



Nithyanandan Jeyashankar  
Sports & Clinical Physiotherapist  
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### Professional Summary

Dedicated and results-driven physiotherapist with over 12 years of experience in clinical settings and elite sports environments. Specializing in manual therapy, injury rehabilitation, and performance optimization. Proven ability to deliver patient-centered care, manage complex musculoskeletal conditions, and support athlete recovery at the professional level. Licensed with DOH (GT28081) and DHA (Eligibility ID: 42402948).

### Key Skills

- - Sports Injury & Post-Surgical Rehabilitation
- - Manual Therapy (Mulligan, Maitland)
- - Osteopathy & Chiropractic Techniques
- - Trigger Point & Myofascial Release
- - Dry Needling & Cupping Therapy
- - Kinesio & Sports Taping
- - Posture Correction & Gait Analysis
- - Neuromuscular Rehabilitation

### Professional Experience

#### Head Physiotherapist

Modern Medical Center – Al Ain, UAE | Feb 2022 – Jan 2025

- - Delivered over 90% success rate in rehabilitation outcomes through tailored treatment plans.
- - Assessed and treated acute and chronic musculoskeletal conditions, including post-operative cases.
- - Led a multidisciplinary team, managing caseloads and ensuring quality care delivery.

#### Senior Physiotherapist

Acme Physiotherapy Center – Pune, India | Jan 2021 – Sep 2021

- - Developed evidence-based rehab plans, improving mobility and reducing patient pain.
- - Conducted comprehensive assessments on ROM, posture, balance, and strength.

#### Senior Physiotherapist

Sai Samruddhi Hospital – Mumbai, India | Apr 2014 – Dec 2020

- - Collaborated with physicians and therapists to create individualized care plans.
- - Provided therapeutic exercise programs and educated patients on safe movement practices.

### Team Physiotherapist

Pro Kabaddi League – Bengal Warriors | Aug 2018 – Mar 2019 & Jul 2015 – Aug 2015

- - Managed in-game and off-field injury recovery and rehab programs.
- - Conducted postural and gait analysis for performance optimization.

### Team Physiotherapist

Pro Kabaddi League – Jaipur Pink Panthers | Jan 2016 – Mar 2016

- - Led group education on injury prevention and recovery strategies.
- - Delivered individualized sports-specific rehab sessions.

### Physiotherapist

Saifee Hospital – Mumbai, India | Oct 2012 – Jun 2013

- - Guided patients through rehab exercises to improve strength and balance.
- - Motivated patients with functional goals focused on long-term health.

### Education

#### Master of Physiotherapy in Musculoskeletal & Sports

Rajiv Gandhi University of Health Sciences, India – May 2012

#### Bachelor of Physiotherapy

Rajiv Gandhi University of Health Sciences, India – May 2010

### Certifications & Licenses

- - DOH License (GT28081) | DHA Eligibility ID (42402948)
- - Diploma in Osteopathic & Chiropractic Techniques – OMT Training
- - Myofascial Cupping Therapy – Dip.MCP-OMT
- - Visceral Manipulation – Learnovate Dubai, Mar 2025
- - Spinal & Peripheral Manipulation – Learnovate, Apr 2025
- - Neuromyoskeletal Dry Needling Therapy
- - Kinetic Chain Activation – Physiotrains
- - Functional Rehab (DZMR, Swiss Ball) – IHFA
- - Clinical Neurodynamics
- - Basic Life Support (AHSI, Abu Dhabi – 2024)
- - Member, Indian Association of Physiotherapists (L-26378)

### Languages

- - English – Fluent
- - Hindi – Fluent
- - Tamil – Fluent
- - Malayalam – Intermediates