

PRATIKSHA ARYA

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6048 133a Street, Surrey, BC

V3X2K3

I am a focused Physical Therapist committed to helping patients manage pain and injuries. Skillful in monitoring results and prescribing exercises for long-term health. Communicative and reliable professional well-versed in collaborating with practitioners and adhering to treatment instructions, well versed in both acute and chronic care of a variety of conditions.

## WORK HISTORY

### 1. Physiotherapist

August 2015-November 2024

ALL INDIA INSTITUTE OF MEDICAL SCIENCES: Department of Cardiothoracic and Vascular Surgery, New Delhi, India

- Conducted preoperative as well as postoperative clinical assessment and evaluation to determine movement and needs of pediatric and adult cardiac surgery patients.
- Constructed physiotherapy treatment plans to increase functionality and strength of minimally invasive as well as open cardiac surgery cases like Coronary artery Bypass Grafting, Mitral Valve Repair, Double Valve Replacement, Arterial Switch Operation, ASD, VSD, TAPVC repair, etc.
- Planned and administered range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle reeducation within ICU.
- Educated patients and family members regarding diagnosis, injury prevention, and therapeutic treatments during preoperative and postoperative phases.
- Planned individually-designed treatment programs to restore, maintain and improve physical functioning, alleviate pain, and prevent disability throughout the hospital stay as well as during home based care.
- Wrote patient case notes and reports and collected statistics to develop and implement treatment plans.
- Conducted preoperative Pulmonary Function Testing, and formulated treatment plans to address conditions and needs of patients.

- Educated patients, families and caregivers on Home exercise program that complement Therapy sessions.
- Supervised student and junior physiotherapists and physiotherapy support workers to support Practice.
- Designed and reviewed treatment programs using manual therapy, therapeutic exercise and electrotherapy for CTVS staff in Physiotherapy OPD.
- Served, communicated and consulted as a member of interdisciplinary team for Cardiac Transplant patients.

## 2. Physiotherapist

October 2013- August 2015

ESIC MODEL HOSPITAL AND POSTGRADUATE INSTITUTE, New Delhi, India

- Managed acute and chronic conditions, especially, workplace hand injuries of factory workers with full understanding regarding complex therapy needs.
- Constructed physiotherapy treatment plans to increase functionality and strength for hand tendon injury patients, both conservatively managed and surgically repaired.
- Supervised clinical students, interns, technicians, and volunteers.
- Planned and administered range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle reeducation for orthopedic postoperative patients.
- Managed Outpatient Clinic for common musculoskeletal complaints like Back pain, Neck pain, knee pains and shoulder injuries.
- Played an active role in weaning patients from Ventilator in medical ICU.
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## EDUCATION

**Masters of Physiotherapy (Rehabilitation):** 2010-2012

Swami Vivekanand National Institute for Rehabilitation Training and Research, Cuttack, Odissa, India

**Bachelor's of Physiotherapy:** 2005-2010

Banarasidas Chandiwalla Institute of Physiotherapy, New Delhi, India

INTERESTS

- Early mobilisation in acute care.
- Shoulder, cervical and lumbar manual therapy.

HOBBIES

- I am a fairly good singer and semi classical dancer.

LICENSING

I have cleared PCE in August 2023 and currently preparing to appear for February 2025 ACEBC.

I am a Permanent Resident of Canada.