**ISHFAQ MPT, MIAP, FIMT, LASHS, CNDP **

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**Kashmir india .**

**Physiotherapist ( dha exam cleared)**

### Objectives

To work with energy and enthusiasm in a team and to build relationships based on integrity, respect and trust.

To be contributing asset in the field of Physiotherapy, this will provide me exciting

opportunities to utilize my skills in an organization which rewards

performance with responsibilities & challenging opportunities.

### Personal Traits

A highly motivated, confident individual with exceptional multi-tasking andorganizational skills.Able to communicate effectively and sensitively with patients to maximize the rehabilitation. Pleasing personality and ability to cope up with workload. Good listening skills and professional mannerism and ethics. Dedicated and Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist.

### Key Skills

Excellent client facing skillsand the ability to work closely with other health care professionals to assess a patients' needs and devise suitable treatment plans for them.

Experience in working with tertiary care hospital.

Can console patient with physical and psychological issues .

### Professional Education And Qualification

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| --- | --- | --- |
| **Name of degree** | **Name of university** | **Academic year** |
| Bachelors of Physiotherapy | Govt. Medical college Jammu (jammu university) | 2008-2012 |
| Masters in physiotherapy (Musculoskeletal disorders and Sports Physiotherapy) | Rajiv Gandhi university of health sciences | 2013-2015 |
| Fellowship diploma in manual therapy | London academy of sports and health sciences | 2016 |
| Dry needling practitioner course CNDT | Club Physio south Africa | 2018 |

### Professional Experience

### DR AHMEDS ORTHOPEADIC WELCARE CENTRE – BANGALORE (INDIA)

**Position: Physiotherapist (July 2015 – September 2016)**

### Department: Advanced Physiotherapy and Sports Rehabilitation Department

### HOSMAT HOSPITAL EDUCATIONAL INSTITUTES – BANGALORE (INDIA)

**Position: Physiotherapist (October 2015 – 21 June 2018)**

### Department: Advanced Physiotherapy and Sports Rehabilitation Department

**Duties & Responsibilities:**

* Providing a high standard of physiotherapy service to patients.
* Organizing & prioritizing own workload & delegating responsibilities accordingly.
* Involved in ward rounds, meetings and case conferences.
* Supervising and teaching recently qualified physiotherapist interns, undergraduate and PG students.
* Evaluating, planning and delivering care plans in response to complex needs.
* Reporting all complaints/incidents to senior managers & documenting them.
* Implementing relevant standards and policies.
* Prioritizing urgent referrals and emergency cases.
* Provide physiotherapy and treatment for both outpatients and inpatients. Responsible for managing a clinical caseload, providing physiotherapy assessment and treatment to the highest standard.
* Experience within-patients of respiratory and chest physiotherapy in intensive care unit and highly dependent unit, orthopedic and Musculoskeletal, Acute and chronic Neurological department .
* Experience with out-patients of Arthritis, spondylosis, stress injuries, sports injuries, stroke patient , with latest equipments and technology.
* Experienced manual therapy and dry needling practitioner with high manual therapy and dry needling skills.

**KEY SKILLS AND COMPETENCIES**

* Able to manage escalations, issues and risks.
* Experience of dealing with emotional and stressful situations.
* Can motivate others through effective communication skills.
* Able to deal with hostility in the form of verbal and physical aggression.
* Ability to work independently in busy environment.
* Highly developed dexterity, co-ordination and palpation skills for assessment.
* Fully aware of fire, health & safety and other departmental policies.

### Government medical college Jammu – Jammu (INDIA)

**Position: intern (November 2012 – April 2013)**

### Department: Physiotherapy department

* Providing a high standard of physiotherapy service to patients under the supervision of senior physiotherapist.
* Provide physiotherapy and treatment for both outpatients and inpatients. Responsible for managing a clinical caseload, providing physiotherapy assessment and treatment to the highest standard under supervision of senior physiotherapist.
* Experience with department of Neuroscience, Pediatrics, Musculoskeletal, Medicine , Surgery , Gynecology.
* Experience with department of Cardiac care unit , Intensive care unit, Cancer care unit , Highly dependent unit ( head injury)

### Professional Workshop and conferences attended

**WORKSHOPS:**

* + - * One day workshop at Sahyog India Rehabilitation Centre, R.S. Pura, Jammu.
      * Two day workshop about vestibular rehabilitation at Oxford College of physiotherapy Bangalore.
      * Two day workshop on exercise prescription at Oxford College of physiotherapy.
      * Two day workshop on motor relearning program at Oxford College of physiotherapy.
      * One day workshop on trigger point and dry needling at Nargund college of physiotherapy Bangalore.
      * One day workshop on sensory integration in at Dr. Ambedkar Medical college . (2014)
      * Has completed Course in Basic life support conducted by INSCOL Academy in association with American Heart Association 3rd May 2016
      * Physiocon 2017 held at NIMHANS. Awarded with young achievers award in field of physiotherapy.
      * Attended CME on total knee replacement organized by Karnataka state physiotherapy federation and Vikram hospital in april 2017.
      * Workshop on cardiopulmonary rehabilitation on 7th January 2018 in Saguna Hospital Bangalore

**CONFERENCE:**

* + - * Three days conference of North Zone Indian Association of Orthopaedics held at Medical College, Jammu.
      * One day Annual conference Bangalore physiotherapy network annual ( 2014)
      * Bangalore physiotherapy network annual conference 2015.
      * One day conference Physiocon as organising secretary Jammu and Kashmir (2016)
      * One day conference Physiocon at NIMHANS hospital Bangalore . Awarded with young achievers award in field of physiotherapy.
      * One day conference Physiocon 2018 NIMHANS hospital Bangalore.

**Certified courses :**

* Two month course in manual therapy by federation of Indian manual therapy
* Fellowship Diploma in manual therapy by Landon Academy of sports and health sciences-UK ( 2016)
* Dry needling practioner course level-I and advanced Level –II ( CLUB PHYSIO)

### Online courses and webinars attended

* Webinar on Kinesio Taping- Fashion Accessory or Must Have Skill?, with Chris McNicholl on March 31, 2015, with 1.25 hours of CPD, conducted by Physiotherapy Webinar Club®([www.physiowebinars.com](http://www.physiowebinars.com)).
* Webinar on Taping for Musculoskeletal Conditions, with Chris McNicholl on March 24, 2015, with 1.5 hours of CPD, conducted by Physiotherapy Webinar Club®([www.physiowebinars.com](http://www.physiowebinars.com)).
* Webinar on kinesio taping – fashion accessory or must have skill with Chris McNicollMarch 31, 2015, with 1.5 hours of CPD, conducted by Physiotherapy Webinar Club®([www.physiowebinars.com](http://www.physiowebinars.com)).
* Webinar on Low Back Pain & The STarT Back Approach To Treatment, with Kay Stevenson & Gail Sowden, Consultant Physiotherapists at Keele Universityon December 9, 2014, with 1 hour of CPD, conducted by Physiotherapy Webinar Club®([www.physiowebinars.com](http://www.physiowebinars.com)
* Webinar on Rehabilitating Knee Ligament Injuries In Sport, with David Fevreon December 3, 2014, with 1 hour of CPD, conducted by Physiotherapy Webinar Club®([www.physiowebinars.com](http://www.physiowebinars.com)
* Course on **low back pain** jointly conducted by physiopedia plus four weeks duration (16 credit hours) completed on 2nd May , 2016
* Courseon” **Introduction to Neurology**” jointly conducted by physio-pedia Plus four week duration (16 credit hours ) completed on 22nd may , 2016.
* Courseon” **Understanding pain** ” jointly conducted by physio-pedia Plus four week duration (16.5 credit hours ) completed on 31st  may , 2016.
* Courseon” **Movement Dysfunction** ” jointly conducted by physio-pedia Plus four week duration (10.9 credit hours ) completed on 26th July , 2016.
* Courseon” **STROKE** ” jointly conducted by physio-pedia Plus four week duration (11.6 credit hours ) completed on 26th July , 2016.
* Courseon” **TENDINOPATHY** ” jointly conducted by physio-pedia Plus four week duration (16 credit hours ) completed on 1st September , 2016.
* Course on “**RESPIRATORY MUSCLE TRAINING** “ jointly conducted by physio pedia plus four weeks (5 credit hours) completed on 14th September , 2016.
* Course on “**INTRODUCTION TO KNEE JOINT**“ jointly conducted by physio pedia plus four weeks (5 credit hours) completed on 13th December , 2016.

### Core personal strength

* Faith and confidence in Allah
* Good organizational skills.
* Good communication to ensure individual care
* Optimistic
* Strong self confidence
* Sincere and hard working
* Excellent communication and presentation skill
* Ability to work in multi-culture environment and is result oriented
* Receptive to and appreciative of new ideas
* Ability to quickly learn and apply knowledge in context.
* Good time maangement skills and abilities to lead and motivate

### Personal Information

* **Date of Birth:** 13th July 1986⬩**Languages:** English, Hindi, urdu, kanada, kashmiri, Arabic.
* **Marital status:** unmarried ⬩**Nationality:** Indian
* **DHA EXAM CLEARED**

**ON VISIT VISA VALID UPTIL 22/09/2018**