

# KARTHIKA B

Binu Bhavan, Panniyali Omalloor, Pathanamthitta, Kerala, 689647, India

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## Experience

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### Govt Taluk Hospital Konni, Pathanamthitta

Aug. 2022 – Present

*Physiotherapist*

*Pathanamthitta, Kerala*

- Provided evidence-based physiotherapy interventions across various departments.
- Assessed patients and designed personalized treatment plans.
- Delivered interventions to improve mobility, functionality, and quality of life.
- Employed therapeutic modalities, exercise programs, and patient education to promote recovery and prevent future impairments.

### KCM Hospital Nooranad, Alappuzha

Aug. 2021 – Aug. 2022

*Physiotherapist*

*Alappuzha, Kerala*

- Provided comprehensive physiotherapy services to a diverse patient population in the departments of Orthopedics, Cardiorespiratory, and Neurology.
- Conducted assessments and developed customized treatment plans.
- Utilized therapeutic exercises, manual therapy techniques, and electrotherapy modalities.
- Collaborated with medical professionals and monitored patient progress.

### TIMS Physiotherapy Clinic, Trivandrum

Apr. 2021 – Jul. 2021

*Clinical Physiotherapist*

*Trivandrum, Kerala*

- Provided specialized physiotherapy services to patients in a clinical setting.
- Collaborated with a multidisciplinary team to assess, diagnose, and develop personalized treatment plans.
- Utilized manual therapy techniques, therapeutic exercises, and modalities to improve patients' functional abilities and alleviate pain.
- Monitored progress, adjusted treatment plans, and provided patient education.

## Education

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### Goutham College of Physiotherapy

Oct. 2015 – Mar. 2021

*Bachelor of Physiotherapy*

*Rajiv Gandhi of Health Sciences, Bangalore*

First Class (69%)

## Conferences and Seminars

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CPR and First Aid workshop, 2017

Pre-conference workshop, 2019

IAP conference in Bangalore, 2019

Dry needling workshop, 2019

Stroke Rehabilitation workshop, 2021

Integrated Stroke Rehabilitation, 2023

## Field of Interest

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Physiotherapy in Orthopedic

Neurology

Cardiorespiratory

Pediatrics

Geriatric

## Membership

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IAP - Reg No: L-55915

KAPC - Reg No: 4308

## Languages

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English

Malayalam