

Ritu Tomar

Ram Nagar Colony Bulandshahr,
UP
Pincode - 203001

+918630683008

ritu29790@gmail.com

Career Objective

Attentive Physical Therapy 1 year of hands-on experience helping clients regain movement and control pain after physical injury. Well versed in board range of planning, treatments, and modalities for restoring function and mitigating disabilities. Encouraging and motivated professional passionate about improving patient outcomes.

Education

BPT(Bachelor of Physiotherapy)
Galgotias University,
Greater Noida

8.33 CGPA , 2018-2022

12thStd (10+2) Up
board

75% & Pass Out Year - 2018

10thStd (Matriculation)
Lalta Prashad school
Up board

86% & Pass Out Year - 2016

Work Experience

- 2 year experience in NAVIN HOSPITAL, as a Physiotherapist.
- Clinical training in NAVIN HOSPITAL, for period of 1 year and 3 months.
- Completed 6 months mandatory internship from NAVIN HOSPITAL Greater Noida.

- During clinical posting and internship in this Hospital, I has been exposed to various Departments like,

Physiotherapy O.P.D

Orthopedic indoor

Intensive Care Unit (I.C.U)

Medical Indoor with Care Unit, Pediatric

Neonatal Intensive Care Unit (N.I.C.U).

Working as Physiotherapist in NAVIN HOSPITAL Greater Noida.

Clinical Data Management

- Basic Knowledge of Clinical Data Management
- Patients Data Entry
- OPD and IPD Data Management
- File Entry

System based skills

- MS-OFFICE (word, excel, power point)
- Operating system Windows

Skills

- Muscular skeletal and sports injuries & rehabilitation Mobilization techniques.
- Myofascial release
- Self-motivated and directed
- Peripheral joints manual therapy (upper and lower extremities) ● Stretching techniques in various physical conditions.

STRENGTHS:

- Able to handle cases independently.
- Good planning and Leadership quality.
- Dedicating team player
- Good Communication
- Strong interpersonal skills and self-confident

Personal Details

Name: Ritu Tomar

Father's Name: Suresh Kumar Tomar

Nationality: Indian

Language Known: English, Hindi

I hereby assure that the information in this document is true and accurate to the best of my knowledge.

