

Dr. Samara Shaukat(PT)

Physiotherapist



samariadua708@gmail.com



July 23, 1998

Why Dr. Samara?

- 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.
- Committed to Cutting-Edge Treatment and Rehabilitation Strategies. Working in a challenging field which will make full use of my abilities, developing both personal and interpersonal skills, along with sincere contribution to the organizations growth and goals.
- 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.
- Result-oriented individual and well-versed educationist having thorough knowledge and competency in maintaining classroom environment. Has ability to collaborate with teachers across different subject areas to foster interdisciplinary student learning while cultivating and promoting healthy working and learning community.

CORE STRENGTHS & ENABLING SKILLS

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| ▪ Anatomy, kinesiology, Biomechanics, Therapeutics, Neurology | ▪ Assessment techniques | ▪ Time Management Skills |
| ▪ Teacher Strategies | ▪ Hands on treatment strategies | ▪ Leadership Skills |
| ▪ Testing & Grading | ▪ Report Writing | ▪ Communication & Presentation Skills |
| | ▪ Motivation & Mentoring | ▪ Classroom Maintenance |

PROFESSIONAL EXPERIENCE

Afro-Asian Institute, Affiliated with GCU Faisalabad, Pakistan

Worked as **Lecturer** and as **Clinical demonstrator (at Govt. Mian Munshi Teaching Hospital, Lahore)** For Doctor of Physical Therapy Students 9th January 2023 - to the date

Responsibilities/ Accomplishments:

- Confidently collaborate with staff.
- Helps the student to acquire appropriate knowledge, skills and attitudes required of professionals.
- Responsible for providing effective instruction and assessment during clinical practice trainings of undergraduate students in the classroom, lab, hospital and community facilities.

Green Star Clinic, Green town Lahore.

Worked as **"physiotherapist (PT)"** May 15, 2022-to the date

Responsibilities/Accomplishments:

- Assess patients with different evaluating tests and treat patients with different hands on techniques and with different electrotherapy modalities.
- Able to treat those patients whose come with neuromuscular problems and musculoskeletal problems.
- Worked on mental and physical relief or patient.

**Iffat Anwar Medical Complex, Awasia Society, college road
Lahore.** Worked as “*physiotherapist (Intern)*” April 1, 2022-

August 31st, 2022**Responsibilities/Accomplishments:**

- Learn different assessment methods and evaluating tests.
- Treat different CP children.
- Learn how to use different electrotherapy modalities according to patients.
- Learn different treatment techniques like stretches, isometrics, isokinetics, mulligan techniques, palpation methods, trigger point release and neuro dynamics etc.

Horizon Institute of Sciences, Green Town, Lahore, Pakistan

Worked as “*Biology, Chemistry, English and Biochemistry Lecturer for F.Sc, B.Sc and B.A(Evening Coaching Classes)*” September 2018–to the date

Responsibilities/Accomplishments:

- Confidently collaborated with staff to create curriculum materials and assessments. Adeptly maintained accurate and timely records of student attendance and academic progress
- Corresponded periodically with students, parents and administration to facilitate better student performance

PROFESSIONAL QUALIFICATION

- **Superior University (Azra Naheed medical College), Lahore,**

MS Rehabilitation (NMPT)*

- **University Of Sargodha, Sargodha, Pakistan**

(Institution: Gulab Devi Institute of Physiotherapy, Gulab Devi Educational Complex, Lahore.)

DPT–Doctor of Physical Therapy

- **University Of Punjab, Lahore, Pakistan**

B.A–Associate Degree in Arts.

- **BISE Lahore, Pakistan**

F.Sc– Pre Medical

- **BISE Lahore, Pakistan**

Matriculation

PROFESSIONAL WORKSHOPS

- Workshop on “Spinal Mobilization Electrotherapy (evidence based clinical practice and guidelines on electrotherapy)”.
- Workshop on “ TMJ Management”.
- Surface Anatomy and palpation Techniques with Biomechanical Approach.
- Workshop on “Client assessment in clinical setting”.
- Mulligan Hands on Work shop on Cervicogenic Headache and Osteoarthritis.
- Medical conference on “Frozen Shoulder”.

- Medical conference on “Parkinson’s Disease and its management”.
- Medical conference on “Cerebral Palsy”.
- Workshop on “How to Formulate a Research Question”.

RESEARCHWORK

- Prevalence of neck pain, disability and sleep quality in COPD patients.

References

- Dr. Abid Harif Awan PT (edge Physiotherapy and rehabilitation center, Lahore, Pakistan)Cell:+923219458786
- Dr. Muhammad Anwar Khan(Ex House Physician and surgeon foji foundation hospital Rawalpindi, Exsenior medical officer department of cardiac health in national guard hospital riyaz, Saudi Arabia) Cell:+923221414089
- Dr. Yousaf Rubani PT (Head of DPT, Govt. Mian Munshi Teaching Hospital, Lahore) Cell: +923334912408