

Ranjita Pardeshi

Physiotherapist.Speciality womens health

W: <http://www.worky.com/ranjita-pardeshi>

Ranjita Pardeshi's Professional Experience

2011 - Present

Jehangir hospital,pune - Consultant Uro-Gynae physio

- Assessing , Pelvic/ PV examination to rule out over active Bladder and Genuine Stress Incontinence, Grading Pelvic muscle strength.
- To flexibly plan and organise own time, patient caseload, meetings, training and adjusting plans as required according to staffing levels and work prioritisation
- To ensure smooth organisation of patient group work including gym, back care classes .
- Setting Treatment outcome measures and Rehab goal for pelvic Floor .
- Maintaining Confidentiality and Record keeping using specific clinical software for Pelvic Floor.
- Diagnosis and prognosis of pelvic floor with EMG record and EMG study for individual patient's pelvic floor rehab.
- Planning and executing treatment for pelvic rehab ,stress incontinence ,mild to moderate Cystocele and Rectocele,Using appropriate Frequency and intensity modes with Electrical stimulation ,Biofeedback ,vaginal weights etc as per latest research for pelvic rehab in women's health ,UK.
- Antenatal and Postnatal Fitness assessment and recommendation of exercise.
- Assessing and treating Musculoskeletal problems of antenatal and postnatal Ladies.
- Pilates for antenatal and postnatal pregnant ladies.(Individual and group)

Ranjita Pardeshi's Education and Qualifications

2003

Bachelor/Degree - physiotherapy

Rajiv Gandhi University of Health Sciences

Community rehabilitation,womens health
