

# MOHAMMAD NAJEM

PHYSICAL THERAPIST



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## PROFILE

As a dedicated physiotherapist and strength and conditioning coach, I am passionate about integrating both disciplines to optimize client and patient outcomes. By combining the rehabilitative focus of physiotherapy with the performance-enhancing strategies of strength and conditioning, I strive to provide holistic support tailored to individual goals. My approach is rooted in evidence-based practice, ensuring that each program is not only effective but also safe and sustainable. With a commitment to continuous learning and development, I am driven to empower clients to achieve their full potential and lead healthier, more active lives.

## SKILLS

- Communication
- Listening
- Manual Therapy
- First Aid / CPR
- Microsoft (word, excel, powerpoint)

## EDUCATION

### ANTONINE UNIVERSITY

BS in Physical Therapy

2021-2025

### STEPAHEAD SPORTS SCHOOL

Fitness Expert Diploma

2019-2020

### PRIMEPHYSIO

Spine and Peripheral Manipulation Course

02/2023

### PHYSYOUR WORKSHOP

Low Back Pain by Dr. Wilfried Simon

06/2024

## EXPERIENCE

### PHYSICAL THERAPY INTERNSHIPS

10/2023 - 11/2024

- Fitclique: MSK / Sports Injuries.
- AUBMC: MSK / Geriatrics / Gynecology.
- Al Jarha Institution: Neuro / Neuropediatric / MSK.
- Military Hospital: Neuro / MSK / Geriatrics.
- The Lab: MSK / Sports Injuries.
- Jihad Haddad Clinic: MSK / Sports Injuries.

### PERSONAL TRAINER INTERNSHIPS

2019-2020

- Champs Sports and Fitness Center
- Stepahead The Lab

### FREELANCE PERSONAL TRAINER

2019 - Present

- FlexGym
- Maxfit