NOOR MEHMOOD

📍 107 Locket Road, Harrow, London  
📞 07538298959 | ✉ noormahmood912@gmail.com  
🔗 LinkedIn: (Add your LinkedIn profile link here)

# SUMMARY

Compassionate and goal-oriented physiotherapist with strong experience in musculoskeletal and neurological rehabilitation within multidisciplinary settings. Skilled in delivering evidence-based patient care, supporting junior staff, and promoting health education in alignment with NHS values. Seeking a leadership role to contribute to service development, enhance patient outcomes, and support continuous improvement across teams.

# PROFESSIONAL EXPERIENCE

## Physiotherapist Intern | Premium Physiotherapy, London

May 2025 – June 2025

- Supported assessment of patient posture, mobility, and functional limitations.  
- Created SOAP notes and documented data accurately.  
- Guided patients through prescribed exercises, ensuring correct technique and safety.  
- Monitored patient progress and communicated observations to supervising physiotherapist.  
- Prepared treatment areas and maintained hygiene standards per UK health regulations.  
- Educated patients on injury prevention, posture correction, and home exercise programs.  
- Performed basic soft tissue mobilization and cross-friction massage under supervision.

## Head Physiotherapist | New Life Hospital

Feb 2021 – June 2024

- Developed comprehensive treatment plans for musculoskeletal, pediatric, and geriatric patients.  
- Created SOAP notes using AROM, PROM, MMT, and pain scales.  
- Collaborated with doctors and nurses to ensure seamless recovery and care coordination.  
- Implemented therapeutic exercise programs and manual therapy for improved outcomes.  
- Introduced massage techniques to maximize effect of exercises and pain relief.  
- Actively communicated with patients to address stress, anxiety, and overall wellbeing.

## Visiting Lecturer | Lahore Institute of Science & Technology

Jun 2023 – May 2024

- Delivered lectures, seminars, and practical sessions on anatomy, rehabilitation techniques, and clinical practice.  
- Designed and administered exams, practical assessments, and student projects.  
- Provided constructive feedback to students, promoting continuous improvement.

## Physiotherapist Intern | Rasheed Hospital

Apr 2020 – Dec 2020

- Assisted in developing personalized treatment plans for rehabilitation and recovery.  
- Recommended and guided patients through mobility and strengthening exercises.  
- Maintained accurate healthcare records.  
- Collaborated with senior physiotherapists to adjust care plans as needed.

## Physiotherapist Intern | Shalimar Hospital

Nov 2019 – Mar 2020

- Administered therapeutic exercise programs, massage therapy, and muscle re-education.  
- Applied active and passive range of motion techniques.  
- Utilized modalities such as heat, water, ice, electrical, and light stimulation.

# EDUCATION

M.Sc. Sports Rehabilitation and Soft Tissue Therapy (Ongoing) | Middlesex University, London | 2024 – Present

Doctor of Physical Therapy (DPT) | University of Management & Technology, Pakistan | 2014 – 2019

# KEY SKILLS

- Musculoskeletal & Neurological Rehabilitation  
- Manual Therapy & Mobilization Techniques  
- Therapeutic Exercise Programs  
- Patient Education & Communication  
- Team Leadership & Collaboration  
- Creativity, Problem-Solving & Organization