neuro ICU Care
- Critical Care & Cardiopulmonary Physiotherapy
- Orthopedic & Post-operative Rehabilitation
- Emergency & Acute Care Physiotherapy
- Comprehensive Patient Assessment & Clinical Reasoning
- Rehabilitation Planning & Functional Training
- Manual Therapy & Spinal Mobilization Techniques
- Airway Clearance & Chest Physiotherapy
- Gait Training, Balance & Coordination Therapy
- Multidisciplinary Team Collaboration & Patient Education

CORE SKILLS

- Neurological Rehabilitation – Management of stroke, SCI, and neuromuscular conditions
- Cardiopulmonary Physiotherapy – Pre/post-operative care and breathing exercises
- Orthopedic Rehabilitation – Musculoskeletal and post-surgical recovery
- Pulmonary Rehabilitation – Chest physiotherapy and airway clearance techniques
- Pediatric Physiotherapy – Rehabilitation of developmental conditions
- Sports Physiotherapy – Injury management and return-to-sport training
- Chiropractic Techniques & Spinal Manipulation – Pain relief and mobility improvement
- Kinesio Taping – Muscle support and functional correction

SOFT SKILLS

- Effective Communication & Patient Counseling
- Patient Care, Handling & Empathy
- Clinical Documentation & Case Presentation
- Team Collaboration & Multidisciplinary Coordination
- Time Management & Adaptability
- Professional English Proficiency

King George Hospital (KGH), Visakhapatnam

- Delivered physiotherapy services across Neuromedicine, Neurosurgery, Emergency, and Neuro ICU settings
- Managed patients with neurological conditions including stroke, traumatic brain injury (TBI), and spinal cord injury (SCI)
- Implemented early rehabilitation protocols, including positioning, chest physiotherapy, and progressive mobilization
- Assisted in critical care management, focusing on prevention of complications and optimization of functional recovery
- Collaborated with multidisciplinary teams to ensure comprehensive, patient-centered care and improved clinical outcomes

VAPMS College of Physiotherapy, Visakhapatnam

- Provided physiotherapy care in Orthopedic and Neurological OPD settings
- Assessed patients and planned individualized rehabilitation programs
- Delivered exercise therapy, gait training, and pain management techniques, 2D gait analysis using GAITon and treadmill training.
- Educated patients on home exercise programs and posture correction

CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

- Advanced biomechanical corrections of extremities **(osteopathy and diversified peripheral manipulation) credit hours- 24 hours**
- Certified in BLS and COLS
- Participated in National physio education conference NPEC 2K24
- Participated in symposium on essential of orthopaedics for physical medicines.
- Participated in NSS 2024

PROJECT WORK

- Research project work on - Efficacy of static stretching versus proprioceptive neuromuscular facilitation (PNF) in delayed onset muscle soreness of calf muscles in runners.
- Research project work on Comparative effectiveness of real boxing vs modified constraint induced movement therapy on trunk performance and upper limb function in stroke patients.

EXTRACURRICULAR ACTIVITIES

- Secured Winner position at CUP-7, an inter-state level cricket tournament, demonstrating teamwork and competitive spirit
- Gained experience as an anchor/emcee for academic and cultural events, showcasing strong communication and stage management skills
- Presented poster presentations at academic programs, reflecting active participation in knowledge dissemination
- Delivered paper presentations on physiotherapy and clinical topics, highlighting research interest and presentation skills
- Actively participated in debates and academic discussions, enhancing critical thinking and public speaking abilities

LANGUAGES

- English – Full Professional Proficiency
- Telugu – Native Proficiency
- Hindi – Full Professional Proficiency