



## 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.

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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 hearth 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**

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

**Reference will be furnishing demand**