



SADAF ARIF SHAIKH



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Skills

Assessment and evaluation

Treatment Planning

Therapeutic exercises

Patient Education

Rehabilitation Techniques

Manual Therapy

Pain Management

Gait Analysis

Paediatric rehab

Neurology Rehabilitation

Reference

Sarath Nambiar - "Arogya Fitness and Physiotherapy Clinic"

Managing Director

www.arogyafitness.in

9496593960

Languages

English

Hindi

Malayalam

Urdu

Marathi

Arabic

Turkish

Objective

Diligent and effective graduate of Physiotherapist with four years of education and internship with 3 years of experience clinically. I aspire to work for the betterment of the patient using my Verbal skills and Extensive Physical related Knowledge. Looking for opportunities to bring my positive and caring personality to people's care

LICENSE AND CERTIFICATION

DHA/MOH License
DHA ID- 15309546




BLS Certificate
American Institute of Heart

Experience






Arogya Fitness and Physiotherapy Clinic *September*
Female Consultant Physiotherapist *2022 - July*
I have worked as Female Consultant Physiotherapist and *2025*
Paediatric Specialist at Arogya Fitness and Physiotherapy Clinic from
September 2022- June 2025.



- Conducted comprehensive patient assessments to diagnose physical conditions and develop personalised, evidence-based treatment plans.
- Managed a diverse caseload of 15–20 patients daily across orthopaedic, neurological, Paediatric and geriatric departments, including post-surgical and trauma cases.
- Administered a wide range of therapeutic interventions, including manual therapy, therapeutic exercise, electrotherapy, and gait training.
 - Monitored and evaluated patient progress, adjusting treatment plans as needed.
 - Educated patients and their families on home exercise programs, injury prevention
 - Maintained accurate and timely patient records using Electronic Health Records (EHR)
 - Collaborated effectively with a multidisciplinary team of doctors, nurses, and occupational therapists
 - Maintained up to date Physiotherapy records in line with Professional standards.

Education

-  **Kanachur college and institute of Physiotherapy** 2022
Bachelor of Physiotherapy
70% through the academic years
-  **A S and L S Patkar College of Science** 2016
HSCE
56%
-  **Bangur Vidya Bhawan** 2014
SSCE
80%

Projects

-  **ROLE OF PHYSIOTHERAPY IN COVID-19**
-  **MANUAL THERAPY**
For upper and lower extremities and spine
-  **EMERGENCY SKILLS**
CPR, BLS, ARIWAYS ADJUNCTS AND TRUMA CARE
-  **KINESIOTAPING FOR UPPER AND LOWER EXREMITIES**
IN ASSOCIATION WITH SPORTS AND TRAINING FEDERATION OF INDIA
-  **CHEST X-RAY INTERPRETATION**

ROLE OF PHYSIOTHERAPY IN CARDIAC REHAB-CRITICAL CARE
-  **DIVERSIFIED CUPPING THERAPY**
IN ASSOCIATED WITH SPORTS AND FITNESS- TRAINING FEDERATION INDIA
-  **DRY NEEDLING**
IN ASSOCIATED WITH SPORTS AND FITNESS-TRAINING FEDERATION INDIA

Achievements & Awards

-  MISS KANACHUR IN 2017 MISS KANACHUR IN 2022 First Runner Up in Poetry Competition Second Runner Up in Skit writing and conducting. Second Runner Up in costume Designing.