

Ritu Sharma

Senior Neuro Physiotherapist

Jaipur, Rajasthan · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Neuro physiotherapist with an MPT in Neurology and eight years of inpatient and outpatient stroke, spinal cord injury and Parkinson's rehabilitation. Uses standardised outcome measures to plan and track care, and coordinates closely with neurologists, occupational therapists and families. Aiming for a lead neuro rehab role in a tertiary hospital or specialised rehabilitation centre.

SKILLS

Stroke rehabilitation · Spinal cord injury rehab · Balance training · Outcome measures · Task-oriented training · Spasticity management · Caregiver training · Team supervision

EXPERIENCE

Senior Physiotherapist, Neuro Rehabilitation — 400-bed tertiary care hospital, Jaipur

5 years · current

- Lead neuro rehab for the stroke unit, assessing new admissions within a day and setting goals with the neurology team.
- Supervise a team of four physiotherapists, reviewing treatment plans and weekly Berg Balance and FIM scores.
- Started a caregiver training session on transfers and positioning that reduced readmissions for falls among discharged stroke patients.
- Run a weekly Parkinson's group class focused on gait cueing, posture and fall prevention for outpatients.

Physiotherapist — residential spinal injury rehabilitation centre, Delhi

3 years

- Designed daily programmes for paraplegic and tetraplegic residents covering transfers, wheelchair skills and standing frame use.
- Measured progress with the Spinal Cord Independence Measure and shared monthly reports with the rehab physician.
- Trained residents and attendants in pressure relief, bladder routine timing and safe car transfers before discharge.
- Fitted and reviewed wheelchairs, cushions and orthoses with the orthotist to match each resident's level of injury.

EDUCATION

Master of Physiotherapy (MPT), Neurology — state health sciences university, Jaipur

Thesis on mirror therapy for upper limb recovery after stroke

Bachelor of Physiotherapy (BPT) — private physiotherapy college, Jaipur

CERTIFICATIONS AND REGISTRATIONS

- Certified course in Bobath concept
- Proprioceptive Neuromuscular Facilitation (PNF) course
- Basic Life Support (BLS)

PROJECTS

- Home exercise video library — recorded short Hindi exercise videos that stroke patients could replay after discharge

LANGUAGES

English · Hindi · Rajasthani