

Professional Summary

Seeking a Physical Therapist (Licensed) position where I can leverage my expertise and passion for improving lives through comprehensive patient care and rehabilitation. Proven ability to develop and implement personalized treatment plans, optimize patient outcomes, and collaborate with healthcare professionals.

Skills

- **Patient Assessment:** Vital signs, Manual Muscle Testing (MMT), Range of Motion (ROM), Pain Scales (VAS), Fall Risk Assessment.
- **Therapeutic Modalities:** TENS, Ultrasound, Shortwave Diathermy (SWD), Interferential Therapy (IFT), Electrical Muscle Stimulation (EMS), Continuous Passive Motion (CPM), Pneumatic Compression.
- **Manual Therapy:** Joint Mobilization, Neural Stretching, Soft Tissue Manipulation, Cupping Therapy.
- **Rehabilitation Techniques:** Strengthening with TheraBand, Stretching Ropes, Pulleys, Shoulder Wheel, Gait Training.
- **Cardiac Rehabilitation:** Passive Range of Motion (PROM), Spirometry, ICU/CCU Care.
- **Neurological Rehabilitation:** Neurodevelopmental Techniques, Sensory-Motor Integration, Pediatric Neurological Care.
- **Geriatric and Home-Based Care:** Home Visits, Personalized Care Plans, Functional Training.
- **Documentation and Record Management:** Patient Progress Monitoring, Re-Evaluations, Treatment Plan Adjustments.
- **Team Collaboration:** Working with Multidisciplinary Teams (Doctors, Nurses, Cardiorespiratory Therapists).

Experience

Energize Physical Therapy

NY, USA

Physical Therapist

June 2025-Present

- Conduct Initial Evaluations, Progressive Evaluations, and prepare Standard Notes using EMR Web PT, ensuring accurate and timely documentation of patient treatment and progress.
- Prepare Plan of Care (POC) for every new patient and update it for ongoing patients to ensure individualized and effective treatment strategies.
- Treat patients across all age groups with orthopedic and neurological conditions, utilizing advanced therapeutic techniques such as manual therapy, cupping, IASTM, and Kinesiology Taping (KT Tape) to enhance mobility, alleviate pain, and promote functional recovery.

Thera-Aide Rehab

NJ, USA

Physical Therapy Intern

February 2025-May2025

- Conducted thorough initial evaluations, including vital signs, manual muscle testing (MMT), range of motion (ROM), pain scales (VAS), fall risk assessments, and special orthopedic and neuro tests.
- Applied therapeutic interventions such as TENS, ultrasound, hot and cold packs, TheraBand for strengthening, stretching ropes, pulleys, and shoulder wheel to improve range of motion; incorporated neural stretching and joint mobilization techniques to reduce pain and enhance mobility.
- Maintained accurate patient records by WebPT software and performed monthly re-evaluations to monitor progress and adjust care plans.

Arham Physio Clinic

Vadodara, India

Physical Therapist

July 2022-July 2023

- Independently assessed patients during initial visits, performing thorough evaluations, and designing individualized treatment plans.
- Managed a diverse patient caseload with orthopedic, neurological, and geriatric conditions, utilizing evidence-based interventions.
- Delivered both in-clinic and home-based therapy, conducting daily 3–4 home visits arranged through the clinic and personal outreach.
- Administered various electrotherapy and rehabilitation modalities, including TENS, SWD, IFT, EMS, CPM, ultrasound, and pneumatic compression devices.
- Provided hands-on manual therapy and cupping therapy techniques to enhance tissue healing, reduce pain, and restore function.

Bankers Heart Institute

Physical Therapist Intern

Vadodara, India

March 2022-April 2022

- Participated in cardiac rehabilitation, collaborating with doctors, nurses, cardiorespiratory therapists, and case managers to provide comprehensive care in the ICU, ICCU.
- Observed and performed passive range of motion (PROM) exercises in ICU patients to prevent deep vein thrombosis (DVT), maintain joint range of motion, and enhance blood circulation.
- Administered spirometry to prevent lung collapse and improve respiratory function in postoperative and critically ill patients.

Shukan Multispecialty Hospital

Physical Therapist Intern

Vadodara, India

February 2022-March 2022

- Rotated through neurology and cardiopulmonary rehab units.
- Accommodated interventions focused on spasticity management, improving muscle tone regulation, gait training, and community ambulation.

Kashiba Children's Hospital

Physical Therapist Intern

Vadodara, India

January 2022- February 2022

- Observed and assisted in the treatment of pediatric neurological cases, including cerebral palsy (CP) and developmental delays.
- Supported therapists in implementing neurodevelopmental techniques and sensory-motor integration exercises.

GMERS Hospital

Physical Therapist Intern

Vadodara, India

November 2021-January 2022

- Worked in the musculoskeletal department, assisting in the assessment and rehabilitation of patients with orthopedic and post-surgical conditions.
- Observed and assisted with therapeutic exercise regimens aimed at restoring strength, flexibility, and functional movements.

Education

Long Island University

Masters in Exercise Science and Kinesiology

New York, USA

September 2023-May 2025

BITS Institute of Physiotherapy

Bachelor of Physiotherapy

Vadodara, India

October 2017-May 2022

Certifications

- Licensed Physical Therapist-New York State 2025
- Corrective Exercise Specialist & Certified Nutrition Coach -NASM 2025
- Cupping Therapy Workshop-July 2021