

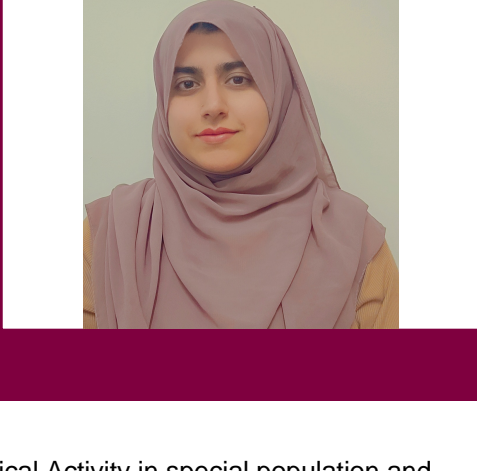


Meet our *Superstar* Physio!

SI



Sex	Age Range
Female	26 - 30
Level Experience	Desired Contract
Level 3 - 7-10 points	The Kiwi Package



Qualifications
Doctor of Physiotherapy (2019) MSc in Cardiopulmonary Physical Therapy (2023); Msc in Exercise&Physical Activity in special population and healthy ageing (2024)
University
The Superior College Lahore Riphah international university, Lahore; Middlesex University, London

Points System			
Criteria	Years Experience	Points	Total
Fast Track Country Experience (Ireland, UK, Canada, South Africa) + Australia and USA	0 - 1	1	1
	2 - 4	2	
	5 - 7	4	
	8 - 10	6	
	11 - 13	8	
	14 - 17	10	
	18+	12	
Private Practise Musculoskeletal Experience	Years Experience	Points	Total
	0 - 1	0	2
	2 - 3	1	
	4 - 5	2	
	6 - 7	3	
	8 - 9	4	
	10+	5	
Post Grad Experience	Years Experience	Points	Total
	0 - 4	1	1
	5 - 10	2	
	11+	3	
New Zealand Experience	Months Experience	Points	Total
	0 - 6	1	1
	7 - 12	2	
	13 - 18	4	
	19 - 24	6	
Ligament Experience	Months Experience	Points	Total
	0 - 6	1	1
	7 - 12	2	
	13 - 18	3	
	19 - 24	4	
Post Grad Qualifications	Courses	Points	Total
	Post Grad Courses	1	0
	Post Grad Certificate	2	0
	Post Grad Diploma	3	0
	Post Grad Masters	4	4
Total:			10

Work History
SI is a committed physiotherapist with over five years of clinical experience, holding advanced degrees in both Cardiopulmonary Physiotherapy and Exercise and Physical Activity in Special Populations. Her broad clinical background includes hands-on expertise in musculoskeletal and orthopaedic care, stroke and neurorehabilitation, as well as plastic surgery-related hand and tendon rehabilitation. She also holds a certification in sports physiotherapy with a focus on rugby and maintains a strong interest in evidence-based practice. Deeply passionate about continuous professional development, SI is particularly drawn to advancing her specialization in neurological and complex rehabilitation. Driven by a desire to make a meaningful difference, her career goal is to support patients on their journey toward recovery, independence, and improved quality of life through compassionate, personalized care.
Physiotherapist – NHS, Liverpool, United Kingdom (Ongoing)   May 2025 – Present SI is currently serving as an MSK physiotherapist, treating patients with various musculoskeletal conditions, including pre- and post-operative orthopedic cases, sports-related injuries, and chronic joint dysfunctions. She develops personalized rehabilitation programs focused on restoring mobility, reducing pain, and enhancing function. Her role involves thorough assessments, patient education, and progress tracking, while maintaining strong communication with interdisciplinary teams to ensure continuity of care.
Physiotherapist – M-PEER Pain and Rehabilitation Centre (Remote), Lahore, Pakistan (20 months)   Sep 2023 – Apr 2025 As an MSK physiotherapist in a remote capacity, SI provided virtual consultations to patients with orthopedic and musculoskeletal issues. She created tailored rehab programs delivered via video sessions, ensuring safety and effectiveness through real-time feedback. Digital monitoring tools and educational support enabled her to promote patient independence and long-term self-management strategies.
Physiotherapist – M-PEER Pain and Rehabilitation Centre, Lahore, Pakistan (3 years, 4 months)   May 2020 – Sep 2023 SI managed a diverse caseload across MSK, cardiopulmonary, neuro, gynecological, and ICU care settings. She independently performed comprehensive assessments and applied electrotherapy and manual therapy based on patient presentation, medical history, and clinical protocols. Her holistic approach supported recovery across a broad spectrum of complex conditions.
Physiotherapist & Lecturer – Federal Institute of Allied Health Sciences, Lahore, Pakistan (1 year)   Oct 2021 – Sep 2022 In her dual role as Lecturer and Academic Administrator, SI taught undergraduate physiotherapy courses and supervised clinical practice. She contributed to curriculum development, managed course delivery, and enhanced the educational environment. Her administrative responsibilities included planning academic strategies and supporting institutional improvements.
Physiotherapist – Services Hospital, Lahore, Pakistan (1 year)   Sep 2020 – Sep 2021 In the Orthopaedic and Trauma Department, SI treated inpatients and outpatients for fractures, joint replacements, and soft tissue injuries. She was involved in emergency orthopedic care and implemented structured rehabilitation protocols. During her rotation in the Plastic Surgery and Burn Unit, she focused on tendon and hand rehabilitation, utilizing splinting, electrotherapy, and customized exercise plans.

Private Practise MSK Experience
SI has taken on a broad scope of responsibilities as a physiotherapist in private practice, including the assessment, evaluation, diagnosis, and formulation of tailored physiotherapy treatment plans for patients presenting with musculoskeletal, cardiovascular, neurological, gynecological, and post-surgical conditions, as well as those requiring intensive care. She has independently conducted patient assessments and diagnostic evaluations, applying targeted therapeutic interventions based on clinical findings. Her approach integrates the administration of appropriate physical agents—such as electrotherapy and manual therapy—aligned with physician protocols, patient history, and her comprehensive understanding of clinical indications and contraindications.

Hospital Experience
At Services Hospital in Lahore, SI worked as a physiotherapist within the Orthopedic and Trauma Department, where she was responsible for providing care to both inpatient and outpatient populations. In her role as a clinical practitioner, she performed comprehensive assessments and delivered targeted treatment interventions for patients with musculoskeletal and neuropathic conditions. Her work also involved preparing patients for rehabilitation following orthopedic trauma, managing pre-operative and post-operative care for individuals undergoing joint replacement surgeries, and guiding them through all phases of their rehabilitation journey. She actively participated in orthopedic emergency care, assisting in procedures and gaining exposure to acute management techniques for traumatic injuries.
Additionally, SI completed a one-month rotation in the hospital's Plastic Surgery and Burn Unit. There, she specialized in hand rehabilitation, acquiring valuable skills in tendon recovery protocols for both acute and chronic presentations. She treated patients using splints, exercise-based regimens, and appropriate therapeutic modalities such as electrotherapy and manual therapy—always guided by the physician's protocols, patient history, and her clinical expertise on safe and effective application.

Areas of Skills and Expertise
SI is a dedicated and experienced physiotherapist who has worked in a private clinical setting for over four years. During this time, she has conducted comprehensive assessments and implemented individualized physiotherapy treatment plans for patients presenting with a wide spectrum of conditions—including musculoskeletal, cardiovascular, neurological, gynecological, and post-surgical disorders, as well as those requiring care in intensive care units. She has independently managed assessments and interventions for both pediatric and geriatric populations and has played an active role in mentoring junior colleagues within the clinic.
Musculoskeletal and Orthopedic Experience: SI has delivered care to both inpatient and outpatient populations within the Orthopedic department. In her role as a clinical practitioner and healthcare provider, she has consistently applied detailed assessment techniques and evidence-based treatments. Her expertise encompasses the management of diverse musculoskeletal and neurological conditions, with an emphasis on accurate diagnosis, tailored intervention strategies, and patient-centered rehabilitation.
Cardiorespiratory Specialization: With a Master's degree in Cardiopulmonary Physiotherapy, completed in 2023, SI has dedicated two years to the field, including a one-year hospital-based residency. Her training has provided her with advanced skills in treating patients with complex cardiopulmonary conditions, ensuring a high standard of care aligned with current best practices.
Additional Academic and Clinical Training: In addition to her specialization, SI has earned a Master's degree in Exercise and Physical Activity in Special Populations and Healthy Ageing from London, UK. As part of this program, she gained valuable experience working in a gym-based setting and successfully completed her clinical placement, further broadening her expertise in health promotion and functional fitness for individuals across the aging spectrum.

Who am I?
SI is the youngest of five siblings and has always shared a close, nurturing bond with her family—particularly with her mother and sisters. She has been happily married for two years to her loving husband, a chemical engineer, and together they have built a joyful and supportive life. Warm-hearted and compassionate by nature, SI finds joy in life's simple pleasures: exploring new destinations—especially beaches—cooking flavorful meals for her loved ones, and curating cozy, beautifully organized spaces at home. A clean and harmonious environment brings her a deep sense of clarity and calm, which she enjoys recreating wherever she goes.
Now living in the United Kingdom for the past two years, SI completed her master's degree in London, an experience she cherishes for the opportunities it brought to meet new people, embrace diverse cultures, and grow as an individual. She is innately curious and passionate about expanding her knowledge, often immersing herself in current research and actively seeking ways to evolve both personally and professionally.
SI thrives on human connection. She delights in meaningful conversations, values shared experiences, and believes deeply in spreading kindness and love. Friends describe her as calm, approachable, and genuinely thoughtful—someone who brings warmth to every interaction. She treasures quality time with friends, loves making thoughtful plans, and finds joy in simple moments of togetherness. To unwind, SI enjoys watching comedy shows and light-hearted series, embracing laughter as one of life's best remedies for stress.

CPD Courses
Certified in Level 1 and level 2 immediate care in rugby, by World Rugby Sports Rugby Physiotherapy Certificate : Completed training focused on injury prevention, management, and rehabilitation in rugby players. Manual Therapy Techniques : Hands on training in joint mobilizations, soft tissue techniques, and posture correction. Exercise Prescription for Special Populations : Training in developing safe and effective exercise plans for individuals with chronic conditions. Evidence Based Practice and Research Interpretation : Ongoing self-directed learning through reading and analyzing current physiotherapy research articles.

Quotes from References
SI demonstrates exceptional accuracy and time management skills, ensuring high-quality care and efficient patient outcomes. She pays close attention to detail when assessing patient needs, developing treatment plans, and documenting progress, minimizing errors and maintaining precise records. Her ability to prioritize tasks and manage time effectively allows them to balance multiple responsibilities, such as patient consultations, therapy sessions, and administrative duties, without compromising the quality of care.
SI possesses good clinical expertise with excellent understanding of background knowledge. She has specialized experience in musculoskeletal and neurology rehabilitation. She has excellent communication skills with exceptional collaboration with team.
SI has always proved herself to be an honest, professional, competent, and evidence-based physiotherapist. I would recommend her for the employment anywhere in the world.

