

Aqsa Sharif

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EDUCATION

Doctor of Physio Therapy Science NCS University System, Pakistan – GPA: 3.15/4.00	August 2016-June 2021
F.Sc. Pre-Medical APS College, Pakistan – Marks: 736/1100	August 2014-May 2016
Matriculation Pakistan – Marks: 865/1100	May 2014

PUBLICATIONS

Are Clinical Tests Alone Can Accurately Diagnose Subacromial Impingement Syndrome: A Systematic Review (In Progress)
Knowledge, Perceptions and Behavioral Practices Regarding Covid-19 among the general population of Peshawar. A Cross-Sectional Survey (In Progress)

SKILLS & INTERESTS

Modalities: TENSE, Diathermy, therapeutic ultrasound, infrared
Musculoskeletal (MSK): Upper and lower limb conditions
Biostatistics : Hypothesis testing, Regression, Sampling techniques, Probability
Neuro-Physiotherapy : Motor re-learning of stroke patients (CVA)
Cardiopulmonary: ACBT's, postural drainage
Integumentary: Physical therapy of burn patients, patients with diabetic foot and skin ulcers
Research methodology: Systematic review, cross sectional

RESEAERCH PROJECT (FYP)

Are Clinical Tests Alone Can Accurately Diagnose Subacromial Impingement Syndrome: Systematic Review December 2020-June 2021

- Subacromial impingement syndrome refers to inflammation and irritation of the rotator cuff tendon as they pass through the subacromial space.
- This systematic review will find out the most sensitive and specific test for diagnosing subacromial impingement.
- PRISMA guidelines is followed to conduct this review.

WORK EXPERIENCE

Physio health by Dr. Aqsa – YouTube Channel ([Link](#)) April 2021 - To Date

- This channel is for educational purpose and it covers different topics related to physical therapy profession.
- Mostly neurological and musculoskeletal conditions are discussed in detail.
- Lectures include objective and subjective examination, and as well as management which can help physical therapy students.

KEY PROJECTS

Signs and Symptoms of MCA, ACA, PCA, & Mobility Components of Stroke ([Video](#)) March 2020

- Demo related to sign and symptoms of right and left MCA.
- Also contains sign and symptoms of ACA, PCA.
- Mobility components (essential components of rolling, sitting, static balance, dynamic balance and sit to stand)

Facial nerve route ([Video](#)) ([Slides](#)) March 2020

- Presentation about facial nerve route including their fibers.
- Also described the facial nerve nuclei and their location.
- Difference between facial palsy and bell's palsy was explained.

Special Test for the Shoulder Complex ([Video](#)) October 2019

- Demo regarding tests for impingement syndrome.
- Human subject was used to also demonstrate tests for rotator cuff injury.
- Demo also included test for labral tear and bicep pathology.
- Test for AC joint and instability were performed at the end.

Wrist joint anatomy ([Video](#)) ([Slides](#)) October 2019

- Presentation about muscles of hand and wrist (extrinsic and intrinsic muscles)
- Action of each muscle was explained in detail.
- Nerve supply of each muscle was discussed as well.

KEY ACHIEVEMENTS & AWARDS

1x Deans List and 2x Rector List Certifications - NCS University System, Pakistan	August 2016-June 2021
Winner of Speech Competition – Islamia College, Pakistan	August 2014
4x50 Meter Relay Race – Saint Francis High School, Pakistan	August 2014