

Name- Snehal Ashok Meshram

Reg. No.- 2022/05/PT/010389

Address- House No. 76, Priyadarshani Nagar, Lane no. 3, Old Sangvi, Pune-027.

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Objectives:

- Dedicated and compassionate Physiotherapist with 2 years of experience in providing high-quality rehabilitation services to patients.
- Proficient in assessing patient needs, developing personalized treatment plans, and utilizing a variety of therapeutic techniques to improve mobility, reduce pain, and enhance overall quality of life.
- Seeking to leverage clinical expertise and patient-centered approach to contribute effectively to a dynamic healthcare team.

Education:

- Bachelor of Physiotherapy[BPT]
Maharashtra University of Health Sciences (MUHS).
P. E. S. Modern College of Physiotherapy, Pune- 05.
Completed in December 2020.
Internship completed in June 2021.
- Masters in Musculoskeletal Physiotherapy[MSK-MPT]
Maharashtra University of Health Sciences (MUHS).
C. M. F.'s College of Physiotherapy, Chinchwad, Pune- 019.
Completed in March 2024.

Certifications:

- Licensed Physiotherapist-

Maharashtra OTPT Council.

Reg. No.- 2022/05/PT/010389

Date of License- 07/05/2027

- Certified Integrated Taping Therapist-

Completed the Therapeutic Taping credentialing program with 24 CPD approved credit hours held by Dr. Subhanjan Das, from The Physilife Academy.

Date – 29-31 January 2024

- Attended CME - Biomechanics and Motion Analysis at Deenanath Mageshkar Hospital & Research Center.

Date- 2nd July 2023

- Attended Resident as Teacher – Basic Workshop in Education Methodolgy by MUHS at CMF's College of Physiotherapy.

Date – 24-25 November 2022

- Attended Basic Research Methodology Workshop by MUHS at CMF's College of Physiotherapy.

Date – 26-28 July 2022

Skills:

- Proficient in musculoskeletal assessment and diagnosis.
- Expertise in designing and implementing tailored treatment plans.
- Skilled in manual therapy techniques including massage, mobilization, and manipulation.

- Experience with therapeutic modalities such as ultrasound, electrical stimulation, traction, Matrix therapy and Shockwave therapy.
- Knowledgeable in exercise prescription and therapeutic exercises.
- Ability to educate patients on injury prevention and self-management strategies.
- Strong interpersonal and communication skills.
- Commitment to maintaining patient confidentiality and ethical standards.
- Experience in treating various home care patients.

Completed Internship in following hospitals-

- P.E.S. Modern College of Physiotherapy OPD.
- Sassoon General Hospital, Pune.
- Jehangir Hospital, Pune.
- Pune University Health Centre OPD, Pune.
- Poona Hospital and Research Centre, Pune.
- Joshi Hospital, Pune.

Also worked in following hospitals as a part of Clinical Postings-

- Yashwantrao Chavan Memorial Hospital, Pimpri Chinchwad.
- The Shishya School, Pune.
- Police Hospital, Pune.
- Ratna Hospital, Pune.
- Vitalife Medipoint Hospital, Pune.

Completed Clinical Posting as a part of Post-graduation in following hospitals-

- C. M. F.'s College of Physiotherapy OPD.
- Yashwantrao Chavan Memorial Hospital, Pimpri Chinchwad.
- Missionaries of Charity, Mother Teresa Home, Chinchwad.

- Lokmanya Hospital, Nigdi.
- Sterling Hospital, Nigdi.
- Dr. Babasaheb Ambedkar Cantonment General Hospital OPD, Dehu Road.
- Nirmaya Hospital, Chinchwad.

Previous Experience:

Assistant Physiotherapist at-

- Dr. Farhan Sayyad. Matrix Physiotherapy and Rehabilitation Clinic, Old Sangvi, Pune. [Nov 2021- Oct 2023].
- Dr. Karishma Sankpal & Dr. Girija Patil. Myo-Dynamics Physiotherapy Clinic, Aundh, Pune. [Oct 2021-Mar 2022].

Projects and Publications:

- Project undertaken during Internship, “To compare the Effects of 4 weeks of Nordic walking and Retro walking on Balance and Quality of Life in Community Dwelling Elderly -A Pilot Study”.
- The above mentioned study has been published in **International Journal of Applied Research**.
Certificate no.7-8-77. Date 01-10-2021.
- Project undertaken during Post-graduation, “Effect of Proprioceptive Neuromuscular Facilitation Training along with Therapeutic Exercises and Therapeutic Exercises alone on Pain, Muscle Strength and Disability in Patients with Chronic Non-Specific Neck Pain”.
- The above mentioned study is yet to publish.

Activities:

- Participated as a delegate in World Ayush Expo 2019 & Arogya.
- Participated as a delegate in Scientifica 2023.