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| **Dr. Shweta Tiwaskar (Kupatkar)**  **B.P.Th** (Sancheti Institute College Of Physiotherapy)  **E-mail**: shweta.kupatkar@yahoo.in **Mobile**: 9975276079/9158351166 |

# Professional Summary

**Proficient Medical practitioner with overall experience of 11 years,** working with Multi specialty Hospital as well as OPD based set up and as Consultant Physiotherapist. Received clinical exposure in both IPD (Trauma unit, spine unit, arthroplasty unit, cold unit) and OPD setup related to cases with adult and pediatric neurological affection, various orthopedic conditions (Pre and post op), Postoperative cardiac conditions, respiratory conditions, and cases associated with women’s health and preventive health care.

* Strongly self-motivated, willing to assume responsibilities.
* Ability to perform effectively and efficiently in a team and individually.
* Excellent organizational and communication skills, both oral and written.

# Work Experience

* Currently working as Consultant Physiotherapist at Portea Healthcare Services, Pune (Apr 2022 to till date).
* Clinical Physiotherapist at Sparsh Orthopedics and General Hospital, Sathe Wasti, Lohegaon, 0Pune. (Nov-2015 – Aug-2017) (Nov-2018 – Mar 2020).
* Physiotherapist at Inlaks & Budhrani Hospital, Pune (2011-2016).
* Worked as an intern at Sancheti Orthopedic Hospital and Rehabilitation Centre and Sasoon General Hospital, Pune in OPD, IPD and ICU setup.

# Roles and responsibilities

* Assessment and Evaluation: To determine patient’s specific needs and develop an appropriate treatment plan.
* Treatment Planning: Create a personalized treatment plan that addresses the patient's goals.
* Exercise and Rehabilitation: Guide patients through therapeutic exercises designed to improve their range of motion, strength, flexibility, and endurance.
* Manual Therapy: Employ manual therapy techniques to alleviate pain, improve tissue flexibility, and enhance overall function.
* Patient Education: Educate patients and their families about their condition, the importance of adherence to the treatment plan, and techniques for self-care.
* Equipment and Assistive Devices: Assess the need for assistive devices and provide recommendations for appropriate equipment.
* Progress Monitoring and Documentation: Regularly assess and document the patient's progress throughout the treatment process to measure the effectiveness of interventions and guides adjustments to the treatment plan as needed.
* Communication and Collaboration: Communicate and Collaborate with other healthcare professionals involved in the patient's care.
* Empathy and Support: Providing emotional support and motivation to patients and their families is an integral part of the job.

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|  | **Academic Qualification** | | |  |
| **Exam** | **Board / University** | **University\Board** | **Marks (%)** | |
| Postgraduate Diploma In  Hospital And Health Care  Management (PGDHHM)  (2014-2015) | Symbiosis Centre of Health Care, (Distance Education) | Symbiosis, Pune | 75% | |
| B.P. Th (2011) | Sancheti institute college of physiotherapy, Pune (SICOP) | M. U. H. S. Nashik | 70 % | |
| HSC (2006) | Janata Mahavidyalaya, Chandrapur | Nagpur Board | 93 % | |
| SSC (2004) | Vidya Niketan High School, Chandrapur. | Nagpur Board | 90 % | |

**Project Work (PGDHHM)**

* A Study to assess the existing status of hospitals using NABH standards. This involved surveying hospital physically and reviewing documentation, gathering administrative, clinical, and statutory information, and comparing with NABH standards. Had utilized research methodologies such as Literature Review, Surveys, observations, Case Study, Interviews, Questionnaire, Comparative study with other hospitals etc. Spent a great amount of time in administration and insurance departments.

# Project and case studies (BPTH)

* Incidence of cumulative trauma disorders in carpenters.
* To study the effects of foot position on weight bearing during sit to stand transfer in normal individuals.
* Case reports both in IPD and OPD set up with presentations done on regular basis on the different cases associated with orthopedic, neurological, cardio-respiratory and community-based rehabilitation conditions.

# Workshops Attended

* Taping workshop (rigid taping) by Dr. Anand Gangwal and Dr. Vaibhav Daga.
* Pilates workshop (mat and ball course) by Dr. Prakash Shroff

# Achievements

* Ranked 21st merit in HSC examination under Nagpur Board.
* Topper of the school in SSC examination

# Personal Information

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| Date of Birth | 29th April 1989 |
| Marital Status | Married |
| Hobbies | Baking Cakes & Listening to music |
| Present Address | Flat No. 1005, A Wing, Shree Nidhi Society, Porwal Road, Pune - 411047 |
| Nationality | Indian |
| Language Known | English, Hindi, Marathi |

# Declaration

I hereby solemnly affirm that all the details provided above are true to the best of my knowledge. I shall carry myself in a manner that lends dignity to the organization.