

# Albaraa Almashwakhi

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## EDUCATION

### Istinye University, Istanbul

Graduated: June 2024

Bachelor of Physiotherapy and Rehabilitation.

**Relevant Coursework:** Musculoskeletal Disorders 1,2, Therapeutic Exercise, Neurological Rehabilitation 1,2, Pediatric, Sports Injuries, Geriatric, Special issues.

## About me

Multilingual (English, Turkish, Arabic) physiotherapy graduate leveraging excellent communication skills and a patient-centered approach to empower individuals and guide them towards achieving their rehabilitation goals.

## EXPERIENCE

### **Orthopedic and Sport : 60 days of internship in IBB Cebeci Sport club.**

Where I met the professional athletes , experiencing a really amazing experience by how to treat international athletes .

### **Cardiopulmonary and Neurology Rehabilitation: A month in Liv Bahçeşehir hospital.**

Where I met ICU patients with high risk of death , experiencing pulmonary techniques and how to help ICU patients to get better in term of breathing and clearing the airway.

### **Neurology Rehabilitation: 60 days in GOP Medical Park.**

Where I met the neurology patients that they are suffering from loss of coordination, balance, spasticity, communication ,etc. by improving these symptoms in order to enhance the quality of life for who has neurology disability.

### **Pediatric Rehabilitation: A month özel yıldız özel eğitim.**

Where I met pediatric patient who has delay in the growth with various of diseases such as CP, Down syndrome, DMD, etc.

### **Special Issues Rehabilitation: A month Aktif Ortez Protez.**

Where I had experience with orthosis , for patients who has scoliosis, flat foot, etc.

### **Orthopedic and Manual Therapy: A month in RETAFIZ.**

Where I had a really good experience with manual therapy techniques either in mobilization or manipulation, to relieve the pain and enhance the quality of life for the patient. Experienced low back pain, ACL, frozen shoulder .

## **CERTIFICATES**

- **Certified Kenisio Taping Practitioner.**

23/10/2022

**Kinesio University**

- **Certified Clinical Dry Needling.**

15/10/2023

**PRIMEPHYSIO**

- **Certified Cupping therapy.**

25/6/2023

## **Languages**

- Arabic
- English
- Turkish

## **SKILLS**

- Critical Thinking
- Empathetic listening
- Problem Solving
- Team work
- Adaptability