

# Wardah Ibrahim

## bachelor's degree of science in physiotherapy

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Gender: Female.

Nationality: Pakistan.

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Current residency: United Arab Emirates.

DHA Reference ID: 14369048

### Summery

Hardworking physical therapist with lots of experience in UAE medical centers. Seeking employment with an intent to integrate academic knowledge and practical skills for the benefit of patients. Utilize my skills in functional strength training and patient communication in health care facility like a better together Bellevue.

### Languages

Arabic (Native Speaker) – English (professional)- Urdu (limited work proficiency)

### SOFTWARE SKILLS

- Microsoft Word.
- Microsoft Excel.
- Microsoft Power Point.
- Social Media Applications.

### Highlights\skills

- Good Communication with Patient.
- Organizing Schedules and Writing Soap Notes in A Good Way.
- Personal Confidence & Positive Attitude.
- Good Interpersonal communication.
- Time Management.
- Good Observer & Well Assessment of The Patients
- Massage Therapy.
- Manual Therapy.
- Deep Friction Massage.
- Bandaging.

### Work experience

#### Volunteering

- Sharjah, United Arab Emirates (11\2023 – current)

Wazen project, physiotherapy auditing volunteer to guide government employees the correct ergonomics in the offices, Supervised by Noura Matar Suwaidi, Administrative Coordinator in Ministry of Statistics and Community Development in cooperation with University of Sharjah.

#### Training

- from 6 September to 10 December 2020.

Musculoskeletal and Medical Surgical physiotherapy, Rashid Hospital-Dubai.

- from 16 February 2021 to 4 May 2021.

Musculoskeletal and Neurological conditions physiotherapy, Rashid hospital-Dubai.

- from 6 September 2021 to 8 December 2021.

Pediatric and Gynecological conditions physiotherapy, Rashid pediatric-SCHS- al Qassimi hospital for women and children.

- from 24 February 2022 to 6 May 2022.

Integrated and geriatric physiotherapy training in Health Hub medical center, al Karama, Dubai, Neurospinal hospital, Barsha, Dubai.

### Internship

Dubai hospital 24\10\2022 to 19\1\2023 (3months)

practiced on enhancing breath and muscle function after surgery in In-patients, practice on orthopedic cases such as (LBP\shoulder\SIJ\TKR) in out-patients, practice on using orthosis, practice on using therapeutic exercises and modalities, delivered aquatic treatment plans according to patient needs.

Rashid hospital 26\6\2023 to 13\9\2023 (3 months)

well trained and observed in outpatient department in cases like shoulder impingement and neck pain, sciatic radiculopathy and LBP, sport injuries in Male OPD, assisted in transferring and mobilization female in-patient under the guidance of staff physiotherapist. Trauma cases, and neurosurgery physiotherapy.

### Education

2022-2018

- Bachelor of Science of physiotherapy. University of Sharjah, college of health science, physiotherapy department. Integrated knowledge of physiotherapy, usage of evidence-based practice for holistic rehabilitation, and integration of various health conditions.

May-2017

- high school diploma, Manar Aleman girls' Arabic school in Ajman
- **NIDA CLINICAL TRIALS NETWORK:** completion of a six-hour course on Good clinical practice.

### Certifications

DHA certified eligibility letter of physical therapist, Dubai, United Arab Emirates, 2023.

### Achievements

#### Graduation Research project

June-may\2022

Determine the effectiveness of an online exercise program on headache, neck pain, and quality of life, by comparing pre-recorded exercise sessions and online supervised exercise sessions for 4 weeks.