

DR. KIRAN HAQ

Assistant Professor, Consultant Physical Therapist

PERSONAL PROFILE

A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with patients and careers to maximize patients' rehabilitation and ensure understanding of often complex clinical issues impacting recovery. Excellent client-facing skills and the ability to work closely with other healthcare professionals to assess patients' needs and devise suitable treatment plans for them. Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution as a physiotherapist.

PERSONAL DETAILS

Name	Kiran Haq
Date of Birth	29th January
Address	Islamabad.
Contact No.	0344-5631674
E-mail	dr.kiran.h@gmail.com

CAREER HISTORY

Currently, I am working as a Consultant Physiotherapist, I plan, organize, and provide technical and clinical quality services, and I have led their Physiotherapy department for the past 10 years. (Head of the department, Assistant Professor, and Vice Principal at Rawal Institute of Health Sciences from 2012 till present). I am also Supervisor of MS-CPPT from September till date.

Before joining the Rawal Institute of Health Sciences, I was working as a physiotherapist at NIRM from June 2012 to September 2012.

Previously, I worked at Shifa International Hospital Islamabad from November 2010 to July 2011.

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Duties:

- Providing a high standard of physiotherapy service to patients.
- Organizing & prioritizing own workload & delegating responsibilities accordingly.
- Ensuring that equipment used in carrying out physiotherapy duties is safe.
- Involved in ward rounds, meetings, and case conferences.
- Supervising and teaching recently qualified physiotherapist assistants.
- Evaluating, planning, and delivering care plans in response to complex needs.
- Based in various clinical settings i.e., neuro-rehab, community, and wheelchairs.
- Reporting all complaints/incidents to senior managers & documenting them.
- Implementing relevant standards and policies
- Involved in a patient's pre-admission and follow-up care.
- Prioritizing urgent referrals and emergency cases.
- Working with respiratory, orthopedics, acute neurological, and multi-pathology patients.
- Carrying down different physiotherapeutic maneuvers, e.g., stretching mobilization of peripheral joints, strengthening and Rom, etc.

KEY SKILLS AND COMPETENCIES

- Able to manage escalations, issues, and risks.
- Experience in dealing with emotional and stressful situations.
- Can motivate others through practical communication skills.
- Able to deal with hostility in the form of verbal and physical aggression.
- Ability to work independently in a busy environment.
- Advanced dexterity, coordination, and palpation skills for assessment.
- Fully aware of the fire, health & safety, and other departmental policies.
- Rehabilitation in gymnasium & gait re-education

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AREAS OF EXPERTISE

- Musculoskeletal
- physiotherapy
- Orthopedics
- Stroke management
- Sports injuries
- Patient care
- Neurological conditions
- Multiple Sclerosis

ACADEMIC QUALIFICATIONS

I have done Bachelor of Science in Physical Therapy (BSPT), from Margalla Institute of health sciences in 2010 and Post-Professional Doctor of Physical therapy (PP-DPT) which is equivalent to an M.Phil. From Riphah International University in 2013, and a Master of Science in Orthopedic Manual Physical Therapy (MS-OMPT) from Riphah International University in August 2019. I have Eleven Publications and attended a workshop on Hijama and cupping therapy.

WORKSHOPS & CERTIFICATIONS:

- Emergency Procedures in Physical Therapy
- Hijama And Cupping Therapy
- Covid-19 Training Course for Doctors
- Biennial International Scientific Conference (Communication Skills)
- Workshop on updates on Contraception
- Workshop on Menopause

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PUBLICATIONS:

https://scholar.google.com/citations?user=hEw__hAAAAAJ&hl=en

1. “Preferences of Modalities and Exercises by Physiotherapists in Low Back Pain.” (Kiran Haq) (<http://rmj.org.pk/fulltext/27-1516348672.pdf>)
2. “Comparison Of Dry Needling and Graston Technique on Active Myofascial Trigger Points in Upper Trapezius” (Kiran Haq, Huma Riaz) (<https://www.rmj.org.pk/fulltext/27-1611334590.pdf>)
3. “Effects of Different Body Positions on Pulmonary Function of Young Healthy Adults. (Kiran Haq, Suman Shiraz, Maham Nasir, Marrium Batool, Aisha Razzaq, Areej Hassan) (<http://www.rmj.org.pk/fulltext/27-1640060394.pdf>)
4. Two Points Discrimination Threshold Among Different Aged Populations of People with Diabetes (Haseeb ur Rehman, Hina Andaleeb, Iram Saeed, Tuba Asif, Zarqa Sharif, Kiran Haq, Muhammad Faizan Hamid) (<https://doi.org/10.54393/pbmj.v5i7.677>)
5. Patient satisfaction with manual physical therapy care, (Syed Muhammad Faizan, Sidra Afzal, Hafiza Neelam Muneeb, Khurram Sarfraz, Hamad Ali, Kiran Haq, Muhammad Faizan Hamid, Hafiz Rana Muhammad Arslan) (<https://doi.org/10.54393/pbmj.v5i7.630>)
6. Spectrum of antimicrobial susceptibility pattern of urinary tract infection n adults (Hina Andaleeb, Waqar Zia, Aleena Shahid, Zeeshan Iqbal Tarar, Nadia Shams, Kiran Haq) (<https://doi.org/10.54393/pbmj.v5i8.751>)
7. Effects Of Graston Assisted Soft Tissue Mobilization in Patients with Chronic Plantar Fasciitis (Maham Nasir, Lal Gul Khan, Kiran Haq, Usman Ahmed Khan, Marrium Batool, Sajjad Ali) (<https://www.rmj.org.pk/fulltext/27-1654428718.pdf?1668401215>)
8. Immediate effects of post facilitation stretch technique on straight leg raise with/without thoraco-lumber direct myofacial release in non-symptomatic adults(Ali Raza, Kiran Haq, Jawwad Naveed, Sajjad Ali, Iqra Rizwan)(<https://doi.org/10.52567/trj.v6i04.205>)

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9. Effects of Combined Glucosamine/Chondroitin With Structured Physical Therapy Program On Knee Osteoarthritis: A Randomized Control Trail(Muhammad Salman, Aamer Naeem, Muhammad Umar , Somiya Asif, Kiran Haq , Muhammad Saad Hasan)
(<https://doi.org/10.54393/pjhs.v3i07.410>)
 10. COVID-19 and Psychological Complications Among University Students in Islamabad: A Cross-sectional Survey. (Ejaz Hussain, Maria Zafar, Duaa Afzal, Kiran Haq, Muhammad Qasim Ali, Somiya Asif
 11. The Effect of Yoga on Pain and Quality of Life in Primary Dysmenorrhea: A Cross Sectional Survey(Muhammad Salman , Muhammad Umar , Hamza Shahid , Kiran Haq , Somiya Asif and Muhammad Talha)(<https://doi.org/10.54393/pjhs.v3i07.466>)
 12. Gender Comparison of Severity of Pain, Stiffness, And Functional Limitation Among Second Stage Knee Osteoarthritis Patients with Diabetes(Haroon Raza Khan, Safina Ruksar, Kiran Haq, Somiya Asif, Priyanka Ratan Kumar, Zarqa Sharif, Muhammad Faizan Hamid, Hafiz Rana Muhammad Arslan)(<https://doi.org/10.54393/tt.v3i02.61>)

CLINICAL AREA OF SPECIFIC INTEREST

1. Neurorehabilitation
2. Orthopedic, sports & manual therapy
3. Pain management
4. Cardiopulmonary, gynae

LANGUAGE EXPERT IN

- English
- Urdu
- Pashto
- Hindko

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COMPUTER COURSES

- Microsoft Windows
- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint

REFERENCES

Available on request.