

# Muniba Afzal

## Doctor of Physical Therapy

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### OBJECTIVE

As a physiotherapist I have learned that rehabilitating a patient does not only mean treating a disease rather it incorporates a **wider perspective of curing mind, body and soul**. I aspire to gain a position where I can use the best of my **knowledge** and **management skills** in multiple domains of medical sciences and take part in the success of the organization as well as the society.

### CAREER STATEMENT

“As a Health Care Worker, I feel that my greatest strengths are firstly the sense of responsibility towards the society and the willingness to take initiatives to make it a better place. Secondly, my ability to take charge and the positive attitude towards dealing with any problems that may come across.”

Dr Muniba Afzal

### CLINICAL EXPERTISE

1. Sports Injuries
2. Musculoskeletal
3. Pediatrics
4. Geriatric Care
5. Neurological Conditions
6. Stroke Management
7. Orthopedic Management

### RESEARCH PUBLICATION

- **Evaluation of Physical Therapy Students Motives and Viewpoints on Their Career Selection in First Year of Professional Degree Program**
  - An article submitted to an international journal **EC Emergency Medicine and Critical Care (ECEC)** was successfully published in volume 5 issue 3.  
<https://www.econicon.com/ecec/ECEC-05-00428.php>

### PROFESSIONAL WORK EXPERIENCE



**Nur International University/Fatima Memorial System (Lahore, Pakistan)**

Teaching Fellow |

(11-10-2021 – Present)

- I have been performing tasks as a member of teaching faculty which includes lectures and test material preparation. Power-point presentations and group tasks orientations as well.



**OMC HOSPITAL (Lahore, Pakistan)**

Physiotherapist Assistant |

(15-06-2021 – 10-10-21)

- I am currently serving my duties as a **Physiotherapist Assistant** in **OPD, Medicine wards, HDU/ICU, Gynea ward** and **pediatric ward** alongside a professional team under the supervision of Orthopedic Surgeon Dr Mazhar Iqbal.



**M. REHABILITATION CENTRE (Lahore, Pakistan)**

Pediatrics Physiotherapist |

(01-04-2020 – 10-10-21)

- I obtained pediatric training in Physical Therapy by Dr Lubna Zafar (PT).
- It helped me securing an opportunity to work at a rehabilitation center for children.
- I have been working with a range of disabilities including Cerebral Palsy, Autism, Delayed Milestone, Fine/Gross motor skill, Muscular Dystrophy, etc



**ILM COLLEGE (Lahore, Pakistan)**

VISITING LECTURER |

(01-09-2020 – Present)

- I have been performing tasks as a member of teaching faculty which includes lectures and test material preparation. Power-point presentations and group tasks orientations as well.



**FATIMA MEMORIAL HOSPITAL (Lahore, Pakistan)**

HOUSEJOB |

(01-10-2020 – 31-03-2021)

- Having the privilege of standing in the top ranked students of my batch, I was offered the position of **house-officer** at my parent institute.
- I have served my duties at **Physiotherapy OPD, Medicine wards, HDU/ICU, Gynea ward** and **pediatric ward**.

## INTERNSHIP WORK EXPERIENCE

### SKILLS

Excellent Verbal and Written communication skills  
Familiarity with translating all exercises into functional activities and ADLs  
Ability to work as a team  
Prepare and Maintain Official Records  
Projects and Assignments designing  
MS word and excel



**Govt. JINNAH HOSPITAL (Lahore, Pakistan)**  
INTERNSHIP |  
(15-08-2020 – 30-09-20)



**BOSTON PHYSIOTHERAPY AND WELLNESS CLINIC (Lahore, Pakistan)**  
INTERNSHIP |  
(15-04-2019 – 31-08-2019)



**FATIMA MEMORIAL HOSPITAL (Lahore, Pakistan)**  
CLINICAL ROTATIONS |  
(3<sup>rd</sup>, 4<sup>th</sup>, Final Professional Years)

❖ **FOUNTAIN HOUSE (Lahore, Pakistan)**  
OBSERVERSHIP/ROTATIONS CEREBRAL PALSY DEPARTMENT |  
(06-2017 – 08-2017)

❖ **NATIONAL SPECIAL EDUCATION CENTER (NSEC) (Lahore, Pakistan)**  
INTERNSHIP | HELPER TEACHER (10-2015 – 15-01-2016)

## EDUCATIONAL QUALIFICATION

### WORKSHOPS & SEMINAR

Spinal Cord Injuries and Stroke and Its Management  
Online Training Course on Covid-19 (UHS)  
Sports KinesioTaping C'  
Spinal Manipulation C'  
Diploma in Football Medicine by FIFA



**Certified Level I PSCA Sports & Fitness Coach**  
(Accredited by Pakistan Sports Board)



**Kinesiotaping Practitioner**  
(Osteon Manual Therapy Training, London, UK)



**Doctor of Physical Therapy (DPT)**  
(Fatima Memorial College of Medicine & Dentistry)  
(Degree Acquainted by University Of Health Sciences)  
(2015-2020) | **3.67 CGPA**



**Higher Secondary School**  
(Queen Mary College, Lahore)  
(2012-2014) | **76 %**

**Secondary School (Gov. Kinnaird High School)**  
(2010-2012) | **81.24**

### EXTRA CURRICULAR ACTIVITIES

Lead Female Vocalist  
Guitar Playing  
Content writing for plays and blogs  
Sports i.e Badminton

## ACHIEVEMENTS

2<sup>nd</sup> Class Position in Final Professional (DPT)  
4<sup>th</sup> Class Position in Third Professional (DPT)  
Certificate of Appreciation (FMH)  
3<sup>rd</sup> Class Position in Intermediate