

WAJEEHA HASSAN

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CNIC: 17301-3434098-6

Dr Wajeeha Hassan (PT)

CNIC: 17301-3434098-6

Date of birth: 18th April 1999

Gender: Female

Nationality: Pakistani



A dedicated and passionate physiotherapist with a profound interest in addressing musculoskeletal issues. My journey in this field has been driven by a genuine commitment to improving the quality of life for individuals grappling with musculoskeletal challenges. Through years of education, hands-on experience, and a relentless pursuit of knowledge, I have cultivated a specialized skill-set focused on understanding, preventing, and treating various musculoskeletal conditions.

WORK EXPERIENCE

WORKED AT KHYBER MEDICAL UNIVERSITY AS VISITING FACULTY FOR SUMMER SEMESTER 2024.

1 YEAR EXPERIENCE AT MTI HAYATABAD MEDICAL COMPLEX AS REHAB HOUSE OFFICER (2023-2024).

2 MONTHS INTERNSHIP AT THE PARAPLEGIC CENTRE PESHAWAR.

CLINICAL EXPERTISE

Particularly involved in the purposely designed and well-equipped Physiotherapy Department of HMC, which encompasses specialized sub-divisions such as

- a. Pain Management Unit
- b. Musculoskeletal and Sports Physiotherapy
- c. Neurological Physiotherapy
- d. Pediatric Physiotherapy
- e. Cardiac Rehabilitation
- f. Gymnasium Facilities

In my role at HMC as a Rehab House Officer, I have acquired valuable clinical experience across various wards, including

1. Orthopedic and Spine Ward: Hands-on experience in managing orthopaedic and spinal conditions.
2. Gynae Ward: Exposure to gynaecological conditions and rehabilitation needs.
3. Peads Ward: Specialized care for pediatric patients, understanding their unique physiotherapy requirements.
4. Medical Ward: Active involvement in the treatment and care of medical patients.
5. Physiotherapy OPD: Providing outpatient physiotherapy services with a focus on personalized patient care.
6. Surgical ICU: Managing critically ill patients in the surgical intensive care unit.
7. Surgical Ward: Assisting in the care and rehabilitation of surgical patients.
8. Cardiac Rehabilitation Center: In-depth exposure to cardiac conditions and rehabilitation strategies in cardiac ICU patients.
9. Neurosurgery Ward: Collaborating in the care of patients undergoing neurosurgical procedures.

EDUCATION

**MSPT-Musculoskeletal Physiotherapy , KHYBER MEDICAL
UNIVERSITY PESHAWAR
Jan 2024 - Jan 2026**

**Doctor of Physiotherapy (DPT) , KHYBER MEDICAL UNIVERSITY
PESHAWAR**

2017-2022

CGPA: 3.78

RESEARCH PROJECT:

**EFFECTIVENESS OF BRACE COMPARED TO THERAPEUTIC EXERCISE IN
IMPROVING PAIN AND KNEE FUNCTION AMONG PATIENTS PRESENTING
WITH PATELLOFEMORAL PAIN SYNDROME**

HSSC, PESHAWAR MODEL DEGREE COLLEGE

HSSC 2015-2017

Board of intermediate and secondary education Peshawar

Marks: 913/1100

Grade: A+

SSC, ARMY PUBLIC SCHOOL AND COLLEGE (GIRLS)

SSC: 2015

Federal Board of intermediate and secondary education

Marks: 933/1050

Grade: A+

SKILLS

- | | |
|---|--|
| <ul style="list-style-type: none">● Content Writing● Social media marketing● Research specific skills | <ul style="list-style-type: none">● First aid/ CPR● Teamwork and leadership qualities● Interpersonal communication |
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AREA OF SKILLS

- Construct physiotherapy treatment plans to increase functionality and strength.
- Educate patients and family members regarding diagnosis, injury prevention, and therapeutic interventions.
- Can manage acute and chronic conditions with a full understanding of complex therapy needs.
- Plan individually designed treatment programs to restore, maintain and improve physical functioning, alleviate pain, and prevent disability.
- Plan and administer a range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle reeducation.
- Conduct clinical assessment and evaluation to determine patient needs.
- Make clinical assessments and diagnoses to treat physical problems and conditions.

- Assess individual performance and implement treatment based on established goals. Liaised with other healthcare professionals to exchange information about patients
- Provide the patient with information, techniques and support to enhance development of motor skills.
- Design and review clinical management plans to encourage exercise and movement.
- Carry out therapeutic interventions using evidence-based techniques to address patient needs and concerns.
- Design learning environments and activities to promote the acquisition of motor skills.
- Advise patients on avoiding injury and self-managing conditions to promote health and well-being.
- Design and review treatment programs using manual therapy, therapeutic exercise and electrotherapy.

ACTIVITIES

1. Currently contributing to **PHYSIOPEDIA** as a yellow belt.
2. Certified Life Saver by the AGHA KHAN UNIVERSITY.
3. Completed the following courses from **Mohammed Bin Rashid University of Medicine and Health Sciences UAE**:
 - a. **C-LINE to Save Lives: communicating your emergency**
 - b. **Let's Gear Up to Volunteer and Defy COVID-19**
 - c. **Let's Break the Chain of COVID-19 Infection.**