

# Dra. Iqra Hassan (DPT)

Licensed Clinical Physiotherapist  
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## Profile

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Licensed Physiotherapist with a Doctor of Physical Therapy (DPT) degree and comprehensive clinical experience across pediatric, orthopedic, neurological, and musculoskeletal rehabilitation. Demonstrated expertise in evidence-based assessment, manual therapy, therapeutic exercise prescription, and interdisciplinary patient care. Skilled in designing and implementing individualized rehabilitation programs for diverse populations, including children with developmental disorders and post-operative patients. Committed to advancing knowledge and practice in rehabilitation sciences through continuous learning and research engagement. Member of the Pakistan Physical Therapy Association (PPTA).

## Skills

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- Patient Assessment & Diagnosis
- Manual Therapy Techniques
- Pediatric Rehabilitation
- Neurological Rehabilitation
- Musculoskeletal Rehabilitation
- Posture Correction & Ergonomic Advice
- Exercise Prescription & Progression
- Electrotherapy Modalities
- Pain Management Strategies
- Multidisciplinary Team Collaboration

## Professional Experience

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**Cardiff Center, Islamabad, Pakistan | Physiotherapist** **Aug 2025 – Present**

- Design and implement individualized therapy programs for children with autism, cerebral palsy, Down syndrome, ADHD, and developmental delays.
- Provide physiotherapy and occupational therapy to improve strength, balance, coordination, and mobility.
- Delivered physiotherapy and occupational therapy to improve mobility and function.
- Educate parents and caregivers on home programs, posture, and ADLs.
- Monitor patient progress, document outcomes, and adjust therapy plans based on measurable improvements.

**Islamabad Int. Hospital, Pakistan | Physiotherapist** **May 2022 - July 2025**

- Assessed and treated post-surgical, chronic, and injury-related conditions using evidence-based physiotherapy techniques.
- Applied manual therapy, therapeutic exercise, and electrotherapy for pain relief and mobility restoration.
- Guided patients in safe posture correction, strengthening routines, and effective use of mobility aids.
- Collaborated with teams to deliver coordinated and patient-centered rehabilitation.

**Begum Noor Mem. Hosp., Pak. | Physiotherapist****Sep 2021 – May 2022**

- Treated 10–15 orthopedic, pediatric, and chronic patients daily.
- Led post-TKR and post-THR recovery programs with measurable functional gains.
- Designed pediatric interventions that improved motor skills, balance, and coordination.

**Capital Int. Hospital, Pakistan | Physiotherapist****Sep 2019 – Sep 2021**

- Provided rehabilitation for pediatric patients with developmental delays and mobility impairments, as well as post-operative, orthopedic, neurological, and ICU cases.
- Applied targeted therapy plans, including manual therapy, exercise therapy, and electrotherapy, for pain management and functional restoration.
- Delivered ergonomic guidance and posture training to prevent recurrence of injuries.

**Education**

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- **Doctor of Physical Therapy (DPT)**, ISRA University, Islamabad, Pakistan 2014–2019  
Percentage: 74.36%

**Final Year Project (DPT)**

Conducted research examining the relationship between neck posture and cervical muscle strength, assessing biomechanical alignment and muscular performance using photogrammetry, goniometry, manual muscle testing and surface electromyography (sEMG). Utilized hand-held dynamometry, cervical endurance testing and statistical analysis to evaluate correlations and identify implications for musculoskeletal health and ergonomics.

**Conferences, Workshops & Professional Development**

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- Workshop on Artificial Intelligence Will Eradicate Disability - 2019
- 3rd International Rehabilitation Sciences Congress (IRSC) and 5th National Rehabilitation Conference (NRC) - 2017
- Workshop on Advancements in Rehabilitation Research – 2017
- 1st International Conference of Rehabilitation Sciences Education (ICRSE) and 4th National Rehabilitation Conference (NRC) – 2015
- Workshop on Leadership Development – 2015
- 1st International Conference of Neuro Rehabilitation (ICNR) and 3rd National Rehabilitation Conference (NRC) – 2014

**Extracurricular Activities**

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- Media Coordinator for STRIVE TRUST and ISRA Rehabilitation Research Society (2018–2019)
- Member, Organizing Team, IIRS Sports Gala – 2018
- Coordinator, 3rd National Rehabilitation Conference – 2014

**Languages**

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English | Urdu

**References**

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Available upon request.