

- D E E P A K S H A Y A M -

PHYSICAL THERAPIST

DHA Licensed Physical Therapist (DHA License NO: 34586063-001)

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An experienced PPTA and DHA licensed Physiotherapist with experience in working in high-end Physiotherapy facilities for more than 4 years. I'm Doctor of Physical therapy degree holder and have a special interest in Musculoskeletal Rehab, Neuro Rehab, Sports Injuries Rehab, Pediatric Rehab, Geriatric Rehab, ICU & Orthopedic Ward in Hospital using wellness approaches. Seeking a challenging career field of Physiotherapy where I can utilize my previous work experience, academic background and management skill for delivering best outcome.

PROFESSIONAL EXPERIENCE

**Dr. AK Health Care Medical Center L.L.C, Dubai UAE • Physiotherapist** 8/2023 – Present

Hands-on expertise in assessing, diagnosing, and treating a diverse range of musculoskeletal and neuromuscular conditions. Adept at creating personalized treatment plans, implementing therapeutic exercises, and utilizing various modalities to enhance patients' physical well-being. Proven ability to collaborate with interdisciplinary teams and communicate effectively with patients to achieve optimal rehabilitation outcomes.

**Bioflex Laser Pain Therapy Pakistan.** • Physiotherapist 08/2022 – 3/2023

Stay updated with International Laser Practitioners on the latest advancements in laser pain therapy and ensure that the team is trained and knowledgeable about these technologies, Educate patients and their families about the benefits and potential outcomes of Bioflex laser pain therapy. Manage and oversee the use of laser therapy equipment. Develop personalized treatment plans based on the patient's needs.

**Ashfaq Memorial Hospital, Karachi Pakistan.** • Physiotherapist 08/2019 – 7/2022

Supervising and coordinating Physiotherapy services., Overseeing patient assessments and treatment plans. Implementing quality improvement initiatives. maintaining clinical protocols, collaborating with healthcare professionals, Managing equipment, resources, and administrative tasks. Develop personalized treatment plans based on the patient's needs.

Achievements/Task

- Provide Physiotherapy treatment to inpatient and outpatients by utilizing Evidence based practice, conduct clinical assessment and diagnosis of patient to provide high standard care.
- Providing to patients using high tech equipment (Manual Therapy, Dry Needling, Laser therapy, Ultrasound Therapy, Cupping Therapy, Shockwave Therapy, Lymphatic Drainage Therapy).
- Rehabilitation for Post Orthopedics Surgeries like TKR, THR, Meniscus Injuries, Ligaments, Tendon reconstruction Spinal Surgeries with improve range of motion, early mobilization, Improve ADL's.
- Treat the patient with Musculoskeletal Disorder and injuries Diagnosis with Special Test and Rehab with Pain Management, Therapeutic Exercises, Maitland mobilization techniques, Mulligan techniques, Electrotherapy, taught patients how to use brace, crutches and Ambulatory device to reduce pain.
- Treat the Patients with neurology condition diagnosed like Stroke, Bell's Palsy, Parkinson's, SCI, MS, GBS etc. Rehab with PNF techniques, Bobath, Balance & Coordination exercise, Gait Training, Tilt Table.
- Manage Critical Care Patients in ICU, CCU & General wards Rehab with PROM, AROM, Bed Mobilization, Positioning, bed to chair and Respiratory Therapy.
- Treat Pediatrics & Geriatrics patients with techniques in Improved body movement, restoring mobility, Posture correction exercise, improve ADL's, Gait Training.
- Handle Cardiopulmonary related conditions with Cardiac Phase Rehab, Postural Drainage, Chest clearance techniques, ACBT's, Spirometry, Aerobic fitness Gym.
- Maintained Accurate and Organized Patient Documentation.

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## EDUCATION

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**Bachelor's Degree** • Doctor of Physical Therapy, Dow University of Health and Sciences Karachi. (2/2014 – 5/2019)

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## CERTIFICATION

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- Basic Life Support American Heart Association & Advanced Cardiovascular Life Support (06/2022 - 06/2024).
  - Certified Orthopedics Manual Therapy Course Organized by Prime Physio Wales.UK (NO.7029865)
  - UK Certified Dry Needling Basic and Advanced Registered in England No. 702986
  - Certified Dynamic Cupping Therapy Prime Physio Training.
  - Lymphedema Solution, Empowering effective Management Registered by Prime Physio English & Wales.
  - Certification of Bioflex Laser Therapy comprehensive technical and Clinical Training, at Meditech Toronto, Canada.
  - Webinar on Physical Therapy and Osteoarthritis at Gulf Medical University accredited by Ministry of Health and Prevention, UAE.
  - Certificate of Completion 'Let's Break the Chain of COVID-19 Infection' As a part of The Mohammed Bin Rashid University of Medicine and Health Sciences community immunity Ambassador Program Dubai. (04/2020).
  - Short Course on Cause of Human Disease Public Health Epidemiology University of LEEDS ENGLAND (02/2018).
  - Critical Care Course conducted by The Aga Khan University Karachi (07/2022).
  - 12<sup>th</sup> Neurology Certificate Course (Jan 28- march 24, 2016) held at Aga Khan University Karachi.
  - Certification course on 'Pain Management and Pain Physiotherapy' from Stanford University School of Medicine.
  - Certification course 'Infection Control' under the Mind luster Professional Training and Coaching London.
  - Certification of Achievement in 'Ethics and Governance of Artificial Intelligence for Health' held by WHO.
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## PROFESSIONAL SKILLS

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- Musculoskeletal, Neurology, Spinal, Pediatrics, Geriatric, Cardiopulmonary and ICU Rehabilitation.
  - Manual Therapist, Dry Needling, Lymphatic Drainage, Laser Practitioner, Sports Injuries Rehabilitation.
  - K-taping, Electrotherapy, Pain Management, Evidence Based Practice, Time Management, Clinical Decision Making.
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## AWARD

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- Certification of Appreciation awarded to as a Guest Speaker on the 'Biomechanics of Knee' from the Department of Physical Therapy at Newport Institute of Communications and Economics Karachi. (18/01/2022)
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## LICENSE

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| • DHA Active Licensed Physiotherapist   | DHA  | ( 08/2023-08/2024) |
| • Pakistan Physical Therapy Association | PPTA | ( 10/2021-09/2024) |
| • International Driving Permit          |      |                    |
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## LANGUAGES

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- **English** Full Professional Proficiency (Professional International English Language Training Program). Conducted by Dow University of Health and Science Karachi.
- **Urdu / Hindi** Full Professional Proficiency.