

CV#40000749



Professional Summary

Registered Physiotherapist
Registration Pakistan Physical Therapy Association (PPTA) 3243
Valid to 31 Oct 2025

A dynamic, service-oriented Physiotherapist, with 5 years and 8 months of practice and experience in well-known, well organized hospital environments. Core competencies include quality client centered services, evidence based approach to establish a physiotherapeutic diagnosis and prognosis. Also the ability to communicate excellently and manage time diligently. Handling of tasks with accuracy and efficiency. Excellent planning and executional capabilities.

Personal Learning and Skills

Therapy and Counseling
Education and Training
Active Listening
Psychology
Time Management
Emotional resilience
Teamwork
Soft tissue mobilisation
Manual Therapy
Strong interpersonal planning and execution abilities.
Coordination
Documentation
Public Safety and Security

Experience

NOVEMBER 2012 - PRESENT

FREELANCE PRIVATE PHYSIOTHERAPIST AT

- A) PRIVATE PRACTICE. 2012-PRESENT
- B) HOME CARE PHYSIOTHERAPY SERVICE PROVIDER. 2012-PRESENT
- C) KHAN KINETIC TREATMENT ORTHOPEDIC SPINE CENTRE. FEB-JULY2017
- D) KARACHI HOCKEY ASSOCIATION, PAKISTAN JULY2016-DECEMBER 2017

DUTIES AND RESPONSIBILITIES:

- PRE, POST ASSESSMENT, EXAMINATION
- DECISION MAKING & PROBLEM SOLVING
- FIRST AID
- COMMUNICATION & COUNSELLING
- UPDATING & USING RELEVANT KNOWLEDGE.
- LIAISING WITH PROFESSIONALS (DOCTORS, NURSING STAFF, OCCUPATIONAL THERAPIST, SPEECH THERAPIST, NUTRITIONIST, TEAM COACH)

PNS SHIFA (PAKISTAN NAVY) HOSPITAL KARACHI

Civil Physiotherapist of Pakistan Navy

Sep of 2016 – Sep of 2017

Worked as a full time civilian Physiotherapist in collaboration with the head of department and the in-charge physiotherapist of female OPD. Was responsible for the overall function of rehabilitation services, diagnosis and treatment, independently. Coordinated and supervised the rehabilitation program which includes manual mechanical and physical services provided to patients directly thorough or indirectly through staff. I administered the treatment plan and the follow up of the patients with a home plan as well. I was also responsible for the secrecy and confidentiality of the patients.

Life House Foundation For Health & Education, Lahore, Pakistan June 2015 – May 2016

Physiotherapist (Pediatric)

Duties and Responsibilities:

- Good communication skills and convincing power
- Treating Special Children (CP, mentally challenged, autistic, down syndrome, intellectually impaired, slow learners, and non-progressive brain disease.) carefully and humbly.
- Reporting & monitoring their progress on daily basis.
- Participation in recreational activity.

TRAINEE PHYSIOTHERAPIST

AGA KHAN HOSPITAL

1ST APRIL 2012-2ND OCTOBER 2012.

Summary of Experience to date

- Pre treatment management
 - Review physician's referral and patient's medical records to help determine diagnosis and physical therapy treatment required.
 - Perform and document an initial examination, evaluating data to identify problems and determine a diagnosis prior to intervention.
 - Obtain patients' informed consent to proposed interventions.
- Treatment management
 - Plan, prepare, and carry out individually designed programs of physical treatment to maintain, improve, or restore physical functioning, alleviate pain, or prevent physical dysfunction in patients.
 - Administer manual exercises, massage, or traction to help relieve pain, increase patient strength, and/or decrease/prevent deformity or crippling.
 - Organized physical exercise sessions.
 - Provide services to patients, such as rehabilitation and related program information.
 - Provide education and advice about exercise and movement.
- Post treatment management
 - Record prognosis, treatment, response, and progress in patient's chart or enter information into computer.
 - Helping patients recover from accident, illness or injury.
 - Discharge patient from physical therapy when goals or projected outcomes have been attained and provide for appropriate follow-up care or referrals.
 - Instruct patient and family in treatment procedures to be continued at home.
 - Refer clients to community resources or services.
- General management
 - Collected statistics.
 - Writing reports.
 - Liaising with professionals such as doctors and nurses

Education

Master of Advance Physical Therapy (MSAP T)

15th October 2012 to May 2015

Dow university of health sciences Karachi, Sindh Currently Working on research.

Doctor Of Physical Therapy (DPT)

Baqai University Hospital Karachi Sindh

Jan 2007 to Jan 2012

Awarded distinction in following 6 subjects;

Sports medicine, rehabilitation in pediatrics and geriatrics, research methodology, emergency procedure and primary health care in physical therapy, imaging for physical therapy, life span and human growth.

Intermediate F.Sc Pre-Medical ,July 2006

Iqra girls' degree college, Sadiq Abad, Punjab.

Matriculation, Science, 2004

Iqra Girls Public High School, Sadiq Abad, Punjab, Pakistan

Competitive Certification

- Attended at Baqai University the Silver Jubilee Symposium 2011 (BMU) Credit hours 09
- Attended Workshop on Shoulder Assessment & treatment Approach (DUHS) 24th July, 2011
- Participated in World Physical Therapy Celebration 7th-8th Sep, 2009, 2011
- Attended Workshop on Upper Limb Neurodynamics (DUHS) 15th Oct, 2011
- Workshop on Maitland Technique On Spinal & Facet joints Mobilization 31st Dec, 2011
- Training at the American Heart Association BLS (AKU) 15th April, 2012
- Attended workshop on Basic Bio statistical Methods & Data Analysis In Biomedical Sciences (DUHS) 29th Nov, 2012
- Undertook practical learning in Bobath Practice 2013-2014 (DUHS, OPD)
- Training Course Dry Needling Technique For Upper Extremity By Physio Education Pakistan. Nov-Dec, 2014.
- Best Class Representative of 2014-2015
- Participated in the 16th SMAP Scientific Congress held on 28th May 2016 under the auspices of Sports and Youth Affairs Department Government of Sind Karachi

Additional Information

- ITC Skills
 - Operating Systems–Windows XP/VISTA/WINDOWS SEVEN/Eight.
 - Microsoft Office–Word, PowerPoint, Excel
 - SPSS16
 - Endnote
- Extra-curricular Activities and Achievements
 - Had Performed In Several Drama's in My School & College.
 - Excellent Performance in my School, College & University Sports Week.
 - Literary Contribution to Iqra Magazine 2005, and Aks (BMU)2008

Residential Address (Permanent)

Punjab, Pakistan

Passport No And Validity [BU5907852](#) 14JUNE2016-13JUNE2021

Cell Number [0092-](#)