

# Resume

## Master of Physical Therapy

Date of birth: 9 June 1981 Warsaw, Poland

Nationality: Polish

Sex: Male

Career Level: Mid Career (over 4 years experience)

Andrzej Stefan Sulimierski

Dubai

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### OBJECTIVE

**I am a qualified physiotherapist**, possessing extensive experience in treatment of neurological and orthopedic patients, utilizing knowledge of different approaches, seeking a PT position in a private or national medical facility. I am interested in working in a challenging, single or team-oriented environment. I desire to help my patients to return to their optimal functional level through hands-on manual techniques, exercises, patient education, listening and acting on patient's goals, utilizing comprehensive treatment approach. I constantly improve my qualifications and keep up with current developments in medical sciences. In addition, I participate in congresses and symposiums.

### ABILITIES

- Accurately evaluate and treat neurological patients including diagnoses: strokes (CVA), traumatic brain injury, multiple sclerosis, ataxia, spasticity or hypotonicity, body balance disorders;
- Accurately evaluate and treat orthopedic patients: joints disorders, head and neck pain, acute chronic or recurrent back pain, spine recovery after surgery, muscle strains, bursitis, tendinitis, fibromyalgia, edema and autoimmune rheumatic disorders;
- Normalize muscle tone, increase active range of motion, increase strength & endurance to improve functional skills working towards independence in a daily activities;
- Accurately document patient treatment and progress;
- Perform extensive structural and functional patient's evaluation;
- Experience in independence work and as a team staff member;

### SUMMARY OF QUALIFICATIONS

- Physiotherapist, Master Degree
- Manager of Medical Facility – earned Postgraduate Diploma
  - Languages: proficiency in English – very good, German – good, Polish – native

### EDUCATION

- 2000-2005 Jozef Pilsudski Academy of Physical Education (AWF) Warsaw, Poland, Faculty of Rehabilitation, Master Degree of Science in Physical Therapy, Graduation: 25 July 2005
- 2005- 2006 Warsaw School of Economic (SGH), Faculty of Economic and Social Environment. Manager of Medical Facility, 1 year Postgraduate study, Diploma Degree, Graduation: June 2006

#### Available from: June 2009 , Employment Status: Full time

Target Industry: Health care, Medical/ private/national Rehab Center, Hospital;

Looking for work in: Middle East, Australia, New Zealand

Target Job Location: UAE; Dubai, Abu Dhabi; Qatar; Doha, Saudi Arabia; Jeddah, Riyadh; Bahrein; New Zealand: Wellington, Auckland; Australia: Sydney, Adelaide, Brisbane, Canberra, Melbourne

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## **PROFESSIONAL EXPERIENCE**

**2009 May – present**

**One of Dubai's Hospital , Full Time, Dubai,UAE**

**Experience with arabic patients (basic knowlage of arabic)**

Physiotherapist designation (DOH licenced may/2009) Stroke inpatient unit, ICU, Maintainance and traumatic brain injury patients also spine recovery after surgery. Outpatient service for LBP, post operative disorders, muscles and peripheral joints disorders, posture reeducation, functional integration, ergonomics. Responsibilities: evaluation, planning of treatment, treatment, documentation of patient progress.

**2009 January – May 2009**

**Self-Employed,Part time, Warsaw, Poland**

I worked in own office for neurological and orthopedic patients.

**2009 January – April 2009**

**Rehab Center Medikar, Full time, outpatient setup, Warsaw, Poland**

Physiotherapist for orthopedic patients: joint disorders, head and neck pain, acute back pain, spine recovery after surgery, autoimmune rheumatic disorders, muscles strains, bursitis, tendinitis and fibromyalgia and edema utilizing manual therapy approaches (Kaltenborn-Evjenth, Mc Kenzie, neurodynamic solution, taping), Evaluation and implementation of treatment programs, accurately document patient treatment and progress.

**2008 January – October 2008 - Full time residency, inpatient,outpatient service Kaiser Fundation Neurological Rehabilitation Center, Vallejo, California USA**

**PNF postgraduate program, Work as a physiotherapist – residency in a leading neuro hospital in a multidisciplinary team delivering hi-specialized care exclusively to patients with different disability and functional level after stroke and traumatic brain injury (PNF approach). Patients with orthopeadic disorders. Responsible for the evaluation, implementation of treatment programs and design home rehabilitation programs;**

**2007 January – December 2007 - Full time - outpatient and home service “Vita” Center of Neurological Rehabilitation, Pruszkow, Poland**

Work as a physical therapist with stroke patients, traumatic brain injury and MS (PNF, NDT Bobath approaches). Work with orthopedic patients: joint disorders, head and neck pain, acute back pain, spine recovery after surgery utilizing manual therapy approaches (Kaltenborn, McKenzie, Taping, Mulligan, Craniosacral therapy). Evaluation and implementation of treatment programs, accurately document patient treatment and progress. Assisted management procedures in problem-solving and formulation of personnel policies.

**2006 September – December, Full time, Self-Employed, Warsaw, Poland**

I worked in own office for neurological and orthopedic patients. Evaluation and implementation of treatment programs, accurately document patient treatment and progression of patient treatment plan. Management of own office, advertisement, web site.

**2006 January-September - Institute of Psychiatry and Neurology, Warsaw, Poland**

Work as a physical therapist – member of a multidisciplinary team. Stroke inpatient

unit, acute stroke unit and outpatient service, traumatic brain injury and multiple sclerosis (PNF, NDT Bobath approaches). Responsibilities: evaluate, treat, document patient treatment and progress.

### **2005 June – December**

#### **Rehab Center Medikar, Full time, outpatient setup, Warsaw, Poland**

Physical therapist for orthopedic patients. The same setup, position and responsibilities as in 2009.

#### **2005 June – October – Rehab Center Vigor, Full time, outpatients service, Warsaw, Poland**

Physical therapist for orthopedic patients: head and neck pain, acute back pain, bursitis, tendinitis and fibromyalgia. Back school for groups, supported with electrotherapy.

#### **2002 – 2005 massage therapist, part time, Warsaw, Poland**

Self-Employed - Own office for orthopedic patients

**2002-2004** Various internships throughout Poland in addition to University requirements. Additional 26 weeks of summer physiotherapy internships as a volunteer in orthopedic/neurological hospitals, rehab centers and spa. Spend also one month as a PT assistance in a German hospital on orthopedic unit Padeborn/Germany.

### **PROFESSIONAL QUALIFICATIONS AND COURSES**

- 2 days clinical course of orthopedic manual medicine/ Dos Winkel/ Warsaw Poland January 2009
- Cranio-sacral Therapy, Warsaw, Poland, January 2009
- Proprioceptive Neuromuscular Facilitation (PNF) - 9 Month International course International PNF therapist Level 5/Exam , January-October 2008 California USA
- International NDT Bobath therapist, course 2007, Wroclaw Poland
- English for Physical Therapist – language specialist course/February- May 2006, Poland
- Neurodynamic Solution - School of manual therapy with nerve mobilizations (1 year) level 5 with Exam, Warsaw, Poland, 2006
- PNF basic course 2006, Warsaw, Poland
- Kaltenborn – Evjenth manual therapy – level 2, Warsaw 2005
- 2002 Course of massage (around 100 hrs) Finished with the best result - AWF, Poland,
- 2 years of clinical experience in manual therapy: Kaltenborn, McKenzie, Mulligan, Soft tissues mobilizations(met,pr,trigger points,muscle chains) fascias mobilizations, Kinesio – Taping, Taping, Craniosacral therapy
- Participant of interpersonal courses confirm with certificate: (Cooperation in the team, public relations activities, hard negotiations)

### **SEMINARS AND CONFERENCES**

- Seminar „A review and update on Low Back Pain” Dubai,Al Wasl H,UAE, May 2009
- 10<sup>th</sup> International Dubai Spine Conference ”Advances in cervical spine surgery” , Dubai, UAE, May 2009
- European network of Physiotherapy in higher education, Warsaw, Poland 2004
- 2<sup>nd</sup> international Conference of Youth European association of physiotherapy, Poland 2004
- International Conference of Youth European association of physiotherapy. Poland 2003
- Movement and health , 3<sup>rd</sup> international conference,November 2003,Olomouc , Czech Republic

## PROFESSIONAL AFFILIATIONS

- Current chairman of Youth European Association of Physical Therapy since 2005
- Chairman of organization boards of national and European PT conferences/Pt Events
- Journalist for Physical Therapy Magazine "Rehabilitation in Practice" – Poland since 2007

## SPECIAL SKILLS

Languages: Fluent English, Conversational in German, basic knowlage of arabic, Polish - native

Managing of medical facility and staff, coordination of PT office,  
Experience in Public Relations for health care

Computer: Windows, Microsoft Office, Internet, developing web sites,  
International driver license,

Certificate of Competency by Polish Yachting Association (Inland Skipper position)  
Lifeguard course

## Hobbys

Photography, traveling, hiking, snurkeling, bodyboard, badminton, sailing

## REFERENCES

Available upon request

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