

# RAMESHA TAHIR

DHA REGISTERED PHYSIOTHERAPIST

Dubai Health Authority Eligibility ID: 07456582

## PROFESSIONAL EXPERIENCE

### Physical Therapist

Bin Inam's Physical Therapy and Chiropractic Rehab Clinic | July 2018-present

Working as a general physiotherapist and dealing with different conditions including orthopedic, musculoskeletal, and neurological. I am responsible for all medical documentation of patients from assessments to progress reports. I have treated different patients ranging from pediatric to the geriatric population. My commonly used therapeutic methods include manual therapy, electrotherapy, cupping therapy, dry needling, and exercise therapy as per the medical needs of the case.

### Physical Therapist cum Clinical Instructor

Faisal Institute of Health Sciences | Feb 2019-present

- Creating diagnostic and therapeutic plans for patients
- Clinical case discussion and demonstration to physiotherapy students
- Taught multiple theory and practical subjects

### Physical Therapist

Mujahid Hospital| June 2018-Jan 2019

- Management of IPD and OPD patients with different disorders
- Incorporation of evidence based treatment plans
- Pre op and post op patient evaluation and treatment

### Intern Physical Therapist

Madina Teaching Hospital| 2016-2018

- Completed 1776 clinical hours in hospital affiliated with The University of Faisalabad.
- Clinical Practice Hours were breakdown into multiple ward rotations like pediatrics, gynea, medicine, oncology, ICU & CCU.

## MEDICAL EDUCATION

### The University of Faisalabad

Department of Rehabilitation Sciences | Sep 2019 - Oct 2021

Master of Science in Physical Therapy-Orthopedic Manual

- 🏆 **Awards:** Graduated with **Gold Medal**, CGPA 4.0, Awarded with 3 distinction scholarship certificates

### The University of Faisalabad

Department of Rehabilitation Sciences| Oct 2013 - June 2018

Doctor of Physical Therapy

- 🏆 **Awards:** Graduated with **Silver Medal**, CGPA 3.83, Awarded with 8 distinction scholarship certificates
  - 1st Position in Physiotherapy Quiz Competition| 2017



## CAREER OBJECTIVE

Looking for a career opportunity that allows me to work as an orthopedic specialist physiotherapist to utilize my clinical expertise, experience and training in the service of humanity and for the advancement of my clinical skills and knowledge. I will bring innovative ideas of therapy into practice which will help in my individual professional growth and the growth of my organization.

## THERAPEUTIC SKILLS

- Pain Management
- Patient Education & Posture Reeducation
- Homecare Experience
- Exercise Plan
- Joint Mobilization
- Soft tissue techniques
- Kinesiotaping
- Cupping Therapy
- Dry Needling
- Physical Agents & Electrotherapy
- Basic Life Support (BLS)

## PERSONAL DETAILS

- 🇵🇰 Nationality: Pakistani
- 🛂 Passport Number: CA7129012
- 📍 Dubai, U.A.E
- 🛂 Visa Status: Visit Visa
- 📞 Phone No: +971 56 872 5155
- ✉️ drramishatahir@gmail.com
- 📅 DOB: Aug 24,1995
- ♀️ Marital Status: Single
- 🌐 linkedin.com/in/dr-ramesha-tahir-awan

## CONDITIONS TREATED

- Frozen Shoulder
- Low Back Pain
- Knee Osteoarthritis
- Neck Pain
- Post-Fracture Stiffness
- Contractures
- Tennis Elbow
- Sports Injuries
- Stroke
- Radiculopathies
- Bell's Palsy/Facial Palsy
- Cerebral Palsy/Special Children
- Post-Operative Rehab

## COMPETENCIES

- MS Office Suite
- Online educational portals
- Electronic Health Record Keeping
- SPSS and EndNote software
- Medical Research Writing
- Medical Coding & Billing
- Problem solving skills
- Clinical caseload management
- Dedicated and caring therapist
- Interpersonal & Organizational skills

## LANGUAGES

- Good communication skills verbal and written in English (Fluent), Urdu (Fluent), Punjabi (Native) and Arabic (Beginner).

## MEMBERSHIP

- Registered Member of Dubai Health Authority since Sep 2022 (DHA ID: 07456582).
- Member of Pakistan Physical Therapy Association (MPPTA) since June 2018 (License #: P. 6243).

## SERVICE ACTIVITIES

- Conducted a free Physiotherapy Camp at Faisal Hospital, Faisalabad | July, 2021.
- Contributed in patients treatment as a volunteer at Free Physiotherapy Camp organized at IMC REHAB MAX Physiotherapy & Sports Injury Center Faisalabad | July, 2019.
- Served as Volunteer Physical Therapist at Eliya Home Care | Jan 2019.

## REFERENCES

-Available on Demand

## TRAININGS & CERTIFICATES

- **Myofascial Release** Foam Roller Certification (Dec, 2022).
- Prime Minister's National Program **CPR Training** (Nov, 2022).
- Treating Common Spinal Disorders By **Cupping Therapy** (Feb, 2022).
- Reviewer for eJ Manager Journal Management Services (2019-2021).
- **Kinesiology Taping** Practitioner Course with 5 CPD hour (Nov, 2021).
- Innovations in Rehabilitation Technology & **Research** (May, 2021).
- An Insight into **Research Methodology** (Sep, 2020).
- Foundations of Pain Online Course with 3 contact hours awarded (Apr, 2020).
- Role of **Physiotherapy in COVID-19** with being awarded 0.8 physioplus points (Mar, 2020).
- Training in **e-learning** and in using LMS, Google Meet and Google Classroom softwares by The University of Faisalabad (Jan, 2020).
- **Hijama Therapy** CPC & PC Method by Dr. M. Anas (Aug, 2019).
- **Dry Needling** for Pain Management by Kings College of Health Sciences (Aug, 2019).
- Modern Approaches of Treatment Methodologies in Physiotherapy and Hands on **Taping Techniques** (Aug, 2019).
- Comprehensive Physical Therapy Management for Problematic Shoulder Joint with 3 CME credit hours (Apr, 2019).
- Physical Therapy Perspective of Evaluation & Management of Pediatric Neurological Disorders (Apr, 2019).
- **Digital Literacy** course (Dec 2018-Feb 2019).
- Splinting Techniques of Upper and Lower Limb with 3 CME credit hours (Jan 2018).
- **Movement Based Joint Mobilization**; An Overview with 4 CME credit hours (Sep, 2017).
- Core Stability: A Concept and A Lifestyle of 3 CME credit hours (Jan, 2017).
- **Physical Agents** in Rehabilitation (Feb, 2016).
- A Manual Therapist's Guide to Surface Anatomy and Palpation Techniques According to Contemporary Approaches (Nov, 2015).
- Basic Orientation on Bobath's Concept with 1 CME credit hour (Nov, 2014).

## PUBLICATIONS

- Thoracic Mobilization vs **Cervical Mobilization** in Mechanical Neck Pain. Thesis Book. LAP LAMBERT Academic Publishing. 2022 Nov 01:1-152.
- Comparing the effectiveness of Dynamic Stretching and PNF Stretching in treating DOMS. ScienceOpen Posters. 2022 Oct 25.
- Current Practice Behaviors and Perceptions of Physiotherapist with Respect to Management of Individual with **Osteoporosis**. Pakistan Journal of Medical & Health Sciences. 2022 Oct 04;16(09):377-9.
- Effectiveness of Obturator **Nerve Mobilization** for **Knee Joint Pain** in Young Females. Pakistan Journal of Medical & Health Sciences. 2022 Aug 31;16(08):420-3.
- Comparative effect of upper **thoracic spine mobilization** with mobility exercises and upper cervical spine mobilization with stabilization exercises in mechanical **neck pain**: a randomized clinical trial. Anaesthesia, Pain & Intensive Care. 2022 Aug 17;26(4):488-95.
- Comparing the effectiveness of **static stretching and proprioceptive neuromuscular facilitation stretching** in treating **delayed onset muscle soreness** in calf muscles of runners. Anaesthesia, Pain & Intensive Care. 2022 Feb 7;26(1):31-8.
- Effectiveness of **Facial Neuromuscular Retraining** with and without **Mirror Visual Feedback** in Patients with **Bell's Palsy**. Annals of King Edward Medical University. 2021 Nov 10;27(Special Issue (Jul-Sep)):407-12.