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## 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 Programme)

## Achievements

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

Certificate of Participation in 3rd International Conference on Biosciences 2018

## 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 coordination disorders.
- Liaising 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



**Ganj Baksh Spinal Research<sup>®</sup> & Rehabilitation Hospital - Trust**

**Curing Disabilities - Caring for people**

Established 1999

The FIRST comprehensive FREE treatment facility for the physically challenged in Pakistan

## Core Competencies

Communication Skills



Patient Management



Physical Activity & Exercise



Time Management



Functional Anatomy & Movement



Integrated Clinic Management



## **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.
- Initiaion 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.

