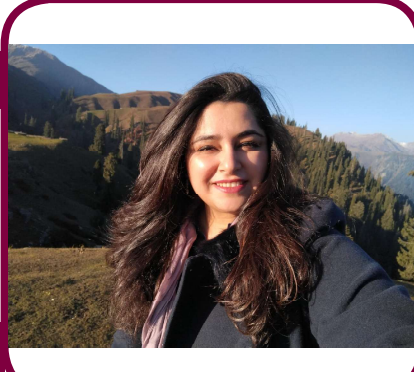
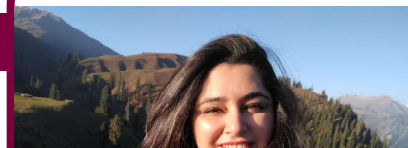




Meet our *Superstar* Physio!

FZ



Sex	Age Range	
Female	31 - 35	
Level Experience	Desired Contract	
Level 4 - 11-15 points	The Kiwi Package	

Qualifications

Master of Science in Cardiopulmonary Rehabilitation - RIPHAH College of Rehabilitation Sciences, Pakistan | 2016–2018, Doctor of Physical Therapy (DPT) - RIPHAH College of Rehabilitation Sciences, Pakistan | 2012–2016

University

Master of Science in Cardiopulmonary Rehabilitation - RIPHAH College of Rehabilitation Sciences, Pakistan | 2016-2018, Doctor of Physical Therapy (DPT) - RIPHAH College of Rehabilitation Sciences, Pakistan | 2012-2016

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	4
	2-3	1	
	4-5	2	
	6-7	3	
	8-9	4	
	10+	5	
Post Grad Experience	Years Experience	Points	Total
	0-4	1	2
	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:	13

Work History

FZ is a Senior Physiotherapist with 8+ years of clinical experience across cardiorespiratory, musculoskeletal and women's health rehabilitation. Specialized in ICU and post-surgical care (AFIC, RIC) and orthopedic/ sports injury management (Rand Health Services). Skilled in manual therapy (Mulligan, trigger point release), BIPAP/CPAP use, and tailored exercise programs for pediatric, geriatric, and postpartum patients.

Senior Physiotherapist
Rand Health Services - Islamabad, Pakistan - Oct 2020 – Present
Key Responsibilities:
Assess and treat 4-5 patients daily across orthopedic, neurological, geriatric, sports injuries, pediatric, and women's health cases.
Develop and coordinate rehab plans using manual therapy (Mulligan Technique for frozen shoulder), electrotherapy, and evidence-based exercise programs.
Specialized care for postpartum women (pelvic pain, diastasis recti) with tailored manual/electrotherapy interventions.

Pediatric ICU Physiotherapy
Armed Forces Institute of Cardiology (AFIC/NIHD) | Rawalpindi, Pakistan | Nov 2019 – Oct 2020
Key Responsibilities: Treated 8-10 critically ill pediatric cardiac patients daily in ICU, including open-chest post-op cases.
 Applied BIPAP, chest clearance techniques (percussion, vibration), and early mobilization to prevent muscle atrophy.
 Collaborated with international surgeons to optimize respiratory function and reduce ventilator dependency.
Special Techniques:
 Gravity-assisted positioning (GAP), steam inhalation, and non-invasive ventilation (NIV).

Physical Therapist
Rawalpindi Institute of Cardiology (RIC) | Rawalpindi, Pakistan | Apr 2016 – Apr 2017
Key Responsibilities:
Managed post-surgical cardiac patients (e.g., post-CABG) with Day 1 mobilization and phase 2 rehab exercises.
Performed chest physiotherapy (ACBT, percussion, suctioning) for ventilated patients.
Techniques:
BIPAP/CPAP administration, trigger point release, and spine mobilization.

Private Practise MSK Experience

- Experience in Private Practice
- With 8+ years in a responsible position and additional hospital-based experience, F2levelled expertise in:
 - Comprehensive Patient Care
 - Conducting detailed assessments (subjective/objective) to diagnose MSK, sports, and post-surgical injuries
 - Designing and implementing treatment plans with evidence-based manual therapy (joint mobilization, soft tissue techniques, and targeted exercises for strength, flexibility, and functional recovery)
- Specialized Population:
 - Sports related: Biomechanical analysis, injury prevention, and sport-specific conditioning for athletes.
 - Geriatric: Fall risk management, education, graded exercise, manual therapy to improve quality of life.
 - Acute sports injuries: Treating high impact injuries and helping patients to recover to their ADLs.
 - Post-surgical rehab: Structured protocols for orthopedic recovery (e.g., joint replacements).
- Leadership & Collaboration:
 - Supervised junior therapists and students, emphasizing evidence-based practice.
 - Worked with physicians, insurers, and multidisciplinary teams for integrated care.
- Operational Excellence:
 - Managed clinic operations: patient bookings, billing, equipment/maintenance, and reporting (work hours, audits, etc.)
 - Led health promotion initiatives.

Hospital Experience

For more than two years, FZ has the privilege of working as a physiotherapist in a large 800-bed hospital AFIC and 272 bed hospital RIC, where she specialized in cardiorespiratory, orthopedic and musculoskeletal rehabilitation. This experience shaped her into both a clinician and a leader.

What FZk Delivered:
Specialized Orthopedic Care: FZk worked extensively with post-surgical patients, from Post cardiac surgery patients to trauma cases, combining ICU management and hands-on manual therapy with personalized exercise programs to restore mobility and function.
Comprehensive Patient Management: Every treatment began with a thorough assessment, considering not just physical symptoms but each patient's unique needs and goals. FZk took pride in seeing progress through measurable outcomes and adjusting care plans accordingly.
Leadership & Mentorship: As a supervisor, she guided junior therapists and students, sharing knowledge through case presentations and training sessions. FZk also helped streamline the department's workflows to improve efficiency.

Beyond the Hospital Walls: FZ organized community outreach programs and home visits, ensuring patients who couldn't travel still received quality rehab.

Her hospital experiences taught her resilience, teamwork, and the importance of evidence-based care, lessons she carries into every patient interaction today. Whether treating complex cases or mentoring colleagues, her goal remained the same: to deliver compassionate, results-driven rehabilitation.

Areas of Skills and Expertise

MSK - Experience Level: Advanced - FZ has almost 5 years of experience in working as a senior physiotherapist in a clinic where she treats outdoor patients for various conditions like acute and chronic pain management, post-surgical rehabilitation, soft tissue injuries, spinal disorders and sports related injuries. FZ is skilled in manual therapy, therapeutic exercise, electrotherapy, and patient-centered education to optimize recovery and functional outcomes.

Sports - Experience Level: Intermediate to Advanced - Treated athletes at Rand Health Services using RICE protocol (acute phase) and progressed to functional rehab (strength/balance training).
Workshops: Attended a taping therapy workshop for athletes indicating foundational knowledge of sports taping technique.

Women's Health Physiotherapy - Experience Level: Intermediate - Specialized in treating pregnant/postpartum women at Rand Health Services, addressing pelvic pain, diastasis recti, and posture-related issues. Used manual therapy and electrotherapy tailored to individual cases.
Advocacy: Public speaking for women's education (UN Women) highlights your holistic approach to women's well-being.

Geriatric Physiotherapy - Experience Level: Advanced - Customized therapy for age-related conditions like arthritis, mobility limitations, balance disorders. Focused on functional independence and fall prevention.
Cardiac/Geriatric Overlap: Managed geriatric patients with comorbid cardiorespiratory conditions (AFIC, RIC).

Cardiorespiratory Physiotherapy - Experience Level: Advanced - Pediatric ICU at AFIC: Chest clearance techniques for pediatric ventilated patients, Rehab for prolonged ICU stays preventing deconditioning, muscle atrophy.

Research: MSc thesis on cardiopulmonary rehab (stair climbing vs. jogging).

Vocational/Functional Rehabilitation - Experience Level: Intermediate - rehab programs to restore work-related functional capacity (e.g., post-orthopedic surgery).
Mobilized post-CABG patients for return to daily activities.

Mentoring Juniors - Experience Level: Intermediate - Collaborated with junior staff at AFIC and RIC implied by multidisciplinary ICU teams.

strong communication skills for mentoring.

Who am I?

FZ has always been the kind of person who asks "Why?" and "What if?", whether it's about AI, tech, or how things work. Lately, she has been geeking out over how fast innovation is moving (seriously, how is AI this smart already?). But she is not just about ideas, FZ has also rolled up her sleeves and run a clothing business in Pakistan. Turns out, selling isn't just about products; it's about listening, adapting, and making people feel valued. Who knew haggling over a fabric would teach her so much about human nature?

When she is not deep in a project or lost in a tech rabbit hole, you will probably find her outdoors, hiking somewhere green, swimming until her arms ache, or cycling just for the rush of wind in her face. There's something about nature that resets her brain better than any app ever could.

But life's not all hustle and adrenaline. FZ is a big believer in slow moments too: family dinners where the food is spicy and the gossip is hotter, movie nights with friends that turn into 2 a.m. life talks, or that perfect cup of "chai" (tea) when the world feels a little quieter. At the end of the day, she thinks happiness comes down to three things—learning, moving, and the people who make you laugh until your stomach hurts.

CPD Courses

Kinesiology taping, Tapping Therapy for Athletes, Myofascial Trigger Point Release Therapy, Palliative Care for Cancer Patients. - Tapping Therapy workshopD
- Workshop on Myofascial Trigger Point Release TherapyD
- Kinesiology TappingD
- Palliative Care for Cancer PatientsD

Kinesiology taping, Tapping Therapy for Athletes, Myofascial Trigger Point Release Therapy, Palliative Care for Cancer Patients.

Quotes from References

F2 demonstrates a high level of accuracy in her work, whether it involves patient care, data entry, documentation, or following medical protocols. In a healthcare setting, precision is crucial for ensuring that medical histories are correct, treatments are administered properly, and patient records are maintained.

FZ is skilled at managing her time effectively, balancing multiple tasks while ensuring none of them are neglected. This would be especially important in a healthcare setting, where there are many time-sensitive responsibilities, such as patient appointments, administrative duties, and follow-up tasks.

1) She is hardworking and always up for learning
2) She has good communication skills and patient are usually comfortable with her
3) She is responsible, reliable and always on time

I have witnessed her professional growth and I am confident that she will excel in any organization.
