



# SHIBLA SHIRIN

## DHA REGISTERED PHYSIOTHERAPIST

### CONTACT

 Dubai, UAE

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 shiblashirin.physio@gmail.com

### SKILLS

- Patient Assessment & Diagnosis
- Exercise Prescription & Rehabilitation
- Posture Analysis & Correction
- Stroke Rehabilitation
- Manual Therapy Technique
- Injury Prevention Education
- Women's Health
- Orthopedic & Sports Rehabilitation
- Pediatric rehabilitation
- Post-operative Care Coordination
- Electrotherapy
- Patient Scheduling Optimization
- Neuromuscular rehabilitation
- Geriatric Rehabilitation
- Cardiovascular rehabilitation
- Respiratory physiotherapy
- Pain management
- Data Recording & Progress Monitoring

### SOFT SKILLS

- Empathy
- Active Listening
- Adaptability
- Motivational Interviewing
- Time Management
- Problem Solving Ability

### DIGITAL SKILLS

- SOAP Notes
- Microsoft Windows
- MS Office
- MS Excel
- MS Word

### PROFESSIONAL SUMMARY

As a **DHA Registered Physiotherapist** with nearly 4 years of experience in assessing, diagnosing and treating wide range of musculoskeletal, neurological, pediatric, geriatric and cardiopulmonary conditions. Skilled in developing personalized rehabilitation programs to restore mobility, reduce pain and improve patient outcomes. Strong problem-solving and communication skills, delivering personalized care to diverse patient populations.

### EXPERIENCE

**Physiotherapist** 12/2024 - Present  
**Al Hayat Center Home Nursing** – Dubai, UAE

- Evaluated and provided in-home physiotherapy treatment to individual patient needs, with focus on geriatric rehabilitation, chronic condition management and post-operative care
- Treating patients with neurological disorder, orthopedic conditions, post-stroke complications and mobility impairments.
- Delivered holistic care aimed at improving functional independence, pain management and quality of life.

**Physiotherapist** 01/2024 - 09/2024  
**We R Health** - Kerala , India

- Provide high-quality physiotherapy services to patient's focusing on pain management and functional improvement.
- Conducted initial assessment and ongoing evaluations to track patient progress and adjust treatment plans accordingly.
- Managed diverse caseload of patients, implementing evidence-based physiotherapy techniques to achieve optimal outcomes
- Implemented therapeutic exercises and manual therapy techniques to optimize patient recovery.
- Collaborated with patients to educate and empower them on self-management techniques for long-term health.

**Physiotherapist** 12/2022 - 12/2023  
**First Neuro Brain & Spine Super Speciality Hospital** - Mangalore, Karnataka, India

- Collaborated with multidisciplinary healthcare teams including neurologist, physiatrist, occupational therapist, and speech- language therapist.
- Provided physiotherapy support to patients with neurological conditions such as stroke, spinal cord injury, multiple sclerosis, GBS, diabetic neuropathy and PD's and others.

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## PERSONAL DETAILS

- Nationality: Indian
- Date of Birth: 06-02-1996
- Marital Status: Married
- Visa Status: Spouse Visa
- Passport no: V8554992
- DHA Unique ID: 10285875

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## EDUCATION

### Bachelor of Physiotherapy

Nitte Institute of Physiotherapy -  
Mangalore, India

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## LANGUAGES

- English
- Hindi
- Malayalam
- Kannada
- Arabic (basic)

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## WORKSHOPS ATTENDED

- Integrated Approaches in Pediatrics
- Pregnancy and Post Pregnancy Fitness
- Non- Invasive Pelvic Floor Rehab Practitioner

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## CERTIFICATIONS

- AHA BLS
- CPD CERTIFIED MUSCULOFACIAL RELEASE THERAPY
- CPD CERTIFIED THERAPEUTIC TAPING SPECIALIST

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## MEMBERSHIP

- Member of Indian Association of Physiotherapist (IAP) L-50693

- Assisted in developing and implementing individualized rehabilitation program under the supervision of PMR and senior physiotherapist.
- Gained hands-on experience with neuro rehabilitation techniques, including balance training, gait therapy, proprioceptive neuromuscular facilitation (PNF) and functional electrical stimulation (FES).
- Monitored and documented patient progress, adjusting treatment plans as necessary and helped design and modify individualized therapy plans to enhance motor recovery, balance and gait re-education.
- Developed patient education material for home-based neuro exercises, improving compliance in outpatient follow-ups.

### Physiotherapist

03/2021 - 11/2022

**KIMS Sunrise Hospital** - Kasaragod, Kerala, India

- Assisted in the rehabilitation of patients recovering from fractures, joint replacements, ligament injuries and spinal surgeries.
- Conducted patient assessments focusing on ROM, muscle strength, pain levels and functional limitations.
- Applied manual therapy techniques, electrotherapy modalities and supervised therapeutic exercise programs for pre & post-operative care.
- Guided patients through progressive mobility and strengthening exercises to restore independence in daily activities.
- WOMENS HEALTH- Assisted in managing conditions such as incontinence, pelvic organ prolapse, diastasis recti and post- natal musculoskeletal pain.
- Educated patients on ergonomics, breathing techniques and postpartum recovery.
- Gained extensive experience in both inpatient and outpatient setting with strong emphasis on patient education and long-term recovery.

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## AREA OF EXPERTISE

- Neurology and pediatrics, musculoskeletal and Orthopedic, women's health cardiopulmonary and geriatric
- Departments worked in - Ortho, ICU, Neuro pediatrics, gynecology, surgery
- Modalities handled- TENS, US, IFT, EMS, Shockwave, UVR, Traction
- Equipment familiar with - Thera band, dumbbell, exercise ball, stationary bike, treadmill
- Special cases dealt- Craniotomy, GBS, TBI, Sports injuries