

# Curriculum Vitae

**Male**

**D.O.B. 24 November 1988**

**Number of years working in industry: 7 years 5 months**

**Candidate ID Number:** 179668

**Nationality:** Pakistani

**Language Skills:**

Fluent: English, Urdu, Punjabi, Hindi

**Permitted to work in:** Pakistan

**Position Sought:** Fitness Professional, Physiotherapist

## Personal Statement

To build a career in a dynamic organization or hospital where the boundaries for learning and growth are limitless. I aim to apply my skills and knowledge in an environment that fosters continuous professional development. I am eager to work in a setting that will allow me to evolve, evaluate, and enhance my expertise in the fields of physiotherapy, old age care, and rehabilitation. My goal is to join a dynamic team to provide evidence-based treatments and personalized care plans that promote recovery and prevent re-injury. With a strong background in community health, I aim to contribute to and implement preventive care strategies that benefit patients and the community and rehabilitation programs that address the unique needs of the community.

Seeking work in international locations and cruise ships

## Employment History:

**August 2021 - July 2024 - Practice Lead** at (most recent employer hidden for confidentiality) Sydney, Australia, (Hospital / Medical Clinic)

### Duties included:

- Lead a team of support staff and work alongside with multidisciplinary team to deliver coordinated care, ensuring that all team members work collaboratively to achieve client goals
- Provide mentorship, training and coaching to support staff, fostering a learning environment and conduct regular team meeting to discuss client progress, share knowledge and address any challenges.
- Evaluate the effectiveness of plans through client feedback, outcome measures and quality improvement initiatives, prepare and submit reports to stakeholders at the end of plan
- Maintain accurate and detailed client records, including assessments, findings, treatment plans, progress notes, and discharge summaries.

**January 2018 - August 2019 - Physiotherapist** at Southeast Hospital, Islamabad, Pakistan, (Hospital / Medical Clinic)

### Duties included:

Independently assessing, examining, diagnosing, and treating, providing hands-on treatment in a clinical setting. • Designing and implementing physiotherapy programs that encompass exercises, manipulations, mobilization techniques, patient education, electric-therapeutic modalities, and other relevant interventions.

Assess, diagnose, and triage patients, whether through patient self-referrals or referrals from primary care professionals. Caseload includes patients with long-term conditions, comorbidities, and multifaceted needs.

**January 2015 - December 2017 - Physiotherapist** at Shaafi International Hospital, Islamabad, Pakistan, (Hospital / Medical Clinic)

**Duties included:**

Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility, and quality of life in patients of all ages • Providing high standards of physiotherapy services to patients.

**Education and Qualifications:****2013 N/A**

Bachelors- DPT

Physical Therapy- Rehabilitation

**2023 University of Wollongong**

Master of Science; Leadership in Gerontology and Rehabilitation- Wollongong- Australia

**2013 Riphah International Hospital**

DPT- Doctor of Physical Therapy- 2013- Islamabad- Pakistan

**Hobbies and Interests**

Hiking

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