



**Ligament**

Connections equal strength

Meet our *Superstar* Physio!

**SDJ**

**Sex**

Female

**Age Range**

20 - 25

**Years Experience**

New Grad - 3 years

**Desired Contract**

The Kea Package

### Qualifications

Bachelor of Science in Physiotherapy

### University

University of Cape Town

### Hospital Experience

I have 3 years hospital experience which includes my practical years in university. I would see inpatients and outpatients with various conditions, and hold classes/education sessions. I would treat and keep written notes of sessions with patients, report to my supervisor, attend multidisciplinary team meetings and give reports, as well as comply with health and safety procedures. When I was the head of department (HOD) of physiotherapy last year it was my responsibility to complete statistics and submit to the bodies responsible for the area in the province, as well as attend hospital and provincial meetings. As the rehab team, we also held initiatives and drove out to clinics in the surrounding area (in all the years of my hospital experience). Because it was a rural and under resourced area I worked in last year, it was also my responsibility to account for and receive walking aids for our hospital, as well as fashion crutches out of broken bits to make sure the patients had something.

### Private Practise MSK Experience

Currently, this is my first year working in private practice (January 2024-present). My role includes booking, billing, and re-booking patients. I would also refer to other health professionals in the centre, keep written notes of client sessions, write client reports upon medical aid request, and assist with general cleaning and report on stock needed.

### Special Interests

I enjoy women's health, even though I have not had much opportunity to delve into it (most settings I worked in was predominantly neurology and musculoskeletal)- there is something so beautiful about mommy and baby! I particularly enjoy ICU and general wards, even though I was in ICU for a relatively short stint and was challenging. I love cardiorespiratory and MSK. I am very passionate about a holistic approach when it comes to patients and people in general, so being able to incorporate yoga, dancing or anything the person loves and then bring in spiritual healing is something I value very much. I firmly stand by the fact that mind, body and soul are all dependent on each other for overall health.



## More about SDJ

### Quotes from References

#### Accuracy / Timeliness and Workload

SDJ is very diligent and very accurate with all her work from treating patients to. Management skills is excellent and I know her to make sacrifices to meet deadlines and responsibilities. She is always on time for work and returning from lunch.

#### Strengths

SDJ is an exceptional person. She is authentic, kind and communicates easily with people of all ages. She manages her time well. She is reliable, focused and proactive yet at the same time humble, well-grounded, positive and balanced.

#### Other Comments

SDJ is always willing to learn as she is extremely passionate about her work and therefore is always willing to improve as a physiotherapist.



### CPD Courses

- Dry Needling Level 1 & 2
- Knee Course- Assessment, Treatment & Management of Knee Pain

### Work Values Results

1. Altruism
2. Work relationships
3. Structure
4. Work-life balance
5. Self-development
6. Prestige
7. Influence
8. Working conditions
9. Variety
10. Creativity

#### ALTRUISM:

SDJ enjoys helping others through the work that they do. They are highly devoted to helping other people through their work.

#### WORK RELATIONSHIPS:

SDJ values having a pleasant social contact with colleagues. They prefer an environment where they can build strong, friendly relationships with co-workers.

#### STRUCTURE:

SDJ enjoys structure, fixed routines and activities with clear frameworks and timelines and prefers a job with clear expectations and rules.



# More about SDJ

## Who Am I

I am first and foremost spiritual. I genuinely believe in the good in everyone and see every person as my (cosmic) brother and sister, you could therefore say that I am a family person. I truly love every soul, I love love and got a lot of love to give. I am an open book and love sharing what I have with whoever needs it, even when it is difficult to do so. I am both playful and serious. I am adventurous, the unknown is truly my comfort zone- except extreme sports! I value challenges and learning from them. I love living life, meeting new people and sharing in new cultures and experiences. I deeply value others' input and delving into deep/mentally stimulating conversation. I like to believe I am an honest and understanding person, so value honesty and openness in others. These factors that describe who I am outside of work run seamlessly into who I am at work. In addition to the characteristics previously mentioned, positivity, hard work, perseverance, collaboration, passion, care, and a can-do attitude is what I have bring to the table.

## New Zealand Experience

None

### Temperament Typology Explained

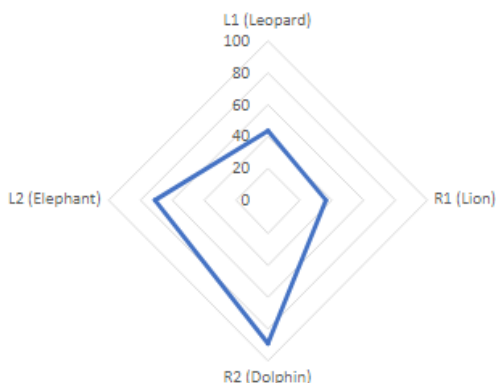
Temperament refers to a person's inborn qualities. This assessment measures extraversion on one axis and task or people orientation on the other.

- Leopards (L1) are task-orientated introverts.*
- Lions (R1) are task-orientated extroverts.*
- Dolphins (R2) are people-orientated extroverts.*
- Elephants (L2) are people-orientated introverts.*

### Temperament Typology

SDJ is social, interactive and warm-hearted. She is motivated by results and producing good quality service. She is self-driven and able to work independently. SDJ is accommodating, co-operative, communicates politely and listens attentively. In conflict, she will try and find a comprising solution that will accommodate for the other person's wishes.

### Temperament Graphic



### Temperament Typology Result

L1	Leopard	44	Extrovert	125
R1	Lion	36	Introvert	115
R2	Dolphin	89	Task	80
L2	Elephant	71	People	160

