# Meera Kulkarni

Physiotherapist (BPT, MPT Orthopaedics)

meera.kulkarni@example.com • +91 90000 12310 • Nagpur, India • LinkedIn

## PROFESSIONAL SUMMARY

Physiotherapist with BPT and MPT in Orthopaedics and 6 years of experience in musculoskeletal rehabilitation, post-operative care and sports injuries. Plans evidence-based programmes, tracks outcome scores, and helps patients return to work and play. Registered with the state physiotherapy council and known for clear, motivating patient education that keeps people doing their exercises at home.

## WORK EXPERIENCE

May 2021 – Present

**Senior Physiotherapist**, Sahyadri Multispeciality Hospital
Nagpur, India

- Treat 12 to 15 patients a day in outpatient and inpatient orthopaedic rehabilitation, including knee and hip replacement.
- Improved average knee flexion at 6 weeks after total knee replacement from 95 to 112 degrees through a standard protocol.
- Track outcomes using VAS, WOMAC and Oswestry scores for 400+ patients and report quarterly results to the department head.
- Supervise 3 junior physiotherapists and 4 interns and run a weekly case discussion.

Aug 2018 – Apr 2021

**Physiotherapist**, ActiveLife Sports Clinic
Nagpur, India

- Rehabilitated 150+ amateur and club athletes after ACL, ankle and shoulder injuries with taping, strengthening and return-to-sport tests.
- Ran posture and ergonomics workshops for 6 corporate offices, reaching 300 employees.

## EDUCATION

2016 – 2018

**MPT (Orthopaedics)**, Maharashtra University of Health Sciences
Nashik, India | 72%

2011 – 2016

**BPT**, Government Medical College, Nagpur
Nagpur, India | 68%

## REGISTRATION AND CERTIFICATIONS

**Maharashtra State Physiotherapy Council Registration**, Maharashtra State Council for Occupational Therapy and Physiotherapy — Sep 2016

**Certified Kinesio Taping Practitioner**, Kinesio Taping Association (example) — Apr 2019

**BLS Provider**, Indian Resuscitation Council — Jan 2023

## SKILLS

Musculoskeletal rehabilitation | Post-operative care | Manual therapy | Exercise prescription | Electrotherapy | Sports injury management | Outcome measures | Patient education | Gait training | Ergonomics