

Curriculum Vitae

Dr. SHEHER BANO (PT)

Nationality: Pakistan

Lives in Lahore

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Objectives: To achieve challenging position in a dynamic and well reputed organization/ institution which offers good opportunities and challenging working environment, where I could implement my knowledge in a better way, and which would help me in building up my career. Willing to accept challenges with a CAN-DO attitude.

About Me: A highly motivated Physical Therapist with experience in the field of; Adult Physiotherapy, Manual Therapy, Deep Tissues Techniques, Orthopedic Rehabilitation, Chest Physiotherapy, ICU and HDU physiotherapy. Able to communicate effectively and sensitively with patients and carers to maximize the rehabilitation of patients and to ensure understanding of often complex issues impacting on recovery. Able to work both independently and as part of a team with the ultimate goal of delivering the best patient care. Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution.

Academic Qualifications:

- MS Rehabilitation in Sports Medicine and Manipulative Physical Therapy from Superior University, Lahore (Continued)
- Doctor of Physiotherapy (DPT), from GC University Faisalabad (GCUF), Pakistan
- Intermediate Pre-Medical (1stdivision) from Punjab Group of Colleges, Lahore
- Matric in Science Group (1stdivision) from Pak Angels School, Lahore

Working Experience:

Academic:

- Working as Lecturer in Department of Physical Therapy, Afro Asian Institute Lahore from June 2022 to date.
- Research Supervisor at Afro Asian Institute.

Clinical:

- Worked as Ward and HDU Physiotherapist at Jinnah Hospital Lahore.
- Worked at Rabbani Hospital Lahore as interneer.
- Worked at Islamic Foundation Academy as Science Teacher from 2017 to 2021.
- Worked at Riaz Mansoor Hospital Gulshan Ravi Lahore as interneer for three months.
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- Worked at Gosha Shifa Hospital Gulshan Ravi Lahore as interneer for three months.

Clinical Rotation

- Sanabil Hospital Mansoor, Lahore from 2020-2021.
- Mian Munshi Trust Hospital Lahore from April 2021 –August 2021

Publication

Association of Post Vaccination Shoulder Pain with Sinovac and AstraZeneca Covid-19 Vaccines: A cross sectional Study (In Pakistan Biomedical Journal, July 2022)

Achievements:

- Certified for Participation in “Physical Therapy and Orthopedic” camp at Al Rabbani Hospital
- Certified for “Comprehensive Approach Towards Cervical Spine” at main Auditorium, Afro Asian Institute Lahore
- Awarded certificate for “An Introduction to Neurodynamic of Upper Limb” in Collaboration with Student focus.
- Awarded certificate of Excellent Performance in June 2005 from Nazaria Pakistan Trust Lahore.
- Awarded certificate of Excellent Performance in June 2007 from Nazaria Pakistan Trust Lahore

Other Skills

- Electrotherapy and Kinesiology Lab Coordinator
- Patron Arts and Dramatics society
- Knowledge of MSOFFICE
- Internet Technologies
- Hardware Assembling & Window XP

Languages:

- English, Urdu, Punjabi

Hobbies and Interest:

In my spare time, I enjoy playing different games because it keeps me fit and active. Reading books also one of my hobbies. For me, it's about reading Stories, Poems, Noval, general knowledge books, etc. I also like to read newspaper as it helps me to be aware of what is happening in my country and around the world too. Some other hobbies are participating in Debates competition, organizing activity program as a dramatic society member of my institute, and singing.

Reference:

- Will be furnished on demand.