



Sex	Age Range	
Female	26 - 30	
Level Experience	Desired Contract	
Level 2 - 4-6 points	The Kiwi Package	

Qualifications

Bachelors of Science in Physiotherapy (2022)

University

Sefako Magkatho Health Science University

Points System

Criteria	Years Experience	Points	Total
Fast Track Country Experience (Ireland, UK, Canada, South Africa) + Australia and USA	0 - 1	1	2
	2 - 4	2	
	5 - 7	4	
	8 - 10	6	
	11 - 13	8	
	14 - 17	10	
	18+	12	
Private Practise Musculoskeletal Experience	Years Experience	Points	1
	0 - 1	0	
	2 - 3	1	
	4 - 5	2	
	6 - 7	3	
	8 - 9	4	
Post Grad Experience	Years Experience	Points	1
	0 - 4	1	
	5 - 10	2	
New Zealand Experience	Months Experience	Points	0
	0 - 6	1	
	7 - 12	2	
	13 - 18	4	
Ligament Experience	Months Experience	Points	0
	0 - 6	1	
	7 - 12	2	
	13 - 18	3	
Post Grad Qualifications	Courses	Points	5
	Post Grad Courses	1	
	Post Grad Certificate	2	
	Post Grad Diploma	3	
	Post Grad Masters	4	
Total:			5

Work History

MM is a dedicated Physiotherapist with three years of clinical experience, driven by a profound passion for enhancing the well-being of others. She views her career as a direct extension of this purpose, consistently applying her skills to improve the quality of life for those under her care. Her professional expertise spans a diverse range of specialties, including the management of orthopedic conditions, cardiopulmonary cases, and musculoskeletal (MSK) disorders. Additionally, she is highly proficient in treating neurological conditions and geriatric patients, providing tailored interventions across the lifespan. MM is committed to the continuous advancement of her clinical expertise through specialized training and professional development. Her primary objective is to deliver high-quality, evidence-based, and patient-centered care, ultimately contributing to the growth of the physiotherapy profession and the achievement of superior patient outcomes.

Louis Pasteur & Mediclinic Medforum Hospitals - Physiotherapist | 2024 – Present
MM currently provides advanced physiotherapy services across both outpatient and specialized inpatient units. In the Outpatient Department, she focuses on musculoskeletal (MSK) health, specifically managing lower back pain and complex orthopedic conditions. Her inpatient responsibilities include the assessment and management of neurological conditions and critical care within the Intensive Care Unit (ICU). Additionally, she delivers specialized chest physiotherapy for both adult and pediatric patients, ensuring comprehensive respiratory support across the hospital's acute care settings.

Netcare Alberton & Mulbarton Hospitals - Physiotherapist (Employed by Cathy Kasongo) | 2023
During her tenure within the Netcare system, MM gained extensive experience in multi-disciplinary rehabilitation. Her caseload included:

Specialized Units: Providing acute care in the ICU and leading Maternity Physiotherapy Rehabilitation programs. **Pediatrics & Respiratory:** Delivering targeted interventions for pediatric respiratory, orthopedic, and neurological conditions. **Outpatient & Community Care:** Managing MSK and orthopedic disorders in a clinical setting while also providing palliative care and home visits for patients with spinal cord injuries.

Clinical Training & Volunteer Experience
During the completion of her BSc degree, MM gained diverse clinical exposure through rotational blocks at several leading academic and community health facilities:

Specialized Clinical Rotations (2021 – 2022)
Critical Care & Respiratory: Completed advanced ICU, cardiopulmonary, and pediatric blocks at Dr. George Mukhari Academic Hospital.

Neurology & Orthopedics: Conducted specialized neurology training at Jubilee Hospital and orthopedic clinical blocks at Job Shimankana Tabane Hospital.

Outpatient & Community Health: Gained experience in outpatient department (OPD) management at Mamelodi Hospital and community-based rehabilitation at Soshanguve Block BB Clinic.

Pediatric Neurology: Provided care for children with Cerebral Palsy and ADHD at Ntukutu Creche.

Sports Medicine & Event Coverage
Sports Injury Rehabilitation Unit (SIRU): Focused on the rehabilitation of acute and chronic musculoskeletal injuries in athletes.

Durban Comrades Marathon (2022): Volunteered as part of the medical team, providing pre-race preparation and post-race recovery treatments to alleviate musculoskeletal pain and discomfort for endurance runners.

Areas of Skills and Expertise

Musculoskeletal (MSK) — Advanced
MM demonstrates advanced proficiency in MSK physiotherapy, conducting comprehensive subjective and objective assessments to establish accurate differential diagnoses. Her practice is rooted in evidence-based management, ensuring high-quality care that addresses the root cause of conditions rather than merely treating symptoms. She has extensive experience in treating spinal and peripheral joint conditions, including injuries of the back, shoulder, elbow, hip, knee, and ankle. Her key skills are in Orthopaedic Manual Therapy (OMT), exercise rehabilitation, pain management, post-operative care, and return-to-sport/work programs.

Neurology — Advanced
She possesses advanced expertise in neurological physiotherapy, covering the assessment and management of complex conditions such as stroke, spinal cord injury, Multiple Sclerosis, and Parkinson's disease. MM utilizes patient-centered, goal-oriented neuro-rehabilitation techniques to address impairments in muscle tone, balance, coordination, proprioception, and gait. Dedicated to promoting the highest level of functional independence for her patients through specialized re-education protocols.

Orthopaedics — Advanced
MM is highly experienced in the full spectrum of orthopaedic care, from pre-operative optimization and patient education to complex post-surgical recovery. She is skilled in surgical Rehabilitation following joint replacements, ligament reconstructions, and various spinal and limb procedures.

Cardiorespiratory — Advanced
Her advanced cardiorespiratory skills extend across ICU, High Care, and general ward environments. She manages both acute and chronic conditions, including COPD, pneumonia, and asthma. She is an expert in airway clearance, breathing exercises, oxygen therapy monitoring, and exercise assessment. She is able to lead pulmonary rehabilitation efforts to improve long-term respiratory health and functional capacity.

Geriatrics — Advanced
MM focuses on the unique needs of older adults, prioritizing mobility, safety, and quality of life. Her approach includes prevention & safety such as detailed mobility assessments and fall prevention strategies. She also uses intervention such as strength training, pain management, and collaborative multidisciplinary care to maintain functional independence.

Sports Physiotherapy — Intermediate
With a solid foundation in sports-specific care, MM manages injury prevention and acute treatment for athletes. She is experienced in performance optimization and soft tissue therapy, endurance athletes, including marathon participants such as Comrades runners. Skilled in soft tissue therapy, exercise prescription, and therapeutic taping/strapping.

Private Practise MSK Experience

MM has over three years of experience working in private practice clinics. Her responsibilities include patient assessments and coming up with evidence-based treatment plans. MM treats Musculoskeletal (MSK) conditions such as backpain, shoulder, elbow, hip, ankle injuries, neurological, cardiopulmonary, and geriatric conditions. She uses manual therapy skills, exercise prescription, post-operative rehabilitation, and patient education, to bring patients to optimum healing and recovery. She is also responsible for documentation, progress reporting, and interdisciplinary communication. Overall, she ensures high standards of patient-centered care and service delivery.

Hospital Experience

MM has over three years of experience working in a hospital setting. Her responsibilities include assessing and treating patients with different conditions. She treats patients in Orthopaedics, neurological, cardiopulmonary, and geriatric wards and has some experience in Paediatrics. She provides post-operative rehabilitation, early mobilisation, respiratory care, discharge planning, and multidisciplinary team collaboration. She also has experience in accurate documentation, goal setting, and patient and family education, and ensuring safe and effective evidence-based care.

CPD Courses

Basic Life Support
CPR and AED

Who am I?

MM is a Tanzanian-born professional who was raised in South Africa. As the eldest of five children, she developed a strong sense of responsibility early on, shaped by her upbringing in a missionary family. Her parents' work across various parts of Africa has instilled in her a deep appreciation for community and service, and she continues to value the time spent attending church with her family.

While she maintains a small, loyal circle of childhood friends, MM is naturally outgoing and thrives on meeting new people and cultivating professional connections. She is an advocate for an active, adventurous lifestyle and can often be found outdoors jogging, hiking, or participating in color runs.

Quotes from References

The candidate demonstrates exceptional punctuality and reliability, consistently managing their time effectively and meeting all deadlines throughout their academic and clinical experiences. Their strong attendance and organized approach make them a dependable member of any team.

The candidate demonstrates exceptional reliability and punctuality, consistently providing high-quality care to patients while being described as a dedicated and hardworking employee. Her commitment to attending to patient needs and her thorough follow-up care highlight her strong attendance and consistency in delivering excellent physiotherapy services.

The candidate has demonstrated exceptional dedication and a positive attitude throughout her tenure, significantly enhancing her team's performance. Her eagerness to embrace new opportunities and share her skills speaks volumes about her professional growth and enthusiasm for the field.

