

# Dr. Ali Husnain (PT)

 Home : Pakistan

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Gender: Male    Date of birth: 02/12/1997    Nationality: Pakistani

## ABOUT ME

Passionate physical Therapy graduate with extensive hands-on experience in neurological and orthopedic rehabilitation and therapeutic modalities. Adept in developing individualized treatment plans and employing advanced manual therapy techniques to enhance patient outcomes.

## WORK EXPERIENCE

[ 12/06/2024 – Current ]

### PGR (physiotherapy)

*Mayo Hospital Lahore, Pakistan*

- made post-op rehab plans for ACL, TKR and THR surgeries
- worked with orthopedic surgeons and supervised junior physio's

[ 12/06/2024 – Current ]

### MPhil (physiotherapy)

*King Edward Medical University Lahore, Pakistan*

- Delivered lectures and practical sessions on biomechanics, therapeutic exercises, and manual therapy across 2nd, 3rd, and 4th-year physiotherapy students.

[ 01/09/2023 – 31/03/2024 ]

### Physiotherapist Intern

*Allied Hospital Faisalabad, Pakistan*

- Treated patients in OPD, Neurosurgery ward, ICU and Medical unit ward.
- Designed post-operative rehab plan for orthopedic and sports surgeries
- Improved hands-on experience and manual techniques; kaltenborn, MWM and PNF.

[ 02/12/2020 – 30/03/2022 ]

### Internship

*Chiniot General Hospital Faisalabad, Pakistan*

- Learned to take SOAP notes and conducted patient history interviews.
- Utilized modalities gaining hands-on experience with equipment.
- Provided instructions and support while educating patients on their home exercise plans.

## EDUCATION AND TRAINING

[ 22/10/2018 – 07/08/2023 ]

### Doctor of Physical Therapy

*Government College University Faisalabad*    <https://gcuf.edu.pk/>

**City:** Faisalabad | **Country:** Pakistan | **Field(s) of study:** Health and welfare: • *Therapy and rehabilitation* | **Final grade:** 03.64/04.00 | **Thesis:** Comparative Effectiveness of Muscle Energy Technique With or Without Proprioceptive Neuromuscular Facilitation Pattern in Lumbosacral Dysfunction

Therapeutic Exercises Foundations and Techniques, Biomechanics and Ergonomics, Anatomy, Kinesiology, and Manual Therapy

[ 25/05/2015 – 12/09/2018 ]

### HSSC/Pre-University

*Board of Intermediate & Secondary Education, Faisalabad*    <https://bisefsd.edu.pk/>

**City:** Faisalabad | **Country:** Pakistan | **Final grade:** 0976/1100

Biology, Physics, Chemistry, English

## PUBLICATIONS

[ 2025 ]

[A Comparative Effectiveness of PNF Technique And Mulligan Concept of Mobilization on Pain, Range of Motion, and Functional Mobility in Text Neck Syndrome](#)

**Reference:** <https://doi.org/10.33897/fujrs.v5i1.419>

[ 2024 ]

[A Comparison of the Effects of Static Stretching and Mulligan Mobilization in Mechanical Neck Pain](#)

**Reference:** <https://doi.org/10.61919/jhrr.v4i2.1229>

**Comparative Effectiveness of Muscle Energy Technique (MET) With or Without Proprioceptive Neuromuscular Facilitation (PNF) Pattern in Lumbosacral Dysfunction (LSD)**

[ 2024 ]

**Reference:** <https://doi.org/10.54393/tt.v5i01.198>

**CONFERENCES AND SEMINARS**

**1st International Conference on Integrated Care for Chronic Conditions (May 19, 2024)**

Pakistan

- Conference provided 1.5 CME (Continuing Medical Education Credit) hours.
- Presented Abstract and published in issue of JHRR, ISSN: 2791-156X by LINK Medical Interface.

[ 03/12/2021 – 05/12/2021 ]

**15th Annual conference of Pakistan Society for the Study of Liver Diseases** Serena Hotel, Islamabad, Pakistan

**COMMUNICATION AND INTERPERSONAL SKILLS**

**Amal Fellowship (Batch 279: March 2023-June 2023)**

*Education startup funded by Stanford University that teaches professional skills to students.*

**Career-Prep Fellow**

- Competed over 4500 candidates in written application and interview process.
- Invested 150 hours to develop communication, leadership, and teamwork skills

**LANGUAGE SKILLS**

**Mother tongue(s):** Urdu

**Other language(s):**

**English**

**LISTENING B2 READING B2 WRITING B2**

**SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1**

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

**HONOURS AND AWARDS**

[ 11/12/2022 ]

**Completed Master Course of HVLA Techniques**

[ 24/10/2019 ]

**Attended seminar on Modern Approaches of Taping Techniques**

**DIGITAL SKILLS**

**My Digital Skills**

Microsoft Office | Diploma in Computer Application | IBM - SPSS

**NETWORKS AND MEMBERSHIPS**

[ 30/08/2023 – Current ]

**Member of Pakistan Physical Therapy Association (MPPTA)** Islamabad, Pakistan

**VOLUNTEERING**

[ 04/11/2023 – 16/12/2023 ]

**TCF Rahbar Program** Pakistan

***Role of Volunteers in the TCF Rahbar Program***

- Mentored students weekly, guiding them through career planning and personal development using activities and discussions. provided feedback to TCF on student progress to enhance program effectiveness.

**PINK RIBBON DAY (October 15, 2019)**

- Participated in seminar on breast cancer and Raised fund of 50,000 pkr for hospital.