



Zermeen Zerish

Chartered Physiotherapist Ireland

DHA Physiotherapist UAE

With 5+ Years' Experience

Objectives

I am dedicated and ambitious young Chartered Physiotherapist seeking job in Dubai as Physiotherapist with an aim of utilizing my potential, zest, knowledge and clinical skills to achieve excellence and be part of multidisciplinary health care team.

SKILLS & ABILITIES

- ❖ Manual therapy and Therapeutics exercises (MFR, Mobilization, Mulligan, and Maitland). Sports injury cases.
- ❖ Neurology Rehabilitation (Stroke, Multiple Sclerosis).
- ❖ Cardio-respiratory Rehabilitation.
- ❖ Pediatrics Rehabilitation.
- ❖ Musculoskeletal Rehabilitation.
- ❖ Orthopedics Rehabilitation.
- ❖ Women health (pelvic floor training and therapies) Obs/Gynecological Rehabilitation.
- ❖ Geriatric Rehabilitation.
- ❖ Lymphatic drainage therapy, Cryotherapy.
- ❖ Dry needling Kinesio taping therapy
- ❖ Exercise prescription/treatment plans, record keeping
- ❖ Administration/Ms office/Client serving.

VITALS

Address: Room 406, P-7, France Clusters, Dubai, United Arab Emirates.

Mobile: 00971523803001

Email: doc_zerish91@yahoo.com

Nationality: Pakistan

Languages: English, Hindi, Punjabi, Urdu

PROFILE

A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with patients and careers to maximize the rehabilitation of patients and to ensure understanding of often complex clinical issues impacting on recovery. Excellent client facing skills and the ability to work closely with other health care professionals to assess patients' needs and devise suitable treatment plans for them. Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist.

Career Snapshot

Physiotherapist August 2018 – September 2019
Sports Clinic and Physiotherapy Centre

Senior Physiotherapist June 2016 – July 2018
Madina Teaching Hospital

Physiotherapist August 2015 - May 2016
Faisalabad Institute of Cardiology

Physiotherapist (PARTTIME) August 2015 August 2018
Miss Haq Rehabilitation Centre for Determined Children

Physiotherapist July 2014 - June 2015
Sports Clinic and Physiotherapy Centre

Physiotherapist January 2014 – March 2014
Allied Hospital

EDUCATION

Master in Physiotherapy 2016
The University of Faisalabad, Pakistan

Doctor of Physical therapy (DPT) 2014
The University of Faisalabad, Pakistan

MEMBERSHIP/ LICENSING AUTHORITY

- Irish Society of Chartered Physiotherapists (ISCP)
- Pakistan Physical Therapy Association (PPTA).
- Dubai Health Authority (DHA)

PUBLISHED RESEARCH ARTICLES

- *Prevalence of Musculoskeletal disorder in tertiary Hospitals of Faisalabad Allied Hospital & District Head Quarter hospital Faisalabad*
- *Randomized Controlled Trail for the effectiveness of TENS versus exercise therapy for non-specific low back pain.*
- *Patient's satisfaction from physiotherapy services in outpatient setups of Faisalabad*

EXPERIENCE DETAILS

Madina Teaching Hospital/University of Faisalabad
Senior Physiotherapist

June 2016 – July 2018

Key Result Areas:

Treated Orthopedic Conditions e.g.

- Fracture Rehabilitation
- Inflammation of tendons or Bursa Ligament Strain, Sprain or tear
- Osteo -Arthritis
- Rheumatoid - Arthritis
- Osteoporosis
- Anklyosing Spondylitis
- Scoliosis
- Spondylolisthesis
- Spondylolysis
- Surgical Rehabilitation of Hip, Shoulder, Knee and Foot/Ankle

From physio treatment protocols followed as:

- Manual therapy
- Massage-Techniques: vary from relaxing light pressure massage to deep friction massage
- Ultrasound Therapy
- Interferential Therapy and Neuromuscular Stimulation
- Dry-needling and Acupuncture

Miss Haq Rehabilitation Centre for Determined Children
Physiotherapist (PART TIME)

August 2015 August 2018

Key Result Areas:

- I was Responsible for all manual handling and positioning of patient like ROM exercises, splints, muscle testing.
- Passive stretching, re-education of walking Gait training, introduction of walking Aids, PNF, frankle exercises balancing exercises teaching of self-care and mobility.
- I was Competent enough for holding Electrotherapy e.g. SWD Ultrasound, Ice Therapy, Laser therapy, wax therapy, IRR, interferential.
- I was proficient to provide services for children and adolescents with movement disorders resulting from injury, illness or disability.
- Ideal for children aged from newborn to teens to treat Childhood related physical problems.

Sports Clinic and Physiotherapy Centre
Physiotherapist

July 2014 - June 2015

August 2018 – September 2019

Key Result Areas:

- I examined injuries related to sports and provide appropriate treatment to them Mainly Includes:
 - Muscle tears and strains.
 - Running and other overuse injuries (for example anterior knee pain, runners' knee, ITB friction syndrome, etc.
 - Torn ligaments and tendons – for example ACL tears (Anterior cruciate ligament).
 - Tendonitis.
 - Bio-mechanical Problems.
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- Treats Orthopedic Conditions like Fracture Rehabilitation, Inflammation of tendons or Bursa Ligament Strain, Sprain or tear, Osteo – Arthritis, Rheumatoid – Arthritis, Osteoporosis, Ankylosing Spondylitis, Scoliosis, Spondylolisthesis, Spondylolysis, Surgical Rehabilitation of Hip, Shoulder, Knee and Foot/Ankle.

**Faisalabad Institute of Cardiology
Physiotherapist**

August 2015 - May 2016

Key Result Areas:

- My prime responsibilities were to effectively implement weaning of patients as early as possible from the external breathing supports like oxygen mask, chest clearance techniques and procedures.
- Positioning of patient.
- Maintenance of range of motion in all joint.
- Awareness about prevention of bed sore among the assistive staff, ensuring that all the above mentioned procedures are followed every three hours.
- Documenting the vital statistics of the patient from the patient supporting equipment's.
- Cardiac Rehabilitation of conditions like COPD, Asthma, and Bronchiectasis, Cystic Fibrosis Lung abscess, Pneumothorax, Pleurisy and Respiratory failure, Thoracic surgeries, Pneumonectomy, Lobotomy, Thoracic Plasty, Pleurectomy CCF, Valvar heart diseases, IHD, Coronary heart diseases, Myocardial infarction, CABG valvar replacement, Heart transplant, Correction of fallouts tetralogy etc.

**Allied Hospital Faisalabad
Physiotherapist**

January 2014 – March 2014

Key Result Areas:

- Mainly responsible for my own caseload.
- Performed duties in Neurological, Musculoskeletal and Pediatrics Rehabilitation Units for treating patients requiring physiotherapy as an outpatient.
- I was accountable to assessment, treatment and referring them onward if patient needs any further input from different discipline.

TRAINING WORKSHOPS

Workshop	Dates	Facility	City/Country
Certified in Dry Needling	June 2018	Iffat Anwar Medical Complex.	Lahore/Pakistan
Peak Pilates Basic Mat Certification	February 2018	AEME	Islamabad/Pakistan
Splinting Techniques of Upper and Lower Limb	November 2017	School of Rehabilitation Sciences	Faisalabad/Pakistan
Sports Injury: Concussion Management	November 2017	Superior Group of Colleges	Lahore/Pakistan
Basic life support (BLS)	November 2016	Rescue Team Pakistan	Faisalabad/Pakistan

Reference will be furnishing demand