**Manal Tahir — Professional Physical Therapist**

**About Me**

I am **Manal Tahir**, a dedicated physical therapist with 3 years of experience specializing in patient rehabilitation, pain management, and mobility improvement. I currently work alongside **Hamna Raza** at CMH Lahore, where together we provide personalized therapy programs designed to help patients recover effectively and improve their quality of life.

My passion lies in using evidence-based treatment methods combined with compassionate care to support each patient’s unique recovery journey. What sets me apart is my commitment to understanding individual needs and tailoring therapy to deliver the best possible outcomes.

**Skills**

* Patient Assessment & Rehabilitation Planning
* Manual Therapy & Therapeutic Exercises
* Pain Management Techniques
* Post-Surgical & Sports Injury Recovery
* Use of Modalities: Ultrasound, TENS, Electrotherapy
* Patient Education & Motivation
* Collaborative Care with Healthcare Teams
* Record Keeping and Progress Tracking

**Projects / Work Samples**

**1. Post-Surgical Rehabilitation Program**

* Designed and implemented a comprehensive rehab program for knee replacement patients.
* Goal: Improve range of motion and reduce recovery time.
* Role: Assessed patient condition, developed exercise routines, monitored progress.
* Tools: Manual therapy, therapeutic exercises, electrotherapy.
* Results: Achieved an average 30% faster mobility restoration compared to standard protocols.

**2. Sports Injury Recovery for Local Athletes**

* Developed customized rehab plans for sports injuries like ACL tears and sprains.
* Goal: Return athletes to pre-injury performance levels safely.
* Role: Conducted assessments, led therapy sessions, and educated on injury prevention.
* Tools: Manual therapy, stretching, strength training.
* Results: 85% of patients returned to full activity within expected timelines.

**3. Pain Management Workshops**

* Led group sessions educating chronic pain patients on self-care and exercises.
* Goal: Reduce pain perception and improve daily function.
* Role: Created materials and guided practical sessions.
* Tools: Patient education, guided exercises.
* Results: Improved patient self-management skills and reduced reliance on medications.

**Services Offered**

* Individualized Physical Therapy Programs
* Post-Surgical Rehabilitation
* Pain Management & Mobility Improvement
* Sports Injury Assessment & Recovery
* Patient Education & Wellness Workshops

**Testimonials**

*“Manal and Hamna’s personalized care helped me recover faster than I expected. Their professionalism and compassion made a huge difference in my therapy.”*  
— Patient at CMH Lahore

*“Working with Manal and Hamna is a pleasure. They are knowledgeable, attentive, and truly dedicated to their patients’ wellbeing.”*  
— Colleague

**Contact Information**

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Feel free to get in touch for consultations, collaborations, or to learn more about my work!

**Resume / CV**

Download my detailed resume (PDF)