

MOHAMMAD NAJEM

PHYSICAL THERAPIST



☎ 0096181621085

✉ mohammadnajem98@hotmail.com

📍 Beirut, Lebanon

📷 mohammadnajem.physio

🌐 <https://www.linkedin.com/in/mohammadnajem98/>

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, poewrpoint)

EDUCATION

ANTONINE UNIVERSITY

BS in Physical Therapy

2021-2025

STEPAHEAD SPORTS SCHOOL

Fitness Expert Diplome

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