

# DEEPTHI CHEENIKKATHODY

## DHA Eligible Physiotherapist

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DHA Unique ID: 48117090 | Availability: Immediate | Visa: Job Seeker



### PROFESSIONAL SUMMARY

DHA-eligible Physiotherapist with nearly four years of hands-on experience in musculoskeletal, neurological, pediatric, and rehabilitation physiotherapy within high-volume OPD and multidisciplinary healthcare settings. Skilled in comprehensive patient assessment, individualized treatment planning, manual therapy, therapeutic exercises, and electrotherapy modalities to optimize recovery and functional outcomes. Proven ability to monitor patient progress, maintain DHA-compliant clinical documentation, and collaborate effectively with doctors and healthcare teams. Available for immediate joining.

### LICENSING & REGISTRATION

- DHA Eligibility Letter Holder, DHA Unique ID : 48117090
- Kerala Association for Physiotherapists'Co-ordination (KAPC Register No: 6250).

### CORE CLINICAL COMPETENCIES

- Comprehensive Patient Assessment & Medical History Evaluation
- Individualized Treatment Planning & Progress Monitoring
- Manual Therapy & Soft Tissue Techniques
- Therapeutic Exercises & Functional Rehabilitation
- Musculoskeletal & Post-operative Rehabilitation (ACL, TKR, THR, fractures)
- Neurological Rehabilitation (Stroke, SCI, Parkinson's, CP)
- Pediatric Physiotherapy & Developmental Programs
- Electrotherapy Modalities (IFT, TENS, Ultrasound, EMS, Traction, Wax Therapy)
- Patient & Family Education (Posture, Exercises, Lifestyle Modifications)
- Clinical Documentation (DHA-compliant)
- Multidisciplinary Team Collaboration
- Infection Control & Professional Standards

### PROFESSIONAL EXPERIENCE

Physiotherapist – National Health Mission (NHM)

Palakkad, Kerala, India | 2021 – 2025

- Conducted comprehensive patient assessments including physical examinations and medical history evaluations
- Developed and implemented individualized physiotherapy treatment plans based on patient needs and conditions
- Delivered physiotherapy interventions including manual therapy, therapeutic exercises, electrotherapy, and rehabilitation techniques
- Treated 150+ musculoskeletal patients monthly (post-fracture rehab, ACL, TKR, THR, spinal disorders, chronic pain)
- Provided neurological rehabilitation for 100+ patients per month (stroke, SCI, Parkinson's disease, cerebral palsy)
- Delivered pediatric physiotherapy programs for developmental delay and functional improvement
- Monitored patient progress and updated treatment plans to ensure optimal recovery
- Educated patients and families on exercises, posture correction, and lifestyle modifications
- Maintained accurate patient records in compliance with clinical and regulatory standards
- Collaborated closely with orthopedic, neurology, pediatric, and pulmonology teams for multidisciplinary care
- Ensured adherence to infection control, safety, and professional standards

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## INTERNSHIP EXPERIENCE (Nov 2017 – Jun 2018)

- EMS Memorial Co-operative Hospital, Malappuram (2 months) – Post-operative orthopaedic and ICU rehabilitation.
- ICCONS, Palakkad (2 months) – Neurological and paediatric rehabilitation, balance and gait training.
- Elite Mission Hospital, Thrissur (2 months) – Sports injury management and return-to-sport training.

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## EDUCATION

- Master of Physiotherapy (MPT) in Musculoskeletal & Sports (First Class) – Kerala University of Health Sciences (Oct 2018 – Oct 2021)
- Bachelor of Physiotherapy (BPT) (First Class) – Kerala University of Health Sciences (Aug 2013 – Jun 2018)

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## CERTIFICATIONS & WORKSHOPS

- Dry Needling – IHFA Kochi (2024)
- Manual Trigger Point Therapy & Functional Taping – Bethany College -2023
- Spinal Cord Injury Rehabilitation Workshop – Bethany College-2019
- Electrotherapy Workshop – Indian Association of Physiotherapists (IAP), Thiruvananthapuram-2019

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## SOFT SKILLS

- Compassionate patient-centered care | Strong communication | Empathy | Patient motivation | Team collaboration

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## RESEARCH PROJECT

The Effects of Isolated Hip Abductor and External Rotator Strengthening on Pain, Function, and Hip Strength in Females with Patellofemoral Pain.

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## LANGUAGES

English – Fluent | Hindi – Intermediate | Tamil – Intermediate | Malayalam – Native

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**REFERENCES:** Available upon request