L. HARIDHA SHREE

Physiotherapist | Bachelor of Physiotherapy (BPT) Graduate
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State Physiotherapy Council Registration: Eligible on graduation certificate issuance (degree conferral pending)

PROFESSIONAL SUMMARY

Entry-level Physiotherapist (BPT, 2026) currently working in orthopaedic rehabilitation, with six months of rotating clinical internship across 11 multi-specialty hospitals and centres in Tamil Nadu and Karnataka, spanning neurological, cardiac, orthopaedic, geriatric, sports, and paediatric rehabilitation. Hands-on with patient assessment, therapeutic exercise, gait/mobility training, and electrotherapy modalities (IFT, TENS, ultrasound).

PROFESSIONAL EXPERIENCE

Physiotherapy Associate (Orthopaedic Rehabilitation) — Orthopaedic Hospital, Tamil Nadu | Aug 2026 – Present

- Assess and treat orthopaedic inpatients and outpatients, including post-operative and musculoskeletal cases, under the supervision of the senior clinician.
- Deliver therapeutic exercise, mobility training, electrotherapy (IFT, TENS, ultrasound), and wax therapy; track progress using ROM, MMT, and VAS.
- Maintain patient documentation and educate patients on home exercise programs.

CLINICAL INTERNSHIP EXPERIENCE

Rotating Physiotherapy Intern — Dhanalakshmi Srinivasan University (Dec 2025 – Jun 2026)

Kauvery Heartcity — Cardiac & Cardio-Respiratory Care Rotation | Dec 2025 – Jun 2026

- Co-managed cardiac rehabilitation and cardio-respiratory physiotherapy for post-cardiac-event inpatients under clinical supervision, including breathing exercises, graded mobilisation, and functional progress tracking.

Harshamitra Hospital — Hospital-Based Rehabilitation Rotation | Dec 2025 – Jun 2026

- Delivered functional mobility training for acute-care inpatients, applying ROM and MMT assessments to guide daily treatment progression.

DSU Samayapuram — Clinical Rehabilitation | Feb 15 – Mar 1, 2026

- Assisted with supervised physiotherapy assessment, therapeutic exercise, and rehabilitation planning for inpatients and outpatients at the university clinical campus.

Sri Ranga Old Age Home — Geriatric Rehabilitation | Mar 2 – 16, 2026

- Ran mobility, balance, and strengthening programs for elderly residents, adapting exercise intensity to individual fall-risk and functional status.

Dolphin Special School — Paediatric Rehabilitation | Mar 17 – 23, 2026

- Assisted with rehabilitation activities for children with special needs, supporting individualised therapeutic exercise and mobility programs.

Special School & Spastics Society — Paediatric Rehabilitation | Mar 24 – 31, 2026

- Supported rehabilitation programs for children with physical and developmental needs, assisting with individualised therapeutic activities.

Hamsa Rehabilitation Center — Neuro & Rehabilitation | Apr 1 – 15, 2026

- Applied neurological rehabilitation protocols (balance activities, gait training, functional mobility exercises) for patients with motor and coordination deficits.

Center of Sports Science — Sports Rehabilitation | Apr 16 – 30, 2026

- Performed musculoskeletal assessments and led therapeutic exercise, strengthening, and flexibility programs for athletic and sports-injury patients.

Aster Hospital, Whitefield — Multi-Specialty Hospital | May 1 – 15, 2026

- Rotated through multidisciplinary hospital physiotherapy services, coordinating care with nursing and medical teams on inpatient rehab cases.

PRS Neuroscience Center — Neurological Rehabilitation | May 16 – 30, 2026

- Conducted neurological assessments covering motor function, muscle tone, balance, and coordination to inform individualised rehabilitation plans.

Sri Jayadeva Institute of Cardiovascular Sciences — Cardiac Care | Jun 1 – 15, 2026

- Assisted cardiac rehabilitation programs under supervision, supporting patient mobilisation and post-operative recovery protocols.

EDUCATION

Bachelor of Physiotherapy (BPT) | 2021 – 2026
Dhanalakshmi Srinivasan University, Tamil Nadu — 61%

CORE CLINICAL SKILLS

- Patient Assessment & Range of Motion (ROM) Assessment
- Manual Muscle Testing (MMT) & Musculoskeletal Assessment
- Therapeutic Exercise & Post-Operative Rehabilitation
- Gait, Mobility, Balance & Coordination Training
- Neurological & Cardio-Respiratory Physiotherapy
- Electrotherapy Modalities: IFT, TENS, Ultrasound Therapy
- Thermotherapy: Wax Therapy
- Patient Education & Clinical Documentation

ASSESSMENT TOOLS

VAS | Timed Up and Go Test (TUG) | Goniometry | Manual Muscle Testing (MMT) | Modified Ashworth Scale | Berg Balance Scale | GCS | ASIA Impairment Scale | Barthel Index | Functional Independence Measure (FIM)

ACADEMIC RESEARCH PROJECT

Effect of Continuous Passive Motion Therapy in the Acute Rehabilitation Phase of Total Knee Arthroplasty

- Ran a quasi-experimental study on rehabilitation following unilateral Total Knee Arthroplasty, measuring outcomes via goniometry (knee ROM), VAS (pain), and the Timed Up and Go Test (functional mobility).
- Gained hands-on experience in clinical data collection, outcome measurement, and rehabilitation research methodology.

LANGUAGES

Tamil (Fluent) | English (Fluent) | Malayalam (Intermediate) | Kannada (Basic) | Hindi (Basic)