



Aniha Umair

Professional Physiotherapist

Doctor of Physiotherapy (DPT)

I am Professional Physiotherapist with great passion for helping people of all ages. I have previous work experience in supporting a variety of patients ranging from children suffering from development problems to adult and elderly affected by and recovering from injuries and movement disorders.

Profile Summary

- A competent Professional Physiotherapist with almost one and half year experience as a trainee in different hospitals.
- Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and development co-ordination disorders.
- Liasing with GPs, Doctors, Nurses, Consultants, OTs and other health and social care professionals regarding wide range of medical issues.
- Performing routine physical examination and inspections.

Career Timeline



Aug 2016 to Oct 2016



Nov 2017 to Jan 2018

Feb 2018 to Feb 2019



Core Competencies

Communication Skills



Time Management



Patient Management



Functional Anatomy & Movement



Physical Activity & Exercise



Integrated Clinic Management



+971 52 325 5429



aniha.umair@gmail.com

Personal Details

Date of Birth: December 20, 1991

Language Known:

English,Urdu,Punjabi.

Address: Muhaisnah 4,Dubai,U.A.E

Marital Status: Married

Nationality: Pakistani

Passport No: AU2296331

Visa Details: Resident Visa (Wife Visa)

Academic Qualifications

F.sc Medical (Lahore Board)

Doctor of Physiotherapy (DPT, 5 year Programe)

Achievements

Certificate of Participation & Appreciation on Thoracic Anatomical Surface Assessment & Cardio-Respiratory Physical Therapy

Certificate of Participation in 3rd Internanational Conference on Biosciences 2018

Organizational Experience

1 year weekly clinical rotation in Gulab Devi Chest Hospital – Lahore Pakistan

3 month Internship in Gunj Baksh Spinal Research & Rehabilitation Hospital – Trust – Lahore Pakistan

3 month internship in Social Security Hospital – Lahore Pakistan

Major Workdone:

- Working with patients who have a range of conditions, including neurological, neuromusculoskeletal, cardiovascular and respiratory, sometimes over a period of weeks.
- Diagnose, assess and treat their physical problem/condition.
- Developing and review treatment programmes that encourage exercise and movement by the use of a range of techniques.
- Involving parents and carers in the treatment, review and rehabilitation of patients.
- Educating patients and their carers about how to prevent and/or improve conditions.
- Writing & keeping of patient case notes and reports and collect statistics.
- Supervision of juniors and physiotherapy support workers.
- Caring, compassionate and professional at all times and manage clinical risk.
- Initiation of appropriate physiotherapy intervention programs for patients or clients suffering from immobility.
- Assessing and evaluation of physical disabilities caused by neurological disorders, stroke, diseases or injuries.
- Bringing wellness and mobility in physical disabilities caused by injuries, stroke or other neurological disorders through physiotherapy treatment programs.
- Handling of pain and physical problems caused by illnesses, disabilities and injuries.
- Managing and treating patients with disabilities in home and community care.
- Collaborating with multidisciplinary teams to provide patient care and comfort.
- Maintaining and updation of patient records and documents.
- Providing quality physiotherapist treatment to the highest possible levels.
- Consulting and collaborating with consulting physicians and other medical professionals in providing physiotherapy treatments.
- Teaching patients and their families about self care treatment interventions.

