

# Mahdi Ul Bari

mahdiulbari@gmail.com | (+880)1765796957 | mahdi-ul-bari.github.io

Work address: CRP Road, Chapain, Savar, Dhaka-1343, Bangladesh

Permanent address: 75, Gaital, Kishoreganj, Bangladesh

## Education

---

### University of Dhaka- Bangladesh Health Professions Institute (BHPI)

Savar, Dhaka-1343

#### Bachelor of Science in Physiotherapy

February 6, 2018 – February 28, 2025

- Clinical placements: *Orthopedics, Spinal cord injury, Neurology, Cardiopulmonary, Pediatrics, Musculoskeletal*
- Undergraduate dissertation: *Effectiveness of Core Stability Exercise for the Functional Improvement of Spinal Cord Injury patients.*
- **Cumulative GPA:**

### Gurudayal Govt. College (Higher Secondary)

- Background subject: *Science*
- **GPA: 4.5/5**

## Skills and Interests

---

**Computer:** R, SPSS, Microsoft Excel, Word, PowerPoint, Adobe Illustrator

**Language proficiency:** Bangla and English

**Research Interest:** Neurology & Musculoskeletal system

## Professional experience & Training

---

### Internship

March 1, 2024 - February 28, 2025

- **Centre for the Rehabilitation of the Paralysed (CRP), Savar, Dhaka-1343**
  - Musculoskeletal Unit (3 months)- Neurology Unit (3 months)- Pediatric Department (3 months)-Spinal Cord Injury (3 months)
  - **Final evaluation: Excellent**

### Centre for the Rehabilitation of the Paralysed (CRP), Savar, Dhaka-1343

July 1, 2025-Present

- Current job position: Clinical Physiotherapist
- Job responsibilities: Regular physiotherapy provision, planning physiotherapy programs, educating patients about the condition and accurate assessment; attending case conferences; collaborating with interdisciplinary professionals; adhering to the code of conduct and ensuring patient safety.

### Training on Spinal Pain Management

- Trainer: Professor Dr Md Anwar Hossain, PhD (Head of the Physiotherapy Department, CRP)
- Training hours: 120 Hours

### Training on Positioning and Early Mobilization after Burn Injury

- Trainer: Tarek Hussain, Mercy Ama Agtuahene- Rehab Specialist, UK EMT
- Training hours: 3 hours

## Journal Publications

---

Sharmin, F., Hossain, M.F., Bari, M.U. *et al.* (2025). **Impact of lifestyle factors on depression, anxiety, and functional recovery in ischemic stroke survivors in Bangladesh: a cross-sectional study.** *Discover Public Health* 22, 616 (2025).

DOI: <https://doi.org/10.1186/s12982-025-01018-2>

Sharmin F, Hossain MF, Bari MU *et al.* (2025). **Effectiveness of task-oriented circuit training on the motor performance of ischaemic stroke patients: a study protocol for randomised clinical trial.** *BMJ Open Sport Exercise Medicine* 17, 11(2)

DOI: 10.1136/bmjsem-2025-002604; PMID: 40256644; PMCID: PMC12007049.

## Volunteer Experience

---

### Mymensingh 25K Marathon 2024

Mymensingh

Worked as a "Sports Physiotherapist" within the medical team for the marathon.

### Volunteer service at the Physiotherapy department of CRP, Savar, Dhaka-1343

January 1, 2024- February 29, 2024

I served as a volunteer Physiotherapist at CRP. Was appointed at the Musculoskeletal department. Conducted detailed assessments of the patients, educated about their condition, provided physiotherapy and advised them about home exercises.