



NIRMALA YADAV

Physiotherapist

PROFILE

I am a compassionate and motivated individual seeking to build my career. My academic and clinical experiences have provided me with a solid foundation in anatomy, physiology, and rehabilitation techniques. I am committed to providing quality care to patients and have experience working with diverse populations.

➤ WORK EXPERIENCE

- **PHOENIX PHYSIOTHERAPY & REHABILITATION CENTER, MUNSHIPULIA, LUCKNOW**
Worked as a Physiotherapist from March, 2023 to August 2023.
- **SHEKHAR HOSPITAL, INDIRA NAGAR, LUCKNOW**
Working as a Physiotherapist from Sep. 2023 till present.

● JOB RESPONSIBILITIES

- Managing OPD and IPD patients.
- Successfully managed NABH Audit.
- Conducting comprehensive assessments of patients' physical conditions.
- Designing and implementing individualized treatment plans based on patient needs and goals.
- Utilizing various therapeutic modalities and techniques, including manual therapy, exercise therapy, and electrotherapy.
- Educating patients and their families about injury prevention, home exercises, and lifestyle modifications.
- Collaborating with multidisciplinary teams to provide integrated care.
- Maintaining accurate and up-to-date patient records and progress notes.

➤ INTERSHIPS

- **REGENCY MULTI SUPER SPECIALITY HOSPITAL**
Physiotherapist, Aug.2022 to Feb 2023.
- **DR.FAIZAL ALM KHAN CLINIC**
Physiotherapist, Dec.2019 to Feb. 2020.
- **DR. RAM MANOHAR LOHIYA HOSPITAL**
Physiotherapist, April.2019 to July 2019.





EDUCATION

- **INTEGRAL UNIVERSITY**
Bachelor of Physiotherapy with 70%, 2023
- **HIND INSTITUTE OF MEDICAL SCIENCES**
Diploma in Physiotherapy with 86%, 2018
- **VIVEKANANDA S K S S SCHOOL**
12th with 70% in 2016
- **VIVEKANANDA S K S S SCHOOL**
10th with 7.8 CGPA



PROJECT

"Evidence-based Physiotherapy Management for a Female with acute stage of Cervical Spondylitis"



WORKSHOPS AND SEMINARS

- Kashiphysio conference 2024.
- Attended workshops in taping and cupping therapy.
- Seminar on Stroke, Shock, and Arthritis.
- CME on Spinal Rehabilitation, Chandan Hospital.



CONTACT DETAIL

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