

Dr. Saira Aslam

Physiotherapist

Why Saira Aslam PT

- Experienced, passionate, and ambitious physical therapist looking to gain employment. Physical therapists work to help improve mobility and strength or to possibly help reduce the pain that individuals might suffer due to an injury or disability.
- Conversant and level-headed lecturer possessing strong technical acumen to work on improvement initiatives in the classroom focusing on inquiry-based learning and literacy across. Skilled at analyzing student performance outcomes on daily objectives as well as on curricular unit learning goals in order to create and implement daily action plans

Personal Information

Father name

Muhammad Aslam

Work Experience

- Senior Lecturer & Head of Department at Afro-Asian Institute (Affiliated with GCUF)
- Working as a consultant fitness trainer at Kashif Fitness Centre Gym.
- Working as a clinical physiotherapist at Care-Complex Hospital.
- Working as a consultant physiotherapist at Lahore Consultant Clinic.
- Supervise the thesis research project.
- Head of anatomy and physiology lab.
- Patron of Music Society at Afro-Asian Institute
- Leader Educator and CEO of MTM.
- Job and Internee In charge of office of career counseling (OCS) at Afro-Asian Institute.

Education

-University of Lahore

Master of Science in Neurological Physical Therapy
(2019 to 2021) CGPA 3.98

-Sargodha Medical College

Doctor of physical therapy (2012-2017)

Nationality

Pakistani

Religion

Islam

Research Work

- Body mass index and body fat and its correlation with various disorders among obese females in Rawal Medical Journal 2022.
- Association of Post Vaccination Shoulder Pain with Sinovac and Astrazeneca COVID-19 vaccines: A cross-sectional study in Pakistan Bio-medical Journal 2022.
- Publication Correlation of foot with MSK Disorders in ankle joint among Females in International Knowledge Sharing Platform in 2020.
- Prevalence and Factors Leading to Hallux Valgus in Adults in Pakistan biomedical journal 2022.
- Factors affecting compliance with home based neuro-rehabilitation of stroke patients and their caregivers: A Qualitative phenomological study

Email

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Address

Model town Lahore

Conference and Workshops

- Conducted workshop on the topic of Chest physiotherapy at Ali institute in Lahore (2020)
- Conducted workshop on topic of Sciatica and Role of physiotherapist in Pandemic COVID-19
- Certified in FIND (International Dry needling)

References Will be furnished on demand.

