

Aliha Shafiq Awan

Doctor of Physical Therapy

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A graduate Doctor of Physical Therapy focuses on individualized, evidence-based care using manual therapy, therapeutic exercise, and patient education to improve patients' physical function, independence, pain reduction, and overall health. The aim to utilize the professional education, clinical knowledge, and manual techniques in a proper hospital setting, providing hands-on treatment to patients.

WORK EXPERIENCE

Internee, SHIFA INTERNATIONAL HOSPITAL, ISLAMABAD

- Clinical rotation at **SHIFA INTERNATIONAL HOSPITAL, ISLAMABAD** for around **2 years** in the **orthopedic, gynecology, and neurology wards**, with assistance from instructors. Took medical histories of patients, performed physical exams, and assessed medical test results to identify abnormal findings.
- **RAWALPINDI INSTITUTE OF CARDIOLOGY** in ICU, CCU, and surgical wards for **6 months**

Internee, Holy Family Hospital Rawalpindi

August 2021 — September 2021

- Work in surgical ward, pediatric ward, gynecology ward, NICU ICU, corona ward and physical therapy department under the supervision of senior doctors.
- Took patient histories and learnt how to apply different manual techniques and modalities.

Internee, DHQ Hospital

July-2020 — August-2020

- Learnt how to manage patient pain, balance, mobility and motor function. Educate patients how to improve quality of life, daily based exercises and precautions.
- Learnt how to apply electrotherapy and therapeutic exercises

CERTIFICATES

- Pakistan Red Crescent
- Basic First Aid Training
- Shifa Foundation (Pink lady campaign for breast cancer awareness)
- Medical Camps
- Spinal assessment, mobilization and manipulation course
- Volunteer of Pakistan red crescent society (PRCS)

FINAL YEAR RESEARCH

Effect of gender, BMI and physical activity on ankle brachial index and fatigue after elliptical training in students of stmu Islamabad.

The study concludes that gender and BMI have statistically significant relation with fatigue and ABI, whereas other variable named physical activity shows insignificant relation with fatigue and significant relation with ABI.

EDUCATION

SHIFA TAMEER-E-MILLAT UNIVERSITY / SHIFA INTERNATIONAL HOSPITAL LTD

Islamabad, Pakistan

2018 — 2023

GOVERNMENT DEGREE COLLEGE FOR WOMEN

2016 — 2018

Pre medical

PROFICIENCIES

- Manual therapy, electrotherapy
- Treatment planning
- Equipment knowledge
- Strength training
- Physical stamina
- Active listening
- Communication skill
- Assessing symptoms and diagnosis condition