

Ludmila Voroncova

PHYSIOTHERAPIST · BSC, EU-REGISTERED

Musculoskeletal & Sports · Neurological Rehabilitation · Exercise Medicine

Dubai Hills, Dubai, United Arab Emirates

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LICENSURE

DHA · LICENSING IN PROGRESS

EU · REGISTERED PHYSIOTHERAPIST (LV) · VALID TO 2031

Current license to practice in country of origin held — Latvian Register of Medical Practitioners, valid to 10.02.2031

NATIONALITY & VISA

Latvian (European Union) · UAE residence visa (employment) — **transferable; no sponsorship required**

LANGUAGES

English (professional) · Russian (native) · Latvian (native)

BASE

Dubai Hills, Dubai — resident; available to interview at short notice

PROFESSIONAL PROFILE

EU-registered Physiotherapist, qualified at Rīga Stradiņš University with a professional Bachelor's degree in Physiotherapy, and completing Dubai Health Authority licensing. Clinically trained across five settings — neurology, traumatology and orthopaedics, sports medicine with the Latvian Olympic Unit, cardiology and intensive care, and paediatrics — in Latvia's two university hospitals and its leading rehabilitation centres. Practice built on standardised assessment (FIM, Berg Balance Scale, Timed Up and Go, GMFCS/GMFM), ICF-based goal-setting and individualised treatment planning, with outcomes re-measured at every stage to discharge. Runs a referral-built exercise-therapy practice in Dubai for athletes and adults returning to activity after injury.

CLINICAL APPROACH

“I assess before I treat, measure what I change, and give every patient a programme they can carry out without me. Hands-on work earns trust; the measurements prove the progress.”

LICENSING & REGISTRATION

- **Dubai Health Authority (DHA)** — physiotherapist licensing in progress: Sheryan application, DataFlow Primary Source Verification and Prometric licensing examination; examination preparation completed.
- **Latvia (European Union)** — Registered Physiotherapist, Latvian Register of Medical Practitioners, valid to 10.02.2031; regulated profession under EU Directive 2005/36/EC.
- **Qualification** — Professional Bachelor's Degree in Physiotherapy and professional qualification of Physiotherapist, Rīga Stradiņš University (Diploma PD F No. 9326).
- **Good standing** — Certificate of Good Standing (Latvian Health Inspectorate) available on request.

CLINICAL EXPERIENCE — HOSPITAL & REHABILITATION PLACEMENTS

Supervised clinical practice, Bachelor of Physiotherapy · Latvia · 2025 — the country's two university hospitals, its leading rehabilitation centres and the Latvian Olympic Unit.

Neurological Rehabilitation

Riga East Clinical University Hospital, “Gaiļezers” Hospital — Neurology Department Riga, Latvia · 2025

- Assessed, treated and re-assessed inpatients after stroke and with other neurological conditions within a multidisciplinary ward team.
- Applied standardised outcome measures — FIM, Berg Balance Scale, Timed Up and Go — at baseline and re-assessment; set SMART goals within ICF-structured treatment plans.
- Delivered early mobilisation, transfers, gait re-education, balance and strength training; trained family caregivers in safe handling and home exercise programmes.
- Documented assessment, plan and progress in the hospital electronic record.

Traumatology & Orthopaedic Rehabilitation

Rehabilitation Centre ARS Riga, Latvia · 2025

- Rehabilitated patients after fractures, joint injuries and orthopaedic surgery — including hip and knee arthroplasty and ACL reconstruction — from acute stage to discharge against measured criteria.
- Performed subjective and objective assessment — range of motion, manual muscle testing, pain scoring, functional testing — and planned phased post-operative protocols.
- Applied manual therapy (soft-tissue and joint mobilisation) under supervision, prescribed progressive therapeutic exercise and managed pain and oedema.
- Designed and taught home exercise programmes and return-to-function criteria.

CLINICAL EXPERIENCE (CONTINUED)

Sports Rehabilitation

Latvian Olympic Unit (Latvijas Olimpiskā vienība) *Latvia · 2025*

- Screened and rehabilitated competitive and elite athletes in the national Olympic medical programme — ankle sprain, shoulder instability, ACL injury — against objective return-to-sport criteria.
- Programmed strength, mobility and stability work adapted to training load, with injury-prevention strategies agreed with coaching staff.

Cardiology & Intensive Care

Pauls Stradiņš Clinical University Hospital *Riga, Latvia · 2025*

- Provided early mobilisation and respiratory physiotherapy for acutely ill and post-operative cardiac patients in critical care and on the ward — breathing exercises, airway clearance, graded activity progression, with vital-sign monitoring (HR, BP, RR, SpO₂).

Paediatric Rehabilitation

Rehabilitation Centre Baltezers *Latvia · 2025*

- Treated children with cerebral palsy, developmental delay and orthopaedic conditions; classified function with GMFCS, measured change with GMFM and coached parents in home programmes.

EXERCISE-MEDICINE PRACTICE

Exercise Therapy & Movement Rehabilitation Practitioner

Self-employed practice *Dubai, United Arab Emirates · 2026 – present*

- One-to-one and small-group exercise therapy built on physiotherapy screening: posture and movement assessment, programming and load management.
- Athletes and adults returning to activity after injury; outcomes tracked with pain scores, range of motion and functional tests.

Yoga & Movement Teaching — Hatha and Ashtanga (400h, Yoga Alliance)

Self-employed practice *Latvia · 2019 – 2026*

- Led group yoga classes and multi-day retreats over seven years, with a client base built and retained entirely through referral.
- Breathing, mobility and controlled-load work from that practice now used clinically in home programmes and graded return to activity.

CORE CLINICAL COMPETENCIES

Assessment & outcome measures	ROM and manual muscle testing · Pain assessment (VAS) · Functional testing · FIM · Berg Balance Scale · Timed Up and Go · GMFCS/GMFM · Falls-risk screening · Gait analysis · ICF · SMART goals
Treatment & manual therapy	Individualised, evidence-based treatment planning · Therapeutic exercise prescription · Manual therapy (soft-tissue, joint mobilisation) · Early mobilisation and transfers · Gait re-education · Balance and strength training
Rehabilitation domains	Musculoskeletal and orthopaedic · Post-operative (arthroplasty, ACL) · Sports injury and return-to-sport · Neurological (stroke) · Cardiorespiratory and ICU · Paediatric
Exercise medicine	Corrective exercise · Strength, mobility and stability programming · Load management · Yoga-based mobility and breathing work (Hatha, Ashtanga) · One-to-one and group delivery
Professional practice	Patient and family education · Clinical documentation in electronic medical records · Physician referral and multidisciplinary teamwork · Patient-centred, ethical practice

EDUCATION & PROFESSIONAL DEVELOPMENT

Professional Bachelor's Degree in Physiotherapy — qualification of Physiotherapist

Rīga Stradiņš University, Faculty of Health and Sport Sciences *Riga, Latvia*

- **Evidence practice** — maintains her own knowledge graph of current rehabilitation literature (1,000+ indexed studies), used with AI research tooling to ground assessment and treatment planning.
- 400h yoga teacher training — 200h Hatha (RYS 200), 200h Ashtanga · First aid (medical curriculum) · Gulf Physiotherapy Course, Academically, 2026

CURRENT POSITION

Telecommunications Manager

Telecommunications company *Dubai, United Arab Emirates · May 2026 – present*

- Commercial and operational management role held in Dubai alongside DHA licensing and her exercise-therapy practice; seeking a full-time physiotherapy post.