

Karthik Subramanian

Junior Physiotherapist (Sports and Orthopaedics)

Chennai, Tamil Nadu · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

BPT graduate with a six-month internship spanning orthopaedic, neurological and cardiopulmonary rehabilitation, plus a sports clinic elective. Skilled in exercise prescription, taping, basic manual therapy and electrotherapy. Seeking a junior physiotherapist role in a sports or orthopaedic clinic where return-to-play assessment and progressive loading are part of daily practice.

SKILLS

Exercise prescription · Kinesio taping · Joint mobilisation · Electrotherapy · Gait training · Range of motion assessment · Post-op rehab · Patient home programmes

EXPERIENCE

Physiotherapy Intern — 350-bed multi-speciality hospital, Chennai

6-month internship

- Treated ten to twelve outpatients daily with knee, shoulder and low back conditions under a senior physiotherapist.
- Started early mobilisation for post-operative knee replacement patients in the ward, progressing them from bed exercises to walker gait.
- Delivered chest physiotherapy and incentive spirometry sessions for patients recovering from abdominal surgery.
- Wrote simple illustrated home exercise sheets in Tamil so patients could continue routines between visits.

Elective Trainee — sports injury clinic attached to a city football academy, Chennai

2-month elective

- Assisted with pre-season screening of youth footballers, recording flexibility, balance and hop test results.
- Applied taping and supervised return-to-run drills for players recovering from ankle sprains.
- Tracked each player's rehab progress in a shared sheet reviewed weekly by the head physiotherapist.

EDUCATION

Bachelor of Physiotherapy (BPT) — private physiotherapy college affiliated to a medical university, Chennai

Elective in sports rehabilitation

CERTIFICATIONS AND REGISTRATIONS

- Kinesio taping workshop

- Basic Life Support (BLS) certification
- Short course in dry needling fundamentals

PROJECTS

- Final-year study — measured hamstring flexibility changes in thirty college athletes after a four-week stretching routine

LANGUAGES

English · Tamil