**YASHVI MEHTA**

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A self-motivated and passionate Physical Therapy Graduate seeking an opportunity to efficiently contribute my abilities and enhance my skills and knowledge ensuring high standards of culturally competent care for a wide variety of patients with diverse needs.

**SKILLS**

* Trained in motor and cognitive skills therapy
* Patient Goals
* Time Management Proficiency
* Therapy Procedures
* Home Exercise Programs
* Outpatient Therapy

**STRENGTHS AND PERSONALITY TRAITS**

* Team Worker
* Adaptable
* Patient-focused
* Good Listener
* Ever growing learning curve
* Hard worker
* Computer skills in Microsoft Word, Excel and PowerPoint

**EDUCATION**

**School attended**

**Modern International School Bangkok**

Bangkok, Thailand

**Bangkok Preparatory and Secondary International School**

Bangkok, Thailand 2012-2013

**Jai Hind College**

Mumbai, Maharashtra, India 2013-2015

**Degree**

**BACHELOR OF PHYSICAL THERAPY**

**College of Physiotherapy, Sumandeep Vidyapeeth University**

Vadodara, Gujarat, India | February 2020

**WORK HISTORY**

**DHIRAJ GENERAL HOSPITAL**

Physical Therapy Intern | Vadodara, Gujarat, India | August 2019 – February 2020

* Educated patients and family members regarding diagnosis, injury prevention and therapeutic treatments.
* Evaluated and treated a wide variety of conditions, including chronic and acute pain, disc prolapsed, dislocations, arthritis, post-surgical, CABG, COPD, multiple sclerosis, Parkinson’s, stroke and neuropathies.
* Evaluated and treated a variety of orthopedic conditions, including neck and back pains, ankle sprains, post-ACL reconstruction, pre and post-operated fractures.
* Evaluated and treated patients in an outpatient pediatric setting with varying conditions such as developmental delay, torticollis, cerebral palsy, Duchenne muscular dystrophy, hydrocephalus and genetic
* Tested and measured patients’ strength, motor development and function, sensory perception, functional capacity and respiratory and circulatory efficiency.
* Planned individually designed treatment patient programs to restore, maintain and improve physical functioning, alleviate pain and prevent disability.
* Planned and administered a range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle reeducation.
* Administered massages and traction to relieve pain, improve comfort levels and decrease or prevent deformity or crippling.
* Taught patients uses of wheelchair, braces, canes, crutches and prosthetic devices. Monitored and recorded patient progress in response to therapy.
* Recorded detailed assessment, prognosis and treatment in patient charts.

**VOLUNTEERING**

* Laboratory Assistant at National Blood Center, Thai Red Cross Society Health, Bangkok, Thailand
* Physical Therapy Assistant at Aadhar Old Age Home, Mumbai, Maharashtra, India