

Dr.Aneela Shahzadi

Doctor of physical therapy

Address:

House no.350,F Block Ghouse Garden Phase 4 Manawan,Bata Pur, Lahore.

Mobile/Whats app:

(+92)325-4031334

Email:

Aneelashahzadi375@gmail.com

Father Name:

Mushtaq Ahmad

Date of Birth:

July 9, 1997

CNIC No:

35201-8575272-2

Religion:

Muslim

Citizen:

Lahori

Nationality:

Pakistan

Clinical Skills:

Dry Needling

Kinesiology Taping

Manual Therapy

Dry cupping Therapy

Wet cupping Therapy

First Aid Training

Personal Profile

I am committed Physiotherapist with a great passion for helping people of all ages. I have previous experience in supporting a variety of patients ranging from children suffering from development problems to adults and the elderly affected by and recovering from injuries and movement disorders. I have excellent communication skills, both written and oral, and I enjoy working with a variety of different people.

Work experience

Alfalah Medical Center Trust | Jan 2022- Continue

Currently working s clinical physiotherapist

Zahida Welfare HOSPITAL | June-2021- Jan-2022)

Worked as House officer in female Physiotherapy Department providing physiotherapy assessment and treatment to both in-patient and out-patients.

FAUJI FOUNDATION HOSPITAL | Sep-2019 – Sep 2020

Attended Student learning clinical wards during 4th and final year of DPT. During this period I learnt about musculoskeletal injuries, stretching techniques, manual Therapy in different wards.

SHEIKH ZYED HOSPITAL | Aug-2018 – Aug 2019

Attended Student Learning Clinical ward during 3rd year of DPT. During this period I learnt about history taking techniques.

PUBLICATIONS:

Prevalence of primary dysmenorrhea among students of (16 to 22) and its Association musculoskeletal pain

Aneela Shahzadi, Mastoora fitrat, Maham Mazhar. Rawal Journal (In process)

Personal Skills:

SPSS
Endnote
MS-word
MS-Power Point
MS-Excel
Team Management
Communication Motivation
Leadership

Other Experiences:

Teaching at National Scholar academy :

1year experience as a science teacher.

Social worker:

Media coordinator at Blood donating society (BDS)
Member of need based education foundation (NGO)
Volunteered in Free medical camp at Hussain Memorial Hospital

Event Management:

Event Organiser at physiotherapy department Sir GangaRam medical camps,Workshops and Seminars organiser at Physio Focus association
Volunteer at Sip and Shout Productions (PVT).LTD
Event Organizer at the department of Physical Therapy in LIST
Decorative Head in the Department of PT

Need based education foundation:

Assistant secretary at AIMS

Education

DPT (session 2015-2020)

Lahore Institute of Science & technology, DHA Lahore

Fsc (pre.medical)

Bise Lahore Board (2013-2015)

Matric (Science group)

Bise Lahore Board (2011-2013)

Certification

Cupping Therapy:

Completed training on Hijama Therapy

Coordinator in Cupping Therapy Session:

Organized cupping therapy workshop in collaboration with Physio Focus association

Basic Life support & Fire Safety:

Training in basic life support under Punjab Emergency service

Basic First Aid Training:

First aid training at Red Crescent

Physical Therapy and Rehabilitation Centre:

Attended kinesio-taping workshop

FMH Institute of Allied Health Sciences:

Experience in neck pain management by Mulligan Technique Nag Snag.

Physio Youth Forum:

Completed the skills of physiotherapy protocols in ICU

Physio focus association:

Completed hands on clinical examination skills

Express Media Group:

Participation on the cancer prevention workshop

Pakistan Society for the Rehabilitation of Disabled:

Workshop on Cardiopulmonary Rehabilitation

Akhtar Saeed College of Rehabilitation Sciences:

Workshop on electromyography in LBP

Dimensions:

Attending awareness program in Cerebral Palsy Rehabilitation

References

Media