



HUZAIIFA TARIQ

PHYSIOTHERAPIST

DHA LICENSE NUMBER: 35940104-001 | UAE GOLDEN Visa Holder

A Dedicated and skilled Physiotherapist with Bachelors of Physiotherapy Degree, Expertise in Musculoskeletal Conditions, Sports Injury and Neurological rehabilitation. Skilled in personalized treatment planning, teamwork, Improving Patient's mobility and up-to-date with the latest advancements. Seeking an opportunity to contribute my expertise and passion for physiotherapy in a dynamic healthcare environment.

Contact

Phone

+971 567750661

Email

Huzi_tariq@yahoo.com

Address

Dubai, UAE.

Education

2018 - 2022

Bachelor of Physiotherapy

Graduated with Honors Degree and Scholarship with 4.0 GPA

Gulf Medical University, Ajman.

2015 - 2017

Advanced Level Qualification

The Oxford School, Dubai.

Expertise

- Musculoskeletal Rehabilitation
- Sports Injury Rehabilitation
- Pre and Post Surgery Rehabilitation
- Pain Management Techniques
- Mobilization Techniques
- Electrotherapy
- Aquatic Therapy
- Neuro Rehabilitation
- Therapeutic Exercises

Experience

PHYSIOTHERAPIST

Axon Medica Healthcare, Dubai

(9/2023 - Current)

- Conducted Physical Examination to assess the patient's range of motion, strength, posture, balance, and any areas of pain or discomfort.
- Successfully treated patients with a wide range of Musculoskeletal Disorders including Ligament sprain, strains, joint dislocation, fracture, Arthritis, Tendonitis, Bursitis, Ergonomic injuries, Nerve impingement, Inflammatory conditions, Sports injuries and Pre/Post-operative surgery Rehabilitation.
- Utilized a range of Therapeutic exercises, manual therapy, IASTM Technique, electrotherapy modalities and strength training,
- Educated Patient on proper body mechanics, posture, and injury prevention.

PHYSIOTHERAPIST

Thumbay Physical Therapy and Rehabilitation Hospital.

(9/2022 - 8/2023)

- Conducted comprehensive patient assessments, diagnosis, prognosis to formulate tailored treatment plans and follow up to Patients.
- Rehabilitate Patients with Neurological condition, such as stroke, spinal cord injuries, multiple sclerosis, Guillain-Barre syndrome, Traumatic Brain Injury, Bells palsy , Diabetic neuropathy, Cerebral palsy, Radiculopathy and Parkinson's disease.
- Treated Patient using Robotic Exoskeleton suit, D-WALL Technology and hydrotherapy to enhance patient recovery and help in pain management.
- Implemented patient-specific treatment plans, which included Electrotherapeutic modalities such as ultrasound, TECAR, shockwave therapy, Laser, IFT, Traction and electrical stimulation.
- Tailored treatment plans for Patients with Cardiopulmonary conditions , Geriatrics, Pediatrics, Women's health, Long term care Patients and ICU/NICU rehabilitation.
- Collaborated with multidisciplinary healthcare teams, including physicians, nurses and occupational therapists to ensure holistic patient care.

Research

Physical fitness reference standards among UAE Pre-School Students.

(Scoping Review)

Language

English

Full Professional Proficiency

Urdu

Native Proficiency

Hindi

Full Professional Proficiency

Arabic

Elementary Proficiency

INTERNSHIP

American Hospital Dubai

(6/2022 - 8/2022)

- Provided patients with guidance on exercises, home care and injury prevention strategies, fostering their understanding of their conditions and active involvement in their recovery.
- Utilized various manual therapy techniques, including joint mobilizations, soft tissue mobilizations and myofascial release to improve joint mobility, reduce pain and optimize tissue healing.

Thumbay University Hospital.

(2/2021 - 5/2022)

- Maintaining accurate patient records, ensuring compliance with healthcare regulations and facilitating effective communication within the healthcare team.
- Participated in workshops and in-service training sessions to stay updated with the latest developments in physiotherapy practice

CERTIFICATIONS

- Dry Needling : Module 1-2 (Basic and Advance Fundamental)
HPE UK (Accreditation No: PPB007/2024/01/001)
- Injury and Healing in Sports Physiotherapy
Physiopedia (Accreditation No: PPB007/PT000/2023/390)
- Basic Life Support (BLS)
Issued on Dec 2022 - Expires Dec 2024
- Foundational Aquatic Therapy
Embodia Academy
- Shoulder joint Post-Operative Rehabilitation
PRIMEPHYSIO (TRAINING UK)
- World Physiotherapy Congress
Issued on June 2023
- YIN Yoga for Rehab Professionals
Embodia Academy
- Cervico-Brachial Pain Management
PRIMEPHYSIO (TRAINING UK)
- Low back pain and Pelvic floor Dysfunction
Embodia Academy