

## **RESUME**

**Dr.SAVITA SINGH (M.P.T ORTHOPAEDICS), Physiotherapist**

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### **OBJECTIVE**

**Seeking a challenging and rewarding position as per my expertise.**

### **CAREER PROFILE**

To obtain a position as a physiotherapist in a health organization that focuses in the field of Orthopedics. Professional and dedicated individual with around fourteen years experience as a physiotherapist. Demonstrated and articulated sound clinical reasoning in treatment planning, implementation and monitoring of patient progress. Guided students in the proper functioning of the department, maintain the intra and inter departmental discipline and to finalize the treatment decisions of patients made by students.

### **Professional strengths:**

- Possess around Fourteen years of working experience in the mentioned field
- Excellent command over written and oral communication
- Ability to build good relationship with students and patients from diverse backgrounds
- Sensitive, tactful, tolerant and patience.
- Possess excellent problem solving and practical skills
- Broad knowledge of new technologies and medical equipment
- Extensive knowledge of the techniques of improving body movements, restoring mobility and strengthening muscles
- Knowledge of hydrotherapy , electrotherapy and exercise therapy.

### **Responsibilities included:**

- Planning and coordination of learning activities in the department.
- Worked as a faculty in Accreditation work.
- Worked in Quality project work.
- Attending workshops & seminars on Self study report.
- Working in examination committee.
- Participate in teaching and assessment.
- Supervision of students.
- Planning and developing teaching material.
- Guiding and counseling in student matters related to their academic welfare
- Supervising students on clinical placement.
- Treating and helping patients recover from accident, illness or injury.
- Evaluation of treatment of Orthopedic & neurological cases.
- Supervise, instruct and assess students in clinical work.
- Implementation of college policies as a member of the college management committee.
- Coordination in various fields as per the department's needs and requirements.
- Assigned the tasks of planning and implementing individual intervention in collaboration with the patient by using graded exercises
- Evaluation of treatment of Orthopedic cases
- Handled the responsibilities of monitoring and evaluating treatment to measure the progress and ensure effectiveness of the intervention
- Performed the tasks of going for rounds with the concerned consultant and gaining referrals
- Performed various treatments for patients.

### **MAJMAAH UNIVERSITY JOB DUTIES:**

#### **Clinical Responsibilities**

1. Taking students of Graduation level (BPT) for clinical classes to Hospital.
2. Demonstration of therapeutic exercises and modalities on patients for different intervention.

3. To undertake an assessment of patients, using clinical reasoning skills and manual assessment techniques to provide a physiotherapy diagnosis of their condition.
4. Discussion of patient care, patient progress and involvement in discharge planning.
5. To motivate and encourage patients in an active approach to regaining and maintaining independence. This requires empathy, sensitivity and good interpersonal skills.
6. Communicating with patients of all ages who have a range of physical and psychological barriers to understanding.
7. To attain competencies for the safe use of all equipment and techniques before use.
8. To be responsible for maintaining accurate and comprehensive patient treatment records as Log book.

### **Teaching Responsibilities :**

1. Worked as a faculty member for German Accreditation in Majmaah University.
2. To be responsible for maintaining a portfolio.
3. Working as a member for “Framework for NCAAA” accreditation.
4. To be responsible for examination schedule and acting as a member in examination committee.
5. To be responsible for therapeutic exercise laboratory.
6. Responsible for taking lectures of various courses:
  - Medical massage
  - Occupational therapy
  - Therapeutic exercise.
  - PT for disorders of orthopedics and rheumatology.
  - PT for sports and Traumatology.
7. Responsible for handling of files and maintaining records of various activities conducting in college.
8. Working as a faculty member in Quality project.
9. To upload students work on website of D2L and e-portal, academic system of university.

10. Demonstration of therapeutic exercises and modalities to students for different intervention.
11. To actively participate in the in service training programs, tutorials, individual training sessions, external courses and peer review.
12. To deliver specific training to students and other professionals.
13. To maintain and develop current knowledge of evidence based/best practice in the areas of each rotation, demonstrating competent use of internet.

### **Job Responsibilities in Shri baba Mast Nath College, Rohtak**

1. Treating OPD patients including application of modalities (Ultra sound, laser therapy, TENS, stimulation, Short wave diathermy, traction unit) and advising home program.
2. Taking care of patients of admitted in IPD, applying physiotherapy treatment twice a day (morning & afternoon session).
3. Treating patients of different disorders, applying modalities, treatment by chest physiotherapy, by prescribing exercise regimen.
4. To be responsible for maintenance of records for patients of IPD & OPD.
5. Assessment of patients.
6. Treating and helping patients recover from accident, illness or injury.
7. Prescribing exercise as a home program and giving advice as precautions to be taken by patient.
8. Supervising specialist therapies such as hydrotherapy, electrotherapy and exercise therapy.
9. Delivering lectures to Graduate level students in various courses (exercise therapy, electrotherapy).
10. Supervision of students giving physiotherapy treatment to patients.

### **PROFESSIONAL EXPERIENCE**

- (Year & Month)
- Nov. 2002 -- Nov 2004 : Worked as a Physiotherapist in Shri Baba Mastnath College of Physiotherapy, Rohtak, Haryana
- Nov. 2007 –31 Jan 2010 : Worked as a Physiotherapist in Gaur Brahman College Rohtak(Haryana)

## **PRESENT OCCUPATION**

**27 February 2010 ---till date : Working as a Lecturer in Physiotherapy  
in "College of Applied Medical Sciences"  
,Al Majmaah.( Majmaah University)  
Saudi Arabia.**

## **PROFESSIONAL QUALIFICATION**

**MPT (Orthopaedics) : Passed in 1<sup>st</sup> Class from College of Applied  
Education and Health Sciences, Meerut (affiliated  
to Ch. Charan Singh Meerut University).  
July 2005 - July 2007**

**B.P.T : Passed in 1<sup>st</sup> Class from Baba Mastnath  
College which is affiliated to M.D. University,  
Rohtak. November 1998 – February 2002**

**INTERNSHIP : Had undergone training in Post Graduate  
Institute of Medical Sciences, Rohtak  
Haryana. 24.04.2002**

## **PRE-PROFESSIONAL EDUCATION**

**Higher Secondary : Passed in 1<sup>st</sup> Class from C.B.S.E  
(Model School, Rohtak)1995**

**High school : Passed in 1<sup>st</sup> Class from C.B.S.E.  
(Model School, Rohtak) 1997**

## **MERITS**

**Projects undertaken : A dissertation on "Comparative study of  
Cyriax and Mobilisation with Movement in  
chronic tennis elbow" was submitted and  
presented during the Masters program.**

**Field of special interest : Neuromusculoskeletal rehabilitation**

**Clinical Experience : Attended patients of orthopaedics &  
Neurological disorders**

## **PERSONAL PROFILE**

**Date of Birth** : 14 Nov. 1979.  
**Husband's Name** : Mr. Ajay Singh.  
**Gender** : Female.  
**Language Knowledge** : English & Hindi.  
**Marital Status** : Married.  
**Permanent Address** : House Number-1206  
Sector 21, Gurgaon  
Haryana. 01242366489  
Pin Code- 1220016  
**Nationality** : INDIAN  
**Email** : [singhsavita13@gmail.com](mailto:singhsavita13@gmail.com)

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**MPT -(Orthopaedics)**  
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