**MOMINA RISHI**

**Doctor of Physical Therapy (DPT)**

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**Address:** House No. 28, Street 28, Jinnah Gardens Phase-1, Islamabad, Pakistan.

Dedicated and compassionate physiotherapist with over two years of experience in delivering patient-centric rehabilitation services using the latest technologies and advanced physical therapy treatment options. Committed to enhancing patients' quality of life through safe and effective treatments. Seeking opportunities in a reputable healthcare setup to further develop my skills and contribute to the well-being of patients.

**Key Skills**: Pain Management | Range of Motion Enhancement | Rehabilitation Therapies | Patient Assessment and Evaluation | Effective Communication and Patient Education | Developing Personalized Exercise Program.

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| **PROFESSIONAL EXPERIENCE** |

1. **Home Rehab Officer** *Aug 2020 – Aug 2021*
2. **Physiotherapist** *Aug 2019 – Aug 2020*

**Islamabad Physiotherapy and Rehabilitation Center (IPRC)**

* Performing treatment techniques to improve patient mobility, including breathing and relaxation techniques, therapeutic exercise, manual therapy and soft tissue techniques, electrotherapy, Gait training, pain management, cold/heat therapy, magneto therapy, ultrasound therapy, kinesio therapy etc.
* Treating and rehabilitating patients with different conditions like musculoskeletal injuries, cerebral palsy, movement disorders, stroke, frozen shoulder, neck pain, back pain, thoracic pain, knee pain and osteoarthritis, sports injuries, spinal issues, sciatica, pre/post-TKR/THR, LBP, and cervical problems etc.
* Planning and developing personalized exercise program for patients as well as providing education to enable them to self-manage their condition.
* Working with patients on a case-to-case basis, providing post-injury solutions and recommending home based exercises to accelerate their recovery time.
* Assessing and testing patient's range of motion, balance and coordination, posture, muscle performance.
* Treating patients and their families with respect and dignity. Identifying and addressing psychosocial, cultural, ethnic and religious/spiritual needs of patients and family.
* Following-up on patient’s progress and response to exercise programs, to identify needed program change.
* Delivering high-quality care through comprehensive and evidence-based practices to restore patients to full functionality.

**Internship History**

**Pakistan Institute of Medical Sciences (PIMS), Islamabad.** *Aug 2018 – Sept 2018*

**Armed Forces Institute of Rehabilitation Medicine (AFIRM), Rawalpindi.** *Aug 2017 – Sept 2017*

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| **EDUCATION** |

**Doctor of Physical Therapy (DPT)** 2014 –2019

Shifa Tameer-e-Millat University (STMU), Islamabad.

**Higher Secondary School Certificate [Pre-Medical]** 2011 –2013

Army Public School & College for Girls,

Westridge-III, Rawalpindi, Pakistan.

**Secondary School Certificate [Science]** 2009 –2011

Army Public School & College for Girls,

Westridge-III, Rawalpindi, Pakistan.

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| **SKILLS** |

* Strong manual therapy skills.
* Ability to prepare and maintain patient records with accuracy and discretion.
* Strong interpersonal, communication and presentation skills.
* Personal drive, teamwork, commitment and being a self-starter.
* Prioritizing workload and meeting tight deadlines with high quality output.
* Organizational and multi-tasking skills.
* Ability to work effectively with a variety of people.
* Proficient in use of computer, MS Office, IBM SPSS Statistics V21.0, and other softwares.

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| **CERTIFICATES / COURSES / WORKSHOPS / CONFERENCES** |

* Certificate in Lumbar Spine Assessment and Treatment Protocols [May, 2017].
* Certificate in Master class in Pulmonology and Critical Care [Sept, 2018].
* Certificate in Role of Cardiopulmonary Physical Therapist in Respiratory Crisis Post-Cardiac Surgery [Dec, 2018].
* Participated in One Day Seminar on Children with Special Needs [April, 2019].
* Attended National Conference of Rehabilitation Sciences [Nov, 2018].
* Attended International Conference on Emergency Medicine [Sept, 2017].
* Attended 1st National Scientific Congress [Dec, 2018].
* Participated in Advance Life Support Course [July, 2017].

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| **INTERESTS & HOBBIES** |

* Travelling, Gardening, Book Reading, Home Décor, Watching Documentaries.

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| **REFERENCES** |

* References will be furnished upon request.