

Curriculum Vitae

Male

D.O.B. 06 October 1995

Number of years working in industry:

6 years 11 months



Candidate ID Number: 183110

Nationality: Pakistani

Language Skills:

Fluent: English

Basic: German, Arabic

Permitted to work in: Pakistan

Position Sought: Spa Consultant, Spa Director, Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, College Tutor, Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

Personal Statement

"I am a dedicated and results-driven physiotherapist with a passion for helping individuals recover, regain mobility, and enhance their overall well-being. With 6 years of experience in rehabilitation and sports therapy, my goal is to expand my expertise internationally, work in a dynamic healthcare setting, and contribute to innovative physiotherapy practices. I am eager to grow professionally, gain global experience, and make a meaningful impact in patient care."

Seeking work in international locations

Employment History:

April 2019 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Lahore, Pakistan, (Hospital / Medical Clinic)

Duties included:

- ◆ " Assess & Diagnose Physical Conditions - Conduct comprehensive assessments to determine mobility limitations, injuries, or postural issues in clients.
- ◆ " Develop & Implement Treatment Plans - Create individualized physiotherapy programs for guests, focusing on rehabilitation, mobility improvement, and pain relief.
- ◆ " Sports & Injury Rehabilitation - Provide therapy for sports injuries, orthopedic conditions, and post-surgical recovery to help guests regain strength and function.
- ◆ " Manual Therapy & Pain Management - Use hands-on techniques such as joint mobilization, soft tissue massage, and stretching to relieve pain and improve movement.
- ◆ " Postural & Ergonomic Training - Guide clients on correct posture, body mechanics, and ergonomic adjustments to prevent future injuries.
- ◆ " Hydrotherapy & Wellness Programs - Conduct aqua therapy sessions and therapeutic exercises in spa or pool facilities to support recovery.
- ◆ " Collaborate with Fitness & Wellness Teams - Work alongside personal trainers, spa therapists, and wellness coaches to offer a holistic rehabilitation experience.
- ◆ " Educate & Motivate Clients - Provide health education, lifestyle modifications, and self-care techniques to promote long-term physical wellness.
- ◆ " Ensure Compliance with Health & Safety Protocols - Maintain high clinical standards and follow all hotel wellness and medical regulations.

- Rotated through Neurology, Cardiology, Pulmonology, and Orthopedic departments, providing specialized physiotherapy care.

01/2020 - 12/2021 Lahore, Pakistan

- •Delivered one-on-one physiotherapy sessions to OPD patients with orthopedic, neurological, and post-surgical conditions.
- •Assisted in implementing post-operative recovery protocols in coordination with surgeons and consultants.
- •Played a key role in designing treatment protocols for stroke, CP children, Bell's palsy, and frozen shoulder cases.
- •Led and developed a team of junior therapists, promoting skill-building, clinical confidence, and collaborative treatment planning.
- •Exhibited excellent interpersonal skills in communicating with patients and colleagues, fostering a positive environment for treatment and rehabilitation.
- •Collaborated cross-functionally with sales, finance, and quality assurance teams to ensure service excellence, streamline processes, and align physiotherapy practices with organizational goals and performance standards.

1 / 3

- •Played a strategic role in clinical planning by collecting and analyzing patient data, applying basic machine learning tools to identify trends, and supporting data-driven decision-making for improved treatment outcomes.

Doctors Hospital & Medical Center

Physiotherapist

- •Provided physiotherapy services in Neuro, Orthopedic, Cardiac, and Pulmonology wards.

01/2022 – 01/2025Lahore, Pakistan

- •Delivered bedside rehabilitation to stroke, post-operative, trauma, and ICU patients.
- •Conducted individualized physiotherapy sessions in OPD, focusing on musculoskeletal and neurological disorders.
- •Collaborated closely with medical staff in ward rounds and multidisciplinary team meetings, ensuring smooth communication and effective team-based patient care.
- •Supervised and guided junior physiotherapy staff, ensuring quality and timely patient care.
- •Demonstrated strategic leadership in a fast-paced clinical environment by driving research-based innovations, fostering professional growth, and contributing to the development of effective treatment strategies.
- •Led self-driven initiatives and project management tasks involving product development, market analysis, and regulatory compliance, while consulting with legal and information technology teams to ensure innovative solutions; consistently communicated and collaborated across segments to monitor progress and deliver results aligned with organizational goals.
- •Utilized database systems to manage clinical documentation with less manual effort, enhancing data accuracy, streamlining patient records, and supporting evidence-based physiotherapy interventions.

Cure N Care Clinic

Physiotherapist

- •Conduct comprehensive OPD assessments and design individualized rehabilitation plans.

12/2019 – presentLahore, Pakistan

- •Conducted patient testing to evaluate performance outcomes, ensured accurate documentation in compliance with healthcare standards, and effectively communicated and collaborated with multidisciplinary teams to enhance treatment quality.
- •Monitor patient progress using evidence-based outcome measures and adjust treatments accordingly.
- •Educate patients and caregivers on home exercise programs, ergonomics, and lifestyle modifications.
- •Use digital tools(e.g. AI) to analyze patient progress, record clinical data, and adjust care plans based on outcomes.
- •Maintain high standards of patient communication and satisfaction, leading to long-term client retention.
- •Encourage a collaborative team environment, aligning treatment with updated physiotherapy protocols and best practices.

March 2019 - March 2021 - Spa Consultant at FAROOQ HOSPITAL , Lahore, Pakistan, (5 Star Hotel Spa)

Duties included:

- ◆" Assess & Diagnose Physical Conditions – Conduct comprehensive assessments to determine mobility limitations, injuries, or postural issues in clients.
- ◆" Develop & Implement Treatment Plans – Create individualized physiotherapy programs for guests, focusing on rehabilitation, mobility improvement, and pain relief.
- ◆" Sports & Injury Rehabilitation – Provide therapy for sports injuries, orthopedic conditions, and post-surgical recovery to help guests regain strength and function.
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- ◆" Educate & Motivate Clients – Provide health education, lifestyle modifications, and self-care techniques to promote long-term physical wellness.
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Products worked with:

FAROOQ HOSPITAL

Education and Qualifications:

2023 DOCTOR HOSPITAL AND MEDICAL CENTRE PAKISTAN SPORTS BOARD

degree MS (PHYSICAL THERAPY)

sports physical therapy

2023 riphah international university

MS (physical therapy)

2018 azra naheed medical college

doctor of physical therapy

Vocational Qualifications

FIFA MEDICAL DIPLOMA

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Hobbies and Interests

FOOTBALL

HIKING

YOGA

CV created at www.spastaff.com

