



Meet our *Superstar* Physio!

IH



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

Qualifications

Doctor of Physiotherapy (2020)  
Masters in Advanced Physiotherapy Practice (2023)

University

University of Sargodha, Pakistan  
University of Glasgow, United Kingdom

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	1
	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	0
	7 - 12	2	
	13 - 18	4	
	19 - 24	6	
Ligament Experience	Months Experience	Points	Total
	0 - 6	1	0
	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:			7

Work History

IH is a physiotherapist with strong clinical expertise across musculoskeletal, neurological, and women's health disciplines. She is passionate about helping patients restore movement, reduce pain, and achieve optimal functional independence through evidence-based assessment and rehabilitation. Her approach combines hands-on therapy, tailored exercise programs, and patient education to promote long-term well-being. She has experience working with diverse patient populations, from acute care to community settings, and take pride in delivering high-quality, patient-centered care. Committed to continuous professional development, she strives to stay updated with current research and best practices to provide the most effective treatment outcomes

Physiotherapist | Rehab Cure Physiotherapy UK, Glasgow, United Kingdom | October 2024 – Present  
Responsible for conducting comprehensive assessments of patients with musculoskeletal, neurological, and orthopaedic conditions. Formulates personalised treatment plans aimed at enhancing mobility, alleviating pain, and promoting overall well-being. Implements a range of therapeutic interventions, including manual therapy, electrotherapy, and tailored exercise prescription. Provides education on posture correction, injury prevention, and safe exercise techniques. Collaborates with multidisciplinary teams to deliver integrated, evidence-based care, while maintaining detailed patient documentation and advising on ergonomic work setups to optimise comfort and function.

Volunteer Physiotherapist | NHS Volunteer Services, Royal Alexandra Hospital, Glasgow, United Kingdom | October 2024 – Present  
Supports patient rehabilitation through guided exercise sessions designed to enhance muscle strength and mobility. Provides regular feedback to senior physiotherapists regarding patient progress and contributes to adapting rehabilitation programmes to suit individual patient needs.

Support and Information Volunteer | Versus Arthritis, Glasgow, United Kingdom | August 2024 – Present  
Develops, delivers, and evaluates self-management courses for patients living with chronic conditions. Oversees routine administrative tasks, manages participant data, and ensures compliance with safeguarding and confidentiality protocols.

Physiotherapist | Rafiq Bhatti Memorial Hospital, Shahdara, Lahore, Pakistan | April 2020 – August 2021  
Performed comprehensive patient assessments and designed individualised treatment plans to improve function, relieve pain, and support recovery. Applied a range of therapeutic techniques, including manual therapy, electrotherapy, and hydrotherapy. Provided patient and family education on self-management and home exercise programmes, monitored progress regularly, and maintained accurate clinical documentation.

Areas of Skills and Expertise

Musculoskeletal Physiotherapy

IH has extensive experience in assessing and treating a wide range of musculoskeletal conditions, including sports injuries, postural dysfunctions, and chronic pain syndromes. Her expertise includes manual therapy techniques, exercise prescription, posture correction, and patient education aimed at restoring optimal movement and function. She designs individualised rehabilitation programmes to assist patients in safely returning to daily activities and sports, while emphasising injury prevention and long-term self-management.

Neurological Physiotherapy

IH is skilled in managing patients with neurological conditions such as stroke, Parkinson's disease, multiple sclerosis, and spinal cord injuries. Her treatment approach focuses on improving mobility, balance, coordination, and independence using evidence-based neurorehabilitation techniques. She is proficient in gait re-education, functional task training, and facilitation methods such as Proprioceptive Neuromuscular Facilitation (PNF), and is dedicated to supporting patients emotionally as they work towards functional recovery.

Women's Health Physiotherapy

IH's expertise extends to women's health, including the assessment and treatment of pelvic floor dysfunction, antenatal and postnatal care, and exercise education during and after pregnancy. She provides compassionate and professional care for women experiencing incontinence, pelvic pain, and postural changes, empowering them through education and tailored rehabilitation programmes to enhance physical and emotional well-being.

Private Practise MSK Experience

IH has gained extensive experience in assessing and treating patients with musculoskeletal, neurological, and orthopaedic conditions. She develops personalised treatment plans aimed at enhancing mobility, reducing pain, and improving overall function and quality of life. Her clinical approach integrates manual therapy, electrotherapy, and tailored exercise prescription, complemented by patient education on posture correction, injury prevention, and long-term self-management. IH works collaboratively within multidisciplinary teams to deliver coordinated, evidence-based care while maintaining accurate documentation and monitoring patient progress.

Hospital Experience

As part of her volunteer experience with the NHS at the Royal Alexandra Hospital, IH has supported patient rehabilitation by facilitating mobility and strengthening exercises, providing constructive feedback to senior physiotherapists, and assisting in the adaptation of rehabilitation plans to meet individual needs. In her Support and Information role with Versus Arthritis, IH has contributed to community health initiatives by developing and delivering self-management courses for patients, managing participant data, and ensuring adherence to safeguarding and confidentiality standards. Earlier in her career at Rafiq Bhatti Memorial Hospital, IH carried out comprehensive patient assessments and implemented evidence-based treatment programmes, incorporating manual therapy, electrotherapy, and hydrotherapy. She provided guidance to patients and families on self-care and home exercise programmes while maintaining detailed clinical documentation and tracking progress to achieve optimal rehabilitation outcomes.

CPD Courses

Cupping Therapy Certificate

Who am I?

IH is a compassionate and dedicated physiotherapist with strong clinical expertise across musculoskeletal (MSK), neurological, and women's health disciplines. She is passionate about helping patients restore movement, reduce pain, and achieve optimal functional independence through evidence-based assessment and rehabilitation. Her approach combines manual therapy, personalised exercise programmes, and patient education to promote long-term health and well-being. IH holds a Master's degree with specialisation in Musculoskeletal and Neurological Physiotherapy and Advanced Research Methods, and has experience working with diverse patient populations in both private practice and hospital settings. She remains committed to continuous professional development, staying up to date with current research and best practices to ensure effective and holistic care.

Outside of her professional work, IH values balance, connection, and personal growth. She leads an active lifestyle, with a particular interest in badminton and outdoor activities. She enjoys spending time with her family and friends, travelling, listening to music, and reading about health, wellness, and personal development — all of which reflect her passion for living a healthy and meaningful life.

Quotes from References

The candidate demonstrates exceptional punctuality and reliability, effectively managing her time across assessments, treatments, and patient education. She consistently organizes her responsibilities within set timeframes, ensuring efficient patient scheduling and documentation.

The candidate demonstrates strong reliability through her efficient job performance and commitment to teamwork, ensuring consistent support for patients and colleagues alike. While specific comments on punctuality and attendance were not provided, her professional etiquette and proactive engagement in team activities suggest a dependable and punctual presence.

The candidate demonstrates a genuine enthusiasm for growth and learning, showcasing a vibrant personality that is likely to inspire and motivate those around her. Her positive attitude and commitment to excellence suggest she will thrive in a clinical environment and contribute significantly to the team's success.

