

Abdel Nasser Njikam Moumeni

Physiotherapist

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PROFESSIONAL SUMMARY

Dedicated and results-driven Physiotherapist with 4 years of hands-on clinical experience in neurological and orthopaedic rehabilitation. Specialises in post-stroke recovery, spastic paresis management, and spinal manual therapy, with a strong commitment to evidence-based, patient-centred care. Holds a Specialisation Certificate in Spinal Manual Therapy obtained with distinction from CEFSMeS Paris (2025). Published researcher in physical rehabilitation. Fluent in French with professional English proficiency. Seeking to contribute clinical expertise to a dynamic Australian healthcare team.

EMPLOYMENT HISTORY

Physiotherapist

Nov 2024 – Present

Medical Center for Osteopathy and Functional Rehabilitation | Bafoussam, Cameroon

- Deliver physiotherapy services within a multidisciplinary centre specialising in osteopathy, functional rehabilitation, gerontology and dietetics.
- Conduct comprehensive patient assessments and design individualised treatment plans aligned with clinical best practice.
- Collaborate with osteopaths and other allied health professionals to optimise patient outcomes.

Physiotherapist

Sep 2023 – Aug 2024

INAREF Health Center (Institute of Applied Neurosciences and Functional Rehabilitation) | Douala, Cameroon

- Provided specialised physiotherapy in a neuroscience and functional rehabilitation centre.
- Managed complex neurological cases including post-stroke patients and those with spastic paresis.
- Recognised by management for outstanding professionalism, technical competence and patient-centred approach.

Physiotherapist (Trainee → Confirmed)

Apr 2022 – Sep 2023

Dr. Tchakounte Clinic | Douala, Cameroon

- Progressed from trainee to confirmed physiotherapist on a permanent contract (CDI) within 6 months.
- Managed post-stroke, orthopaedic and trauma patients; developed and implemented personalised rehabilitation programs.
- Authored detailed clinical reports and contributed to intern supervision and mentoring.

EDUCATION

Bachelor of Physiotherapy (Licence en Kinésithérapie)

2022

Institut Universitaire Dale Kietzman | Douala, Cameroon

- Specialised in neurological and orthopaedic physiotherapy with clinical internship.

PROFESSIONAL DEVELOPMENT & CERTIFICATIONS

Spinal Manual Therapy – Specialisation Certificate (with Distinction)

Aug 2025

CEFSMeS – Centre d'Expertise des Formations Sanitaires et Médico-Sociales | Paris, France

- 202 hours of training (130 in-person + 72 independent study). Certificate No. CEFSMES-TMC-P150/2025.

RESEARCH PUBLICATIONS

- "AVC kiné précoce — contenu kinésithérapique en phase aiguë J1 à J14" — May 2021
- "Medication by Physical Exercise of the Upper Limb in Deforming Spastic Paresis — Conventional Physiotherapy Versus Supervised Self-rehabilitation" — Dec 2021
- "Plasticité musculaire et traitement physique dans la parésie spastique déformante" — May 2021

KEY SKILLS

- Neurological Rehabilitation (Post-Stroke, Spastic Paresis)
- Orthopaedic & Trauma Rehabilitation
- Spinal Manual Therapy
- Exercise Prescription & Program Design
- Clinical Assessment & Report Writing
- Evidence-Based & Patient-Centred Care
- Electrotherapy & Therapeutic Massage
- Multidisciplinary Team Collaboration
- Clinical Supervision & Intern Mentoring
- French (Fluent) | English (Professional)

REFEREES

Available upon request.