

CURRICULUM VITAE

Dr. Arooj Fatima

Head of Department

Ph.D. Physical Therapy

Pakistan HEC Approved Supervisor

Associate Professor at University Institute of Physical Therapy (UIPT)



Director Journals

Faculty of Allied Health Sciences (FAHS)

The University of Lahore

Punjab, Pakistan

Defence Road Campus, 1- km Defence Road, (Off Raiwind Road)

Near Bhubatyan Chowk, Lahore.

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Email: arooj.fatima1@uipt.uol.edu.pk/aruj43@hotmail.com

CURRENT POSITION: HOD, Associate Professor

QUALIFICATION: Ph.D. PT, M.Phil. MSK, TDPT, BSPT (Gold Medalist)

PROFESSIONAL EXPERIENCE: More than twelve years of teaching, clinical, research, examiner and administrative experience in HEC-recognized institutions in Lahore, Pakistan

GOOGLE SCHOLAR: <https://scholar.google.com/citations?user=IYujwcUAAAJ&hl=en>

RESEARCH GATE: <https://www.researchgate.net/profile/Arooj-Fatima-4>

ORCID ID: <https://orcid.org/my-orcid?orcid=0000-0002-2180-6789>

Publications: 50	Supervision of M.Phil. / MS Theses: 15	Co-Supervision of M.Phil./MS Theses: 20
Citations: 75	Supervision of DPT Theses: 45	Project: 1 submitted in PSF

Personal Information

I would like to assist individuals in achieving, maintaining and maximizing their independence, and quality of education through the application of my knowledge, skills and capabilities. I also want to see myself as an indispensable asset to the organization for which I work. It is an honor for me to work with an institute that prioritizes teaching practice and research work.

Professional Experience

Associate Professor at the University Institute of Physical Therapy

The University of Lahore, Pakistan (Sep 2017-current)

Senior lecturer at the University Institute of Physical Therapy

The University of Lahore, Pakistan (Nov 2012-Feb 2016)

Visiting faculty at the University of Health Sciences, Lahore, Pakistan

As a senior lecturer, research supervisor and paper assessor (Jul 2014 – Feb 2016)

Clinical Physiotherapist at the Department of Cardiothoracic Surgery

Doctor's Hospital & Medical Centre, Lahore, Pakistan (Dec 2010 – Nov 2012)

Internship Placement

Internship as Junior Physical Therapist (Rotational) May 2008 – Mar 2009

Mayo Hospital, Lahore, Pakistan

Worked in the following departments:

- Physiotherapy ward M.H.L (Mayo Hospital, Lahore, Pakistan)
- Orthopedics & Surgery ward M.H.L

- Burn & Plastic Surgery ICU/ward M.H.L
- Neurology ward M.H.L
- Chest Medicine Ward M.H.L
- General Surgery Ward M.H.L
- Cardiac Surgery M.H.L

Academic Background

Ph.D. Physical Therapy 2017-2020

1st Position (3.64 cgpa)

The University of Lahore

M.Phil. Musculoskeletal Physical Therapy 2014-2016

A+ (3.7 cgpa)

The University of Lahore

T.D.P.T - Transitional Doctor of Physical Therapy 2011 – 2013

A+ (3.74 cgpa)

School of Physiotherapy, King Edward Medical University

M.Phil. equivalent degree (18 years of education) recognized by HEC, Pakistan

B.S.P.T – Bachelor of Science in Physical Therapy 2006 – 2009

Gold medalist/A+

School of Physiotherapy, King Edward Medical University

Professional Training

- Participated in “Project formulation workshop”
- Participated in workshop on “Advance Spinal Mobilization & Manipulation Techniques”
- Organized & participated in an international workshop on “Latest trends in Physical therapy with hands-on training in Myofascial release & Dry needling”
- Seminar of Contemporary Evidence-Based Physical Therapy Practice in Pakistan
- Workshop on “Advanced Tapping Techniques for common musculoskeletal disorders”
- Certificate course on “Differential Diagnosis, Clinical Decision Making & Neuro-Rehabilitation”
- Certificate course on “Carpal Tunnel Syndrome”

Journal Publications

1. “Effects of gait training with and without Proprioceptive Neuromuscular Facilitation on balance and gait in chronic stroke patients” in *Physiotherapy Quarterly in 2023*
2. Effects of thoracic spine thrust manipulation for the management of shoulder impingement syndrome: a systematic review in *Journal of Pakistan Medical Association in 2023*

3. "Physical Activity Among Geriatric Population" in *The Healer Journal of Physiotherapy and Rehabilitation Sciences in 2023*
4. "Nanotechnology In Physical Therapy" in *The Healer Journal of Physiotherapy and Rehabilitation Sciences in 2023*
5. "Effects of high-energy extracorporeal shockwave therapy along with routine physical therapy on subjective and objective outcomes in patients with calcified rotator cuff tendinopathy; a randomized controlled trial" in *Biomed Research International in 2022*
6. "Role of virtual reality and active video games in motor and executive functions in cerebral palsy: A systematic review". in *Journal of Pakistan Medical Association in 2022*
7. "Effects of task-oriented rehabilitation of upper extremity after stroke; a systematic review" in *Journal of Pakistan Medical Association in 2022*
8. "Comparison of backward walking and lateral walking with routine physical therapy on the static and dynamic balance among chronic stroke patients" in *Turkish Journal of Physiotherapy and Rehabilitation in 2022*
9. "Reliability of musculoskeletal ultrasound imaging to measure calcific deposits in patients with calcified rotator cuff tendinopathy" in *Physiotherapy Quarterly in 2022*
10. "Association of Depression in Patients with Fibromyalgia Syndrome" in *Pakistan Journal of Rehabilitation in 2022*
11. "Effects of routine physical therapy with and without mirror therapy on phantom limb pain and psychosocial adjustment to amputation among prosthetic users" in *Physiotherapy Quarterly in 2022*
12. "Effectiveness of routine physical therapy with and without muscle energy techniques in patients with upper cross syndrome" in *Rawal Medical Journal in 2022*
13. "Role of extracorporeal shockwave therapy in patients with rotator cuff tendinopathy: a synthetic analysis of last two decades" in *Journal of Pakistan Medical Association in 2021*
14. "The Relationship Between Transformational Leadership and Organizational Learning Capability with the Mediating Role of Perceived Human Resource Effectiveness" in *South Asian Journal of Human Resources Management, SAGE in 2021*
15. "Frequency, intensity and duration of routine exercise rehabilitation practiced by patients with coronary artery disease" in *Journal of Pakistan Medical Association in 2021*
16. "Prevalence of leg pain and knee contractures in children having clubfoot" in *Rawal Medical Journal in 2021*

17. "Effectiveness of proprioceptive neuromuscular facilitation on balance in chronic stroke patients" in *Rawal Medical Journal in 2021*
18. "Effects of routine physical therapy with and without lumbar mobilization in patients with grade I spondylolisthesis" in *Rawal Medical Journal in 2021*
19. "Association of knee osteoarthritis with difficulty during activities of daily life in elderly females: A cross-sectional study" in *Journal of Riphah College of Rehabilitation Sciences in 2021*
20. "Frequency of knee osteoarthritis and its association with a hip adductor muscle strength and difficulty while ascending and descending stairs among osteoarthritis patients" in *Rawal Medical Journal in 2021*
21. Knowledge about evidence-based pharmaceutical care in medical and non-medical population of Lahore, Pakistan in *Pakistan Biomedical Journal in 2021*
22. Effects of incentive spirometry and deep breathing exercises on pulmonary functions after coronary artery bypass grafting in *Khyber Medical Journal in 2021*
23. "Anxiety and Depression and its Risk Factors Among Post-Menopausal Women-Hospitals Based Study" in *Pakistan Journal of Medical Research in 2021*
24. "Effects of Ankle Pumping Exercises on Limb Edema in Critically Ill Patients with Acute Respiratory Distress Syndrome" in *The Therapist Journal in 2021*
25. "Latest Trends in Physical Therapy: Extracorporeal Shockwave Therapy" in *The Healer Journal of Physiotherapy and Rehabilitation Sciences in 2021*
26. "Evidence-Based Physical Therapy" in *The Healer Journal of Physiotherapy and Rehabilitation Sciences in 2021*
27. "The association between social media use and sleep disturbance among physiotherapy students in lahore: a cross sectional study" in *Pakistan Journal of Physical Therapy in 2021*
28. "Association Between Patient's Characteristics and Hamstring Flexibility in Patients with Knee Osteoarthritis" in *Pakistan Journal of Physical Therapy in 2020*
29. "Effects of Kegel exercises for the management of pelvic floor muscles weakness after episiotomy" in *Rawal Medical Journal in 2020*
30. Conventional Physical Therapy with Low-level laser therapy on pain and functional disability in patients of upper trapezius muscle trigger points in *Rawal Medical Journal in 2020*

31. Association between balance and fall self-efficacy with fall history among sub-acute stroke in Lahore, Pakistan in *Khyber Medical University Journal in 2020*
32. Effect of Buteyko Breathing Technique and incentive spirometer on breath control pause in Post-Cardiac Surgery patients in *Rawal Medical Journal in 2020*
33. Comparison of Shoulder Pain, Disability and Range of Motion in Diabetic and Non-Diabetic Patients with Frozen Shoulder in *Khyber Medical University Journal in 2020*
34. Can the addition of low-level laser therapy to conventional physical therapy be beneficial for the management of pain and cervical range of motion in patients with trigger points of upper trapezius? in *Anesthesia, Pain & Intensive care in 2020*
35. Pain intensity and level of disability in patients with upper extremity fractures in *Rawal Medical Journal, Pakistan in 2020*
36. Tele-rehabilitation versus Face Face Rehabilitation after Knee Joint Replacement in *Pakistan Journal of Medicine and Dentistry in 2020*
37. “Prevalence of cell phone elbow among young adults” in *Rawal Medical Journal, Pakistan in 2019*
38. Level of satisfaction among cardiac surgery patients regarding post-operative physical therapy; a cross-sectional study in *Pakistan Journal of Physical Therapy in 2018*
39. “Prevalence of hamstring muscle strain injuries in athletes of different universities of Lahore” in *Pakistan Journal of Physical Therapy in 2018*
40. “The effects of different holding times in static stretching of hamstrings muscles in young population” in *Annals of KEMU, Pakistan in 2017*
41. “Effectiveness of routine physical therapy with and without eccentric loading training for the rehabilitation of rotator cuff tendinopathy” in *Annals of KEMU, Pakistan in 2017*
42. “Effects of core stabilization exercises with and without conventional physical therapy treatment for the management of non-specific lower back pain” in *Annals of KEMU, Pakistan in 2014*

Professional Expertise

Working as:

- Currently working as **Director of Journals of FAHS**, Asian Journal of Allied Health Sciences and Pakistan Journal of Physical Therapy
- **Member of Core Strategic Committee** of UIPT, FAHS
- **Postgraduate/Research Coordinator**

- **QEC Coordinator (Quality Enhancement Cell)**
- **ORIC Coordinator**
- **Focal person of the Research Committee**
- **Secretary of DRC**
- **Chief superintendent in Post-graduate examination**
- **Worked as Continuous Medical Education (CME) Coordinator** - Organized different seminars and workshops

- Expert in taking lectures, invigilating exams, conducting viva & tutorials at post-graduate & graduate level [M.Phil., MS, DPT]
- Supervise students in thesis dissertation
- Experience in teaching Evidence-Based Practice, Differential diagnosis, Cardiopulmonary Physiotherapy, Therapeutic exercises, Electrotherapy & Kinesiology
- Supervise students in laboratory and clinical work
- Experience in organizing different conferences and workshops
- Experience in planning curriculum or course contents
- Experience in treating indoor patients; bedridden patients, patients having cardiovascular problems, or patients with major heart surgeries
- Experience in treating patients with musculoskeletal and neuromuscular disorders
- External examiner for thesis evaluation at Riphah International University

Professional Association

- CEO, Physio Rehab and Research Center
- Member, Pakistan Physical Therapy Association

Guest Speaker

- At Riphah International University
- At Lahore Medical and Dental College

Students supervised

- 35 graduated students (MS/M.Phil.)
- 45 DPT graduated students

Editorial Team Member and Reviewer

- **Director Journals** of Pakistan Journal of Physical Therapy (HEC Y-category) and Asian Journal of Allied Health Sciences (Managing Editor)

- **Editor**, Pakistan Journal of Physical Therap, The Healer Journal of Physiotherapy and Rehabilitation Sciences
- Reviewer, Journal of Bodywork and movement therapies
- Reviewer, Khyber Medical University Journal
- Reviewer, Rawal Medical Journal
- Reviewer, Annals of KEMU
- Reviewer, Pakistan Journal of Physical Therapy
- Reviewer, Pakistan Biomedical Journal

Achievements

- **First position** in Ph.D. PT (1st& 2nd semesters)
- **Gold medalist** in M.Phil. (1st& 2nd semesters)
- **Gold medalist** in Bachelor of Physiotherapy, KEMU Lahore, Pakistan
- **First position** in the transitional doctor of Physiotherapy, KEMU
- Distinctions and positions throughout the academic career
- Achieved **Certificate of Appreciation** for providing valuable teaching services at the University of Lahore
- Achieved **Research Productivity Award 2021** from the ORIC department
- Chaired **3D conference** of Riphah International University
- Chief organizer of **8th International Workshop on Latest Trends in Physical Therapy**

Memberships

- Membership at Pakistan Physical Therapy Association (PPTA)
- Member of Supervisory Committee (DPT) UOL
- Member of Examination Committee UOL
- Member of Board of Studies (M.Phil./MS), UOL

Additional Information

Proficient in computer skills & MS Office applications

Excellent oral & written communication skills with fluency in English, Urdu and Punjabi

Personal Information

Name: Dr. Arooj Fatima

DOB: 28/03/1987

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Email: aruj43@hotmail.com/arooj.fatimal@uipt.uol.edu.pk

Nationality: Pakistani

Mob No.: 0341-4391882

References: Will be furnished on request