



**MPT (Sports)**  
**COMT (UK)**  
**CDNP (South Africa)**

## CONTACT

**PHONE:**  
6301152953

**EMAIL:**  
[divyachatla8@gmail.com](mailto:divyachatla8@gmail.com)

**ADDRESS:**  
#1178, Old MIG Colony, BHEL  
Township, RC Puram, Hyderabad,  
Telangana, 502032.

## LANGUAGES

English  
Telugu  
Hindi

# C. DIVYA

## PHYSIOTHERAPIST

### PROFILE

A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with patients and cares to maximize the rehabilitation of patients and to ensure understanding of complex clinical issues impacting on recovery. Excellent client facing skills and the ability to work closely with other health care professionals to assess a patient needs and devise suitable treatment plans for them.

### ACADEMIC QUALIFICATIONS

#### **MPT (Sports)**

2018 - 2020

Dr. NTR University of Health Sciences

Dissertation submitted on "Effectiveness of Cryotherapy and Mulligan's Mobilisations with Kinesiotaping in recreational Tennis players with Lateral Epicondylitis".

#### **BPT**

2005 - 2011

Dr. NTR University of Health Sciences

Project work submitted on "Patello Femoral Pain Syndrome commonly called as Runner's Knee".

#### **Bi.P.C (Intermediate)**

2003 - 2005

#### **SSC**

2002 - 2003

### WORK EXPERIENCE

#### **PHYSIOMAX Chiropractic & Physiotherapy Clinic**

Co-Founder & Managing Partner

2021 - Present

#### **Mythri Hospital, Mehdiapatnam**

Consultant Physiotherapist

2022 - Present

#### **Life Bridge physiotherapy clinic, Hyderabad, India**

Consultant Physiotherapist

2020 - 2021

#### **Nightingales Home Health Services, Hyderabad, India**

Senior Physiotherapist

2016 - 2018

## **AREAS OF EXPERTISE**

Musculoskeletal  
physiotherapy  
Orthopaedics  
Sports injuries  
Neurological conditions  
Geriatric Rehabilitation

## **SKILLS**

Chiropractor  
Communication Skills  
Patient Counselling  
Postural Assessment  
Dry Needling Practitioner  
Manual Therapist  
Group Therapy for Fitness

### **Freelance Physiotherapist, Bangalore, India**

2012 - 2014

### **Durgabai Deshmukh Hospital and Research Center, Hyderabad, India**

Intern

2011 - 2012.

## **ROLES**

- Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages.
- Evaluating, planning and delivering physiotherapy plans to meet the needs of individual patients.
- Supporting patients recovering from surgery.
- Ensuring all patient records are accurate and up to date at all times.
- Ensuring all medical documentation is stored correctly and kept confidential.

## **ACHIEVEMENTS**

- **Certificate in Orthopaedic Manual Therapy COMT (UK).**
- **Certified Dry Needling Practitioner CDNP (South Africa).**
- Successfully completed various workshops:
  - ‘Dry Needling’ in 2016.
  - ‘Manual Therapy Techniques’ in 2017.
  - ‘Principle and various techniques of Kinesiotaping’ in 2018.
  - ‘Gateway to Pilates’ in 2019.
  - ‘PNF techniques’ in 2020.
  - ‘Cupping Therapy’ in 2021.
  - ‘IASTM’ in 2021.
  - ‘Mat Pilates’ in 2021.
- Attended many Physio Conclaves conducted by various Hospitals and Physio foundations of India.
- Presentations on Ergonomics for employees at various MNCs like Mahindra, Times of India, Karvy, Kone Elevators pvt ltd, CME of Indian Association of Physiotherapists Women Cell Telangana.
- Award for the winning performance in DEBATE at Physiotherapy Conclave conducted by Nightingales Home Health Specialist at Bangalore in November 2016.
- Certificate of Clinical Excellence for showing good results in the treatment of a Stroke patient based on the feedback given by the patient’s son in December 2016.