

# Seniz Mankir Citak

## Areas of Expertise

Physiotherapy  
Pilates  
Gym & Fitness

## Personal Skills

Team Player  
Planning &  
organisational skills  
Adaptability  
Time management

## Personal Details:

Seniz Mankir Citak

info@rehabbasics.co.uk

0800 779 7251

Full UK Driver's License

## PHYSIOTHERAPIST ASSOCIATE

### PERSONAL SUMMARY

I have a bachelor's degree in Physiotherapy and Rehabilitation from Turkey. I've gained lots of experience with orthopaedic and neurological clients over the years. I do outpatient appointments, hydrotherapy sessions, and domiciliary visits. In my spare time, I love travelling around the world and enjoy watching TV. I also like cooking and spending time with my family and friends.

### WORK EXPERIENCE

#### REHAB BASICS – Physiotherapy associate

Present Duties –

- To undertake planning, implementation, and evaluation of rehabilitation programmes of care.
- To plan and organise own delegated work. Also, to access supervision from the team lead and other therapists to enhance and reflect on own practice
- Providing Hydrotherapy
- Participate in the development of an effective team and the development of productive working relationships throughout the Trust.
- To participate in the audit process, linking in with the clinical governance agenda.

July 2013 –July 2016: Freelance Physiotherapist

Worked with the suffering from debilitating conditions such as neck pain, back pain, arthritis, sport injuries, fractures, head injuries, stroke, spinal cord injuries and cerebral palsy and so on.

#### Key Responsibilities

- Expertly customized conventional physical therapy techniques to meet the specific needs of individual patients
- Pain management
- Assisted patients with physical movements to help restore functions and lessen pain and disability
- Created individualized home exercise programs for clients and improved to health and wellness
- Recommended equipment and in-home modifications

July 2013 – July 2016: Physiotherapist, Unalanlar Physiotherapy and Rehabilitation Center, Denizli/Turkey

#### Key Responsibilities

- Providing coordinated physical therapy to patients of all pediatrics group.
- Progressing patients through a therapeutic plan.
- Maintaining a high level of professional expertise.
- Participating in quality improvement activities.
- Reviewing a patient's condition and medical records to determine the level of physical therapy treatment required.
- Testing and measuring a patient's strength, motor development and functional capacity.
- Providing direct therapy interventions and assistance as required.

July 2017 – Present: Self-employed Pilates Instructor

#### Key Responsibilities

- Working with clients, either one-to-one or in groups.
- Designing exercise routines that suit the needs and abilities of each client.
- Teaching exercises which are done on a mat or using specialist equipment.

July 2017 – Present: Self-employed Massage Therapist

#### Key Responsibilities

- Perform therapeutic massages of soft tissues and joints.
- May assist in the assessment of range of motion and muscle strength or propose client therapy plans.
- Administer therapy treatments to patients using hands or physical treatment aids.

### **EDUCATION & TRAINING**

- BS in Pyhsiotherapy and Rehabilitation – Pammukale University (2013)
- QNUK LEVEL 2 CARDIOPULMONARY RESUSCITATION (2020)
- AQFAQ LEVEL 2 Manual Handling (2020)
- Body Massage Therapy (Natural Therapy Studio School - 2017)
- Hands-On Seminars (Pilates Mat Certification - 2015)
- Dura Osteopathy Association (Columna Vertebralis Osteopathy with Visceral Management - 2014)
- Dura Osteopathy Association (Servical and Upper Extremity Osteopathic Manuel Therapy- 2014)