



Rida Alam

ID: 3740582163646 | Date of birth: 06/04/1996 | Place of birth: Rawalpindi, Pakistan | Nationality: Pakistani |

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● EDUCATION AND TRAINING

01/09/2022 – 25/06/2024 Islamabad, Pakistan

MS ORTHOPEDIC MANUAL PHYSICAL THERAPY Riphah International University, Islamabad

Field of study Health and welfare | Level in EQF EQF level 7

01/10/2015 – 07/04/2021 Islamabad, Pakistan

DOCTOR OF PHYSICAL THERAPY Comwave Institute Islamabad

Field of study Health and welfare

● WORK EXPERIENCE

PHYSIOTHERAPIST – HEALTH TREE MEDICAL COMPLEX RAWALPINDI – 01/11/2024 – Current – RAWALPINDI, PAKISTAN

Perform thorough assessments of patients' musculoskeletal, neurological and cardiopulmonary problems.
Create clinical impressions using evidence-based methodology.
Create customized rehabilitation plans

PHYSIOTHERAPIST – HEALTHPILL PVT.LTD – 10/07/2023 – Current – RAWALPINDI, PAKISTAN

Working as a CO-Founder at Healthpill PVT.LTD
Manage the team of developers and provide fresh concepts that will benefit the business

PHYSIOTHERAPIST – HOLY FAMILY HOSPITAL RAWALPINDI – 01/03/2021 – 01/08/2021 – RAWALPINDI, PAKISTAN

Carrying out thorough patient evaluation
Record medical history and main grievances
Analyze posture, gait, muscle strength and range of motion

● CERTIFICATIONS

Regional Plan9, Rawalpindi, 15/01/2024

Certificate of Appreciation

Received Certificate of Appreciation from Regional Plan9, Rawalpindi for excellent leadership skills and communication skills

Mode of learning: Project based

● SKILLS

manage quantitative data

● LANGUAGE SKILLS

Mother tongue(s): **URDU**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B1	B2	B1	B2	B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user