Harpreet Kaur

Physiotherapist (MPT Orthopaedics)

harpreet.kaur@example.com
+91 98XXX XXX36
Ludhiana, Punjab
linkedin.com/in/harpreet-kaur-example

Personal statement

Physiotherapist with 5 years of experience in orthopaedic, post-surgical and sports rehabilitation across a hospital and an outpatient clinic. Treats 14–18 patients a day using manual therapy, exercise prescription and electrotherapy, and tracks recovery with standard outcome measures such as VAS, ROM, Oswestry and LEFS.

Certifications

Certified Dry Needling Practitioner (Level 1) · Professional CPD course — Apr 2023

Life Member, Indian Association of Physiotherapists · IAP — Dec 2019

Work experience

Senior Physiotherapist · Satluj Orthopaedic and Joint Replacement Centre, Ludhiana — Nov 2022 – Present

- Run post-operative rehab for 25–30 knee and hip replacement patients a month, from day-1 mobilisation to discharge exercise plans.
- Introduced a 6-week ACL reconstruction protocol with milestone testing; return-to-sport time fell from about 9 to 7.5 months.
- Treat 14–18 OPD patients a day for back pain, frozen shoulder and sports injuries using manual therapy, dry needling and taping.
- Train 3 interns per batch and run monthly in-service sessions for nurses on safe patient transfers.

Physiotherapist · Active Life Physio and Sports Clinic, Chandigarh — Jul 2021 – Oct 2022

- Assessed and treated 12+ patients a day, maintaining 85% patient adherence to home exercise programmes.
- Provided pitch-side physiotherapy for a district cricket academy during 2 tournament seasons.
- Recorded assessments and progress notes in clinic software, improving follow-up booking rates by 20%.

Education

MPT in Orthopaedics · Institute of Physiotherapy and Rehabilitation, Amritsar — 2019 – 2021
Grade: 74%

BPT in Physiotherapy (4.5 years including internship) · College of Physiotherapy, Patiala — 2014 – 2019
Grade: 71%

Skills

- ✓ Orthopaedic rehabilitation
- ✓ Post-operative rehab (TKR, THR, ACL)
- ✓ Manual therapy
- ✓ Exercise prescription
- ✓ Dry needling
- ✓ Kinesio taping
- ✓ Electrotherapy (IFT, TENS, US)
- ✓ Outcome measures

Languages

English · Professional | Punjabi · Native | Hindi · Fluent

Core skills

- Patient assessment
- Goal setting
- Patient education
- Clinical documentation
- Intern supervision

MakePerfectResume Free