###### **Curriculum Vitae**

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|  | Dr. Rida Shabbir, PT  Doctor of physical therapy  **Address:**  **House # 1218,** S-2, Muslimabad #3, Kakshal Peshawar**.**  **Emai l:** rida.kmu.06@gmail.com |

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| **Objective**  **PERSONAL**  **INFORMATION**    PROFESSIONAL  EDUCATION  Teaching  experience  clinical  internship  experience  research  experience  **CLINICAL WORKSHOPS ATTENDED**  **PROFESSIONAL / CLINICAL SKILLS**  **ADDITIONAL INFORMATION**    **COMPUTER**  **KNOW HOW**  **REFERENCES** | I have devoted myself to this extremely demanding health profession. I am determined to obtain the highest standards of education and experience leading to further specialization in the field of physiotherapy& Rehabilitation.  **Father’s Name: Shabbir Muhammad**  **Nationality:** Pakistani  **Marital Status:** Married  **Religion:** Islam  **2018- MSPT (musculoskeletal)**  **3.47 cGPA**  Institute of Physical Medicine & Rehabilitation (IPMR)  Khyber medical University (KMU), Peshawar.  **2014 Doctor of Physical Therapy (DPT)**  **3.60 cGPA**  Institute of Physical Medicine & Rehabilitation (IPMR)  Khyber medical University (KMU), Peshawar.  **2007 Fellow Of Science, Pre Medical (F.Sc.)(H.S.S.C)**  **1st Division- 70.9%**  Army Public School & College System, Peshawar  Federal Board of Intermediate and Secondary Education.    **2004Matriculation (S.S.C) Science Group**  **1st Division- 84.7 %**  Army Public School & College System, Peshawar  Federal Board of Intermediate and Secondary Education     * Working as “**DPT- Lecturer”** at Institute of Physical Medicine & rehabilitation **Khyber Medical university** from 14th May, 2019 to date. * Worked as **“DPT-Lecturer/ Physical Therapist”** at department of physical therapy at **Rehman Medical Institute** from 1st April, 2017 to 13th May, 2019. * Worked as a DPT- Lecturer at **Northwest Institute of Health Sciences** from March 2016 to date. * Worked as **“DPT- S. Lecturer”**at Department of Health Sciences, **NCS-University System Peshawar**, from February 2014 to February 2016. * Worked as Physiotherapy Trainee at IPMR Physiotherapy Clinic under the supervision of Mr. Muhammad Bin Afsar Jan- HOD (IPM&R), Peshawar.  1. **A study to identify fall prediction in geriatric population using Berg Balance Scale in Peshawar. A Cross sectional survey.**   **Published in AAHS journal of KMU.**   1. Certificate for participating in workshop on **Internal Quality Assurance Mechanism. March 24-25, 2010** 2. Certificate for participating in workshop on **Bioethics. November 29-30, 2010** 3. Certificate for participating in workshop on **Stroke Rehabilitation. Oct 20-21, 2012** 4. Certificate for participating in **Seminar on Raising Awareness and Encouraging Students for Control and Research on Zoonotic & Environmentally Transmitted Diseases & Response. November 14, 2012.** 5. Certificate for participating in workshop on **“Research Methodology & Proposal Development”** held at IPMR, KMU.**4th March, 2013** 6. Certificate for participating in workshop on **International conference on medical education & research 2013. April 12-14, 2013** 7. Certificate for participating in workshop on **Assessment in integrated curriculum- Balancing. April 12, 2013** 8. Certificate for participating in **National Rehabilitation Conference (4.0 CME Credits)** held at Isra IRS, October 4, 2013 9. Certificate for participating in workshop on **Advance Clinical Reasoning.** held at IPMR, KMU. May 20-24, 2014 10. Certificate for participating in workshop on **“Introduction to Neurodynamics”** held at IPMR, KMU. June 9-10, 2014 11. Certificate for participating in**3rd National Rehabilitation Conference, 1st& 2nd November, 2014. (4.0 CME Credits)** held at Isra IRS.  * Assessment, evaluation, diagnosis, designing and management of different physical / mechanical disorders including, neurological, rheumatic, traumatic, orthopaedic, paediatrics, industrial injuries, burn cases, ICU & CCU cases, post-operative rehab., sports & soft tissue injuries * Carrying down different latest physiotherapeutic techniques /manoeuvre’s e.g. stretching, mobilization of spinal and peripheral joints (Maitland and Mulligan approach), Kinesthetic training (McKenzie Approach), strengthening, ROM, PNF Techniques, Muscle energy techniques, Neural tension techniques etc. * Have great experience and familiarity with people from a variety of cultures * Have a friendly and outgoing personality with excellent interpersonal skills. * Have excellent fluency in English, Urdu, Punjabi & can speak Pashto. * Having great familiarity with Microsoft Word, Microsoft Excel, Microsoft Power Point, Microsoft Outlook Express, SPSS, * Fully capable of doing audio-visual conferencing * **Dr. Muhammad Bin Afsar Jan**   BSPT(Pak), MPPS(Pak), MSPT (Aus), MAPA (Australia),  MNPA (New Zealand) Assistant Professor Physiotherapy, **Principal/Director**  Institute of Physical Medicine & Rehabilitation (IPM&R), Khyber Medical University, Peshawar, KPK, Pakistan.  Cell # +92 333 911 8440  Dated: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_ |
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