

George Joseph Anicattil

Physiotherapist

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Dynamic and dedicated Physiotherapist with close to 2 years of clinical experience, holding DHA license 41226223 and IAP license. Passionate for patient care and continuous learning, offering strong expertise in all disciplines, comprehensive outpatient and inpatient assessments, and tailored program design and treatment. Committed to delivering safe, high-quality, and ethical patient care through evidence-based treatment planning in fast-paced, multidisciplinary healthcare environment

EXPERIENCE

Clinical Physiotherapist

October 2024 – Till Date

Yenepoya Medical College Hospital, Mangalore, India

- Orthopedic and manual therapy focused physiotherapist with comprehensive experience in a medical college.
- Skilled in OPD and IPD management across orthopedics, ICU and critical care, post-surgical rehabilitation, cardiopulmonary, neurological, obstetric, and pediatric cases, achieving 70 – 80% favorable functional recovery outcomes through evidence-based interventions.
- Proficient in-patient assessment, evidence-based rehabilitation planning, and multidisciplinary clinical coordination

Fellowship/Trainee

November 2021 – June 2022

St. John's Medical College, Bangalore

- Trained under the principles of Orthopedics, pediatrics and Community Physiotherapy in both inpatient and outpatient departments.
- Planned individually designed treatment programs to restore, maintain and improve physical functioning, alleviate pain and prevent disability
- Maintain positive working relationship with fellow staff and management

Internship

May 2021 – October 2021

Kempegowda Institute of Physiotherapy, Bangalore, India

- Evaluated and treated wide range of conditions, including chronic and acute pain, post-operative and degenerative conditions.
- Worked under all electives of physical therapy form Ortho, Neuro, Cardio, Peds to CBR, Medicine and surgery (Both OP and IP cases).
- Recorded detailed prognosis, responses and progress notes in patients' charts.

EDUCATION

MPT - Masters of Physiotherapy: Orthopedics and Manual Therapy

September 2024

Yenepoya Physiotherapy College (YPC) - Mangalore, India

BPT - Bachelor of Physiotherapy

October 2021

Kempegowda Institute of Physiotherapy (KIMS) - Bangalore, India

University Rank Holder in Research Methodology & Biostatistics during final year of Undergraduate degree (RGUHS)

CERTIFICATION

- Certified Advanced Functional and Prehab Cupping Therapist (CAFCTP)
- Certified Dry Needling Therapist (CDNT)
- Certified Instrument Assisted Soft Tissue Mobilisation Therapist (CIASTMT)
- Certified Manual Therapist (CMT)
- Certified in Vestibular Rehabilitation
- Certified in Psychology of Stress, Health and Well-Being
- Certified in Human Resources Development

RESEARCH / PROJECTS

- **PG research** – Effect of Maitland mobilization versus Ultrasound Therapy on pain and range of motion patients with osteoarthritis knee, an Experimental study
- **UG research** – Virtual Sensory feedback for Gait in neurological patients a Literature review

SKILLS

- Evidence Based Practice
- Patient-Centered Care
- Clinical Documentation
- Treatment planning & rehabilitation
- Manual Therapy & Therapeutic Exercise
- Pain Management & Injury Prevention
- Multidisciplinary Team Coordination
- Excellent Communication Skills
- Quick learner and stability to apply new skills
- Time management proficiency
- Dynamic, multitasking & committed to professional growth with leadership qualities
- Excellent record of teamwork dependability, dedication, stability and perseverance

CONFERENCES & WORKSHOPS

- Attended the Clinical Update on Role of Physiotherapy in Oncology Held by HCG, The Specialist in Cancer Care
- Attended Workshop on Radiology & Imaging elevating Physiotherapy Practice conducted by Dayananda Sagar College of Physiotherapy
- Attended workshops organized by Yenepoya Physiotherapy College, which includes Cancer Awareness & Mental Health and Research methodology
- Attended Annual Conferences of Indian Association of Physiotherapists conducted by the Indian Association of Physiotherapist

CO-CURRICULAR ACTIVITIES

- Actively involved as volunteer/trainer in the summer camps for children organized by Indian Social & Cultural Centre, Abu Dhabi
- Actively participated in Arts and Sports Competitions and have won laurels to both school and colleges

LANGUAGES

- English
- Hindi
- Malayalam
- Kannada
- Tamil