



# Muhammad Saad Hassan

## Physical Therapist

### ✓ Professional Summary

Highly dedicated and confident professional physical therapist with significant experience in multiple fields of physiotherapy especially neurological and orthopedic rehabilitation. Provide high-quality care to patients in rehabilitative setting and communicate effectively and sensitively with patients to maximize rehabilitation of patients and to ensure understanding of complex clinical issues. Also Have exceptional multi-tasking and organizational skills. Looking for a position to utilize my skills and abilities in the field of physical therapy and rehabilitation that offers a professional growth and challenging opportunities, while being resourceful, innovative and flexible team member.

### Education

**Masters of Science in Orthopaedic Manual Physical Therapy** Cont.  
Riphah International University (RIU)

**Bachelors in Doctor of Physical Therapy (DPT)** 2015 – 2020  
University of Lahore (Islamabad Campus), Pakistan  
CGPA: **3.76/4.00**  
3<sup>rd</sup> Position

**Higher Secondary School Certificate (FSC-Medical)** 2013 – 2015  
Punjab Collage of Science, Blue area, Islamabad, Pakistan

**Secondary School Certificate (Matric)** 2011 – 2013  
Beacon House School System, F-11/4, Islamabad, Pakistan

### Work Experience

**Demonstrator** Oct 2020 – Present  
Rawal Institute Of Rehabilitation Sciences  
Islamabad, Pakistan

Key responsibilities include:

- Conducting and preparing lectures of main course subjects.
- Making Tests and conducting preparatory classes for students.
- Checking and assessing students' work

**Consultant Physical Therapist** July 2020 – Present  
Gulberg Medical Centre (GMC), Islamabad, Pakistan

Key responsibilities include:

- Providing Physiotherapy assessment and treatment to patients by improving physical strength, mobility and quality of life.
- Treating patients with backpain, arthritis, bursitis and posture problems.
- Create individualized home exercise plans for outpatient clients to improve health and wellness
- Provide planned and administered treatments, modalities and therapeutic exercise encompassing active and passive range of motion, muscle reeducation, massage and heat/ice/electrical/light stimulation.
- Routinely Perform diagnostic and prognostic exams to evaluate muscle, nerve, joint and functional abilities.

### Personal information

✉ saadkhan55.sk27@gmail.com



➔ Domicile- KPK (Peshawar)

🌟 Islam - Pakistani

📄 DOB

### Abilities

- ❖ Sound knowledge of human anatomy and physiology.
- ❖ Ability to work in team setting, taking initiatives and performing multiple tasks.
- ❖ Preventive care expert.
- ❖ Adept in patient handling.
- ❖ Adept in modalities handling.
- ❖ Able to encourage and motivate patients
- ❖ Decision making under stress.
- ❖ Diagnose & propose treatment in a manner easily understood by the client.

### Skills

- ★ Physical Stamina
- ★ Communication
- ★ Active Listening
- ★ Leadership

### Language Proficiency

Urdu - Native

English - Fluent

Pashto - Basic skills

Panjabi - Basic skills

Hindko - Basic skills

## Computer Skills

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- ❖ Searching articles in different databases and using different search engines
- ❖ Microsoft Office
- ❖ SPSS

## Hobbies:

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- ❖ Swimming
- ❖ Hiking
- ❖ Painting
- ❖ Traveling

## References

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Available on request.

## Physical Therapist (House job)

July 2020 – Dec 2020

Institute of Regenerative Medicine, Al Sayed  
General Hospital, Rawalpindi, Pakistan

Key responsibilities include:

- Providing physical therapy treatments and use of modalities under the supervision of senior physical therapist Dr. Muhammad Naeem (Ex-HOD AFIRM, HOD IRM)
- Providing physical therapy to patients pre and post- Stem Cell Procedure.
- Restore function and decrease disabilities of patients with stroke, muscle dystrophy, parkinsonism, neuropathies, and arthritis.
- Providing Low Level Laser Therapy to patients to improve and fasten up healing and repair especially post Stem Cell Therapy.
- Providing physiotherapy rehabilitation to Post-Stroke-Parkinsonism patient.
- Using ice/heat/electric/light stimulation modalities to decrease acute pain.

## Professional Trainee

2019

Armed Forces Institute of Rehabilitation Medicine  
(AFIRM), Rawalpindi, Pakistan

Key responsibilities include:

- Provided Physiotherapy services at different departments e.g. (Male/Female Gym, Male/Female Electrotherapy department, Spinal Cord injury ward, Amputee Gym and Occupational therapy department.
- Improved function and decreased disability in patients having Musculoskeletal, Neurological disorders, Cerebral Palsy and Spinal Cord injury.



## Professional Development/Certification

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- Attended one day hands on Training on First Aid in Sports Physio arranged by Physical Therapy and Rehabilitation Association (PTRA) in Islamabad, Pakistan
- Attended “EVIDENCE INFORMED CUPPING/HIJAMA THERAPY” workshop (Certified)
- Attended Low Level Laser Therapy Webinar hosted by certified LLLT practitioners arranged by Afro-Asian Institute of Medical Sciences
- Attended two days Osteopathy workshop hosted by International certified osteopaths at Post Graduate Medical Institute Ghulab Devi Hospital, Lahore, Pakistan
- Took part in Free Medical Camp in Gujrat arranged by (Dast-e-Shifa)
- Armed Forces Institute of Rehabilitation Medicine (AFIRM) Observership Certification.
- Practiced physical therapy at National Institute of Rehabilitation Medicine (NIRM), Islamabad
- Practiced physical therapy at Rawal Medical and Dental Hospital, Islamabad
- Practiced physical therapy at Poly-Clinic Hospital, Islamabad.

## ★ Achievements

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- Secured competitively high **3.76** Cgpa, with scholarship throughout DPT degree.