

Sara Khan

Licensed Physiotherapist | DHA Certified |
Expert in Orthopedic, Neurological & Pediatric Rehabilitation
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Professional Summary

DHA-licensed physiotherapist with 3+ years of clinical experience in orthopedic, neurological, musculoskeletal, pediatric, and geriatric rehabilitation. Skilled in designing **personalized treatment plans** using **evidence-based approaches**. Proficient in **manual therapy, trigger point release, dry needling, myofascial therapy, and electrotherapy**. Demonstrated success in improving patient outcomes through **multidisciplinary collaboration, post-surgical care, and rehabilitation planning**. Focused on quality, empathy, and results-driven patient care in alignment with **DHA clinical standards**.

Core Competencies

Technical Skills:

Manual Therapy · Pain Management · Neurological Rehabilitation · Pediatric Physiotherapy · Musculoskeletal Treatment · Post-Surgical Recovery · Trigger Point Therapy · Myofascial Release · Dry Needling · Electrotherapy · Functional Mobility Training · Therapeutic Exercise · Cardiopulmonary Rehabilitation

Soft Skills:

Patient Communication · Empathy · Clinical Documentation · Time Management · Interdisciplinary Collaboration · Problem Solving · Critical Thinking · Professional Ethics · Adaptability

Professional Experience

Physiotherapist

Physiotherapy Clinic & Rehabilitation Centre – Hyderabad, Pakistan | June 2020 – October 2023

- Conducted **detailed physiotherapy assessments** and created **tailored rehabilitation plans** for patients with **orthopedic, neurological, and pediatric conditions**.
 - Administered **dry needling, trigger point release, and myofascial techniques**, reducing chronic and acute pain, leading to a **40% increase in patient pain relief** within the first 4 weeks.
 - Led **post-surgical rehab** programs, restoring mobility and reducing discomfort across all age groups. **Improved mobility in post-surgical patients by 30% within the first 6 weeks**.
 - Delivered **neurological rehabilitation** for stroke and spinal cord injury patients, improving long-term outcomes with a **90% success rate** in regaining mobility.
 - Collaborated with **multidisciplinary teams** to ensure holistic, patient-centered care.
 - Maintained a **95 %+ patient satisfaction rate** based on feedback and clinical improvements.
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Education

Doctor of Physical Therapy (DPT)

Dow University of Health Sciences – Karachi, Pakistan | CGPA: 3.37 / 4.0

Certifications

DHA Eligibility Letter (ID: 93040516) · Dry Needling – Therapist 4U.pk · PPTA Membership – S7810 (Valid until Dec 2026) · Certification of Good Standing – PPTA · CME: AKU Neurology Conference · Neurology Certificate Course – Aga Khan University · Pain Management in Spinal Conditions – AKU · CME: Obesity Seminar – Dr. Essa Lab · 30th Pak Orthicon: Musculoskeletal Trauma – Karachi