

FARHIN LANJA

Physiotherapist (MPT Orthopedics)

☎ 8320437450

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• ✉ Farhinlanja2852@gmail.com

ABOUT ME

Dedicated and passionate Physiotherapist committed to delivering personalized care and rehabilitation services. With expertise in assessing, diagnosing, and treating musculoskeletal disorders and injuries, I build strong relationships with patients through empathy and effective communication. My goal is to help patients achieve optimal physical function, pain relief, and improved quality of life.

EDUCATION

BACHELOR OF PHYSIOTHERAPY

2017-2021

School of Physiotherapy, RK University- Rajkot.

MASTERS OF PHYSIOTHERAPY (ORTHOPEDICS)

2022 - 2025

Sharda college of physiotherapy- Gandhinagar. Gujarat University- Ahmedabad .

SKILLS

- Orthopaedic assessment and treatment
- Pain management and modalities
- Exercise prescription and programming
- Sports injury rehabilitation
- Time management and organization
- Adaptability and flexibility
- Empathy and compassion
- Continuous learning and professional development

WORK EXPERIENCE

INTERNSHIP (september 2021- march 2022)

- Marengo Cims Hospital - Ahmedabad. (Where I gained hands-on experience treating patients with diverse conditions across various wards, including OPD,IPD,ICU,SICU,NICU and CCU.)
- Completed 2 years of clinical postings during Master's in Physiotherapy (Orthopedics), gaining hands-on experience in treating musculoskeletal, cardiovascular, respiratory, and neurological conditions across reputed institutions, including:
 - Zydus Hospital
 - Apollo Hospital
 - Civil Hospital
 - GCS Hospital
 - Polio Foundation
 - Rewalk Robotic Rehab Center
 - College OPDs

- Academic Gap & Freelance Work July 2024 – July 2025

Dedicated this period to reprepare for the final Master's exam and personal academic improvement.

Continued to treat patients via home-based physiotherapy visits to stay clinically active and updated.

PROJECTS

2022-2024 Effectiveness of proprioceptive neuromuscular facilitation stretching versus static stretching on extensibility of calf muscles amongst females wearing high heels footwears.

ACADEMIC ACTIVITIES AND CERTIFICATION

- Participated in Physio Manthan and 1st National Conference of IAP Women Cell on 5th & 6th August 2023 at Constitution Club of India, New Delhi.
- Participated in 60th National Conference of the Indian Association of Physiotherapist held on 11th & 12th February, 2023 at Ahmedabad.
- Participated in MG physiocon: National Physiotherapy conference-2022 held at Mahatma Gandhi university of medical sciences & technology – Jaipur.
- Participated in 10th National Physiotherapy summit-2019 held at RK University, Rajkot.

ACHIEVEMENTS

- secured 2nd rank in Scientific Paper Presentation in post graduate category on “ title: to assess the foot and ankle physical functions and pain amongst females wearing high heels” in Physio Manthan and 1st National Conference of IAP Women Cell on 5th & 6th August 2023 at Constitution Club of India, New Delhi.

PERSONAL INFORMATION

- Date of birth: 28/05/2000
- Nationality: Indian
- Hobbies: Reading books, travelling and exploring, dancing, photography
- Language known: Gujarati, Hindi, English

Declaration

I, Farhin Lanja , declare that all the above information presented in this resume is certified, valid, and true to the best of my knowledge.