

Curriculum Vitae

Male

D.O.B. 18 February 1994

Number of years working in industry:

7 years 1 month



Candidate ID Number: 190854

Nationality: Pakistani

Language Skills:

Fluent: English

Permitted to work in: Pakistan

Position Sought: Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Fitness Professional

Personal Statement

More helpful supportive productive and get best out of me

Seeking work in international locations and cruise ships

Employment History:

July 2021 - Present - Senior Therapist at (most recent employer hidden for confidentiality) Lahore, Pakistan, (Health Club)

Duties included:

Worked with elite athletes manage their strains with cupping deep tissue massage stretches regularly and rehabilitation programs plus performance enhancing exercise design

Sports therapist for Pakistan national wrestling

Products worked with:

n/a

January 2019 - Present - Senior Therapist at The university of lahore teaching hospital , Lahore, Pakistan, (Hospital / Medical Clinic)

Duties included:

Managed disabled persons, neuromuscular disorders paediatric rehabilitation gait training sensory and occupational training

Products worked with:

n/a

Education and Qualifications:

2025 The University of Lahore (grad) Riphah International University (MSC)

Graduation + masters in sports rehabilitation + certification

Sports science

MSK conditions

Neck pain low back pain knee pain shoulder all MSK conditions and its treatment with deep tissue massage

Product Training:

July 2025 Strength and conditioning coach

Pakistan sports board

Training of deep tissue massage techniques stretches plyometrics sports taping acupuncture and cupping

Vocational Qualifications

Basic windows all Microsoft office emailing and system softwares such as common marketing software client management systems

Hobbies and Interests

Badminton

Cricket

CV created at www.spastaff.com

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