

# ABHISHEK PATEL

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## Professional Summary

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Physical therapist licensed in New York and holding a Bachelor's in Physical therapy seeks a full-time position. I have experience creating and implementing rehabilitation plans for patients with musculoskeletal conditions, focusing on individualized care and achieving the best possible results.

## Experience

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**Student Intern**, Roswell Park Comprehensive Cancer Center, Buffalo **August 2024 - December 2024**

- Gained hands on experience in clinical exercise testing and assessment, including conducting functional tests, breathing tests, and submaximal exercise tests, to support the evaluation and management of patients in a clinical oncology research setting.
- Assisted with the implementation of data collection procedures for web-based surveys, and synthesizing data extracted from electronic health records to support retrospective clinical research studies.

**Physical Therapist**, Spinex International Physiotherapy and Rehabilitation Center, Surat **January 2023 - June 2023**

- Implemented and customized physiotherapy techniques: Utilized exercise therapy, electrotherapy, massage, and mobilization to treat musculoskeletal issues and sports injuries for over 30 patients.
- Led multidisciplinary collaboration: Coordinated with a team to ensure comprehensive patient management and optimize therapy effectiveness.
- Provided patient education: Conducted individualized training on posture correction, injury prevention, and home exercise programs to promote long-term wellness.
- Maintained detailed patient records: Documented treatment progress, therapy modifications, and patient responses to ensure continuity of care.

**Physical Therapist**, Manveer Clinic & Physiocare, Surat **July 2022 - December 2022**

- Delivered comprehensive patient assessments: Evaluated movement patterns, strength deficits, and functional limitations to design targeted rehabilitation strategies for diverse musculoskeletal conditions.
- Enhanced patient outcomes through progressive rehabilitation: Integrated advanced physiotherapy techniques, including neuromuscular re-education and therapeutic exercises, to accelerate recovery and restore optimal function.
- Provided post-surgical rehabilitation: Assisted patients recovering from orthopaedic surgeries, such as ACL reconstruction and joint replacements, with structured therapy programs.

**Intern Physical Therapist**, Shree Prannath Hospital and Lokhat Hospital, Surat **October 2021 - April 2022**

- Conducted exhaustive assessments and treatments: Applied post-surgery care to 60+ patients in cardiopulmonary, pediatrics and orthopedics departments, delivering tailored therapeutic interventions.
- Demonstrated teamwork and collaboration: Assisted fellow interns and healthcare professionals in executing daily rehab regimens, showcasing strong teamwork and support.

## Projects

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**Intern**, The Saravajanik College of Physiotherapy, Surat **October 2021 - April 2022**

### ASSOCIATION BETWEEN SELF-PERCEIVED AND MEASURED PHYSICAL FITNESS AMONGST PHYSIOTHERAPY STUDENTS.

- Aim of study was to find relationship between self-perceived and measured physical fitness of physiotherapy students.
- Physical fitness components such as height, weight, BMI, cardio-respiratory endurance, grip strength, leg power, skin folds measurements and self-perceived fitness questionnaire were deliberated.
- Results indicated significant correlation between self-perceived and weighed physical fitness in areas of strength, vertical jump, body composition, flexibility except endurance.

## Education

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**Masters in Exercise Science (GPA: 3.97)** **August 2023 - December 2024**  
University at Buffalo, New York

**Bachelors of Physiotherapy (First Class)** **September 2017 - April 2022**  
Veer Narmad South Gujarat University, Surat, Gujarat

## Personal Competencies

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- Clear and concise verbal and written communication skills to interact with patients, colleagues, and other healthcare professionals.
- Assessment and evaluation of client ailments and physical abilities.
- Ability to understand and empathize with patients' needs, concerns, and emotions, while providing compassionate care and support.
- Clinical reasoning and decision making to modify treatment plans as necessary.

## Certificates

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- Cardiopulmonary Resuscitation (Training aided by American Heart Association)