

Dr Rabia Farooq PT

Physiotherapist



CAREER SUMMARY

Skilled physiotherapist with 3 years of hands-on experience in delivering high quality rehabilitation services across outpatient clinics and private practice. Expert in manual therapy, dry needling, and Kinesiology taping. Committed to patient-centered care and evidence based practice for optimal recovery and fostering a positive healing environment that supports patient recovery and well-being.

CONTACT

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Linkedin:

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Address: Islamabad, Pakistan

SKILLS/ MODALITIES

- Patient assessment and diagnosis
- Treatment planning
- Therapeutic techniques
- Rehabilitation expertise
- Patient education
- Communication and collaboration
- Empathy and Patient-centered care
- Adaptability and problem solving
- Continued professional development
- Leadership skills
- Time management
- Proficiency with physiotherapy equipment
- TENS/ EMS
- Therapeutic ultrasound
- Electrotherapy equipment

LANGUAGE

- English, Urdu

- **Physiotherapist**
Gulf Care Hospital, Islamabad
November 2024 - Present
- **Internship**
Fauji Foundation Hospital, Rawalpindi
September 2024 - November 2024
- **Internship**
Irada Center, Chakwal
March 2024 - August 2024
- **Physiotherapist**
Fiverr - Freelance
March 2024 - Present
- **Content Writer and Researcher**
Fiverr - Freelance
November 2021 - Present

Education

- **DOCTOR OF PHYSICAL THERAPY**
Shaheed Zulfiqar Ali Bhutto Medical University, Islamabad
2019 - 2024
- **FSC PRE MEDICAL**
Kallar Kahar Science College for Girls Kallar Kahar
2016 - 2018
- **MATRICULATION**
Sufa Public Model Girls High School Munara
2014 - 2016

Research Projects

- Prevalence of Text neck syndrome and SMS thumb among university students

Certifications

- Dry Needling
- Kinesiology Taping
- Certificate in fire and disaster management

Responsibilities

- Clinical Responsibilities
- Comprehensive assessments and evaluations
- Enhance overall functional performance
- Personalized treatment plans
- Improve mobility and alleviate pain

Reference

Dr Misbah Mariam
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