

IBAD UR RAHMAN

DOH,DHA,MOH Licensed Physiotherapist, UAE freelance visa holder

☎ +971501466081 ✉ ibadkhandiri22@gmail.com

🌐 <http://www.linkedin.com/in/ib>

📍 Abu Dhabi



EXPERIENCE

Locum

Physiotherapist

Lotus holistic alternative medicine medical center Abu Dhabi

📅 **October 2024_ Dec 2024- 3 months**

- Provided physiotherapy services for three months as locum physiotherapist in Abu Dhabi United Arab emirates
- Assessed and treated patients with various musculoskeletal, neurological, and cardiovascular conditions in a fast-paced clinical setting.
- Developed and implemented personalized treatment plans, including exercise programs, manual therapy, and education
- Demonstrated respect and sensitivity to the cultural and linguistic diversity of patients and families in Abu Dhabi.
- Managed electronic medical records, ensuring accurate and timely documentation Coordinated patient scheduling, billing, and insurance processes according to DOH policy.

Orthopedic physiotherapist

Mohmand medical complex

• **Nov 2023_ sept 2024 -1 year**

- Conducted thorough assessments of patients with orthopedic conditions, including musculoskeletal injuries, post-surgical rehabilitation, and chronic pain.
- Developed and implemented personalized treatment plans, including exercise programs, manual therapy, and education For pre and post surgical Orthopedic conditions like ACL ,PCL ,meniscal repair and many traumatic post surgical rehabilitation
- Utilized various physiotherapy modalities, such as heat, cold, electrotherapy, ultrasound and tense therapy for pain relief

Clinical Physiotherapist

Shifa rehabilitation center

Nov 2021 - Nov 2023- 2 years

- Assessed and treated patients with a variety of conditions, including Neurological: stroke, spinal cord injury, Parkinson's disease, multiple sclerosis and Musculoskeletal conditions back pain ,shoulder pain and knee join pain
- Successfully rehabilitated Pediatric conditions cerebral palsy, developmental delays, congenital conditions
- - Developed and implemented personalized treatment plans, including exercise programs, manual therapy, dry needling ,taping and used modalities .

SUMMARY

Accomplished physiotherapist with 7 years of comprehensive education and more than 3 years of experience in delivering evidence-based physiotherapy treatments. Demonstrated expertise in assessing, designing, and implementing effective rehabilitation plans for various musculoskeletal, orthopedic, pediatrics and neurological conditions. Proven track record of delivering high-quality physiotherapy treatments and rehabilitation to various types of population.

LANGUAGES

Arabic	Advanced ●●●●●
English	Advanced ●●●●●
Urdu	Advanced ●●●●●

Skills

- Musculoskeletal physiotherapy
- Orthopedic physiotherapy
- Neurological physiotherapy
- Geriatric physiotherapy
- Integumentary physiotherapy
- Pediatric physiotherapy
- Sports physiotherapy
- Cardiopulmonary physiotherapy
- Manual therapy
- Ultrasound therapy
- Clinical dry needling
- Electrotherapy
- Cupping therapy
- Home physiotherapy
- Biofeedback therapy



Education

Master in Musculoskeletal physiotherapy

- Master of musculoskeletal physical therapy 2 year specialty (MS-MSPT)
Khyber medical university --- 02/2021 – 1/2023

Doctor of physical therapy (DPT)

- Doctor of physiotherapy 5 years bachelor
Khyber medical university ---02/2015– 1/2021

Certificates

- Basic life support (BLS) arranged by rescue 1122
- Cupping therapy hijama 1 month
- Fitness trainer 2 month course
- Clinical dry needling
- FIRST AID and BLS arrange by city university
- Gait in neurological disorder (prime Physio UK)
- Injury and healing in sports physiotherapy(physio plus UK)
- Intensive care physiotherapy orientation (clinical skill and development skill)
- Gluteal consideration in the management of Patellofemoral syndrome (physio plus UK)
- Clinical dry needling (prime physio UK)
- Research gate way (DR AATIK arsh foundation)
- Trauma and orthopedic surgery series CHD and club foot management
- Orthopedic manual therapy (prime physio UK)
- Targeting muscle synergy To optimizing retraining for the lower back and hip pain

Research project

- Association of physical activity with knee OA and its impact on ADL
- Association of physical activity with depression and its impact on ADL

technical skill

- Proficient in using various software applications relevant to physiotherapy and healthcare, including electronic health records (EHR) systems, Microsoft Office Suite, and specialized physiotherapy software. Capable of efficiently managing patient data, documentation, and communication through digital tools

