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

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|  | Dr. Rida Shabbir, PTDoctor 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**PROFESSIONALEDUCATIONTeachingexperienceclinicalinternshipexperienceresearchexperience**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, PeshawarFederal Board of Intermediate and Secondary Education. **2004Matriculation (S.S.C) Science Group****1st Division- 84.7 %**Army Public School & College System, PeshawarFederal 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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