

RIDA RAZAQ JANJUA

HCPC: PH151048 | PPTA-P 10539 | Islamabad, Pk | +923185074695 |
ridarazaq95@gmail.com

PROFESSIONAL SUMMARY

HCPC registered Neurological Physical Therapist with 6+ years of experience across musculoskeletal, neurological, and pediatric rehabilitation. Skilled in comprehensive assessment, clinical documentation, outcome measures, exercise prescription, post-operative rehabilitation, gait re-education, and pain management. Committed to delivering evidence-based, patient-centered care aligned with NHS values, ensuring safe practice, effective multidisciplinary teamwork, and improved functional outcomes.

PROFESSIONAL REGISTRATION

- Health and Care Professions Council (HCPC) Registered – PH149207
- Pakistan Physical Therapy Association (PPTA) Registered – PPTA-P 10539

CLINICAL EXPERIENCE

Margalla Rehabilitation Center (MRC)

Senior Physiotherapist | ISB, Punjab, Pakistan Jan2022-Feb2026

Treated a wide variety of OPD patients with musculoskeletal, orthopedic, and neurological disorders, incorporating principles of exercise therapy and manual therapy. Educated patients on safe and proper use of wheelchairs, canes, crutches, and prosthetic devices.

National Institute of Rehabilitation Medicine (NIRM)

Clinical Physiotherapist | ISB, Punjab, Pakistan January2022-February2026
Delivered physiotherapy care to a variety of patients, ranging from pediatric to geriatric populations in a challenging environment and high caseload. Specifically educated and treated Spinal cord injury, Stroke, Cerebral Palsy, and BPPV/vertigo patients.

Chambeli Institute

Clinical Physiotherapist | RWP, Punjab, Pakistan December 2019 – December 2021
Provided exercise-based rehabilitation for pediatric, neurological, and musculoskeletal conditions to support long-term rehabilitation goals. Focused primarily on delivering care to improve strength, posture, joint mobility, and functional independence.

Armed Forces Institute of Rehabilitation Medicine (AFIRM)

Physiotherapy Intern | RWP, Punjab, Pakistan March 2019 – May 2019
Dealt with a variety of patients, ranging from pediatric to geriatric populations.
Experienced in the use of electrotherapy patients on safe and proper use of wheelchairs, canes, crutches, and prosthetic devices.

EDUCATION

- MPhil in Rehabilitation Sciences (Neurological Physical Therapy), Isra University, Islamabad – 2024
- Doctor of Physical Therapy (DPT), Shifa University, Islamabad – 2019

CONTINUING PROFESSIONAL DEVELOPMENT

- Effect of Virtual Reality-Based Artificial Intelligence Rehabilitation on Pain and Functional Outcomes in Patients with Chronic Musculoskeletal Pain: A Randomized Controlled Trial (2025)
- Epidemiology and Occupational Correlates of Mechanical Neck Pain Among Surgeons: A Cross-sectional Study (2025)
- Frequency of Shoulder Pain in Recreational Badminton Players (2025)
- Frequency of De Quervains Tenosynovitis Due to Mobile Phone Dependence in Female Undergraduate Students (2025)
- Frequency of Work-Related Musculoskeletal Disorders and Ergonomic Hazards Among Physical Therapy Professionals (2025)
- Translation and Psychometric Analysis of Activities Specific Balance Confidence Scale (ABC-U) and Fall Efficacy Scale International (FES-IU) in Elderly (2024)
- Parents and Physical Therapist Perspectives on Physical Therapy Goals for Children with Cerebral Palsy (2024)

CERTIFICATIONS

- Basic Cardiac Life Support (BLS), Sindh Medical College Alumni Association on North America and Life Savers Foundation, Pakistan (2014)

- Quality Improvement Training, Improvement Academy, United Kingdom (2026)
- Assessing Musculoskeletal Disorders, BMJ Learning (2026)
- Physical Activity for people with anxiety or depression, BMJ Learning (2026)

WORKSHOPS

- National Conference on Comprehensive Approach in Rehabilitation Sciences (2015)
- Master Class in Rheumatology at Shifa International Hospital, Islamabad (2016)
- Workshop on McKenzie Approach for Spine management at Shifa Tameer-e-Millat University, Islamabad (2016) Workshop on Trigger Point Injection (2018)

KEY CLINICAL SKILLS

- Comprehensive MSK Assessment
- Red Flag Screening & Risk Stratification
- Differential Diagnosis
- Exercise Prescription & Progressive Rehabilitation
- Manual Therapy Techniques
- Outcome Measure Utilization
- MDT Collaboration
- Safeguarding Awareness
- Patient Education & Self-Management Support
- Time Management & Caseload Prioritization
- Reflective Practice & Clinical Governance