

## **CURRICULUM VITAE**

**Prof. Dr. Ashfaq Ahmad**

**DPT, M.Phil., Ph.D., CHPE, CTLT(UK), CAPLT(UK)**

**Professor of Physical Therapy**

**Certified Laser Physical Therapist**

**HEC Approved PhD Supervisor**

**Member, National Curriculum Review Committee, Pakistan**

**Member, Strategic Core Committee, University of Lahore**



**DEAN**

**Faculty of Allied Health Sciences (FAHS)**

**The University of Lahore,**

**Punjab, Pakistan**

**Defence Road Campus, 1-Km Defence Road, (Off Raiwind Road),  
Near Bhuptian Chowk, Lahore.**

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## **Brief Introduction of Prof. Dr. Ashfaq Ahmad**

**Dean, Faculty of Allied Health Sciences, University of Lahore, Pakistan**

**Ph.D.** (Gold Medalist, UOL-PAK), **DPT** (Gold Medalist, PAK), **M.Phil.**, (Gold Medalist, KEMU-PAK), **BSPT** (Silver Medalist, PU-KU), **PGD (G&C)** (Pak-USA), **CHPE** (Pak), **MPPTA, MWALT, MNAALT, Member Strategic Core Committee, UOL Certified** Anne Penman Laser Therapist (CAPLT) (**Glasgow, UK**), **Certified** Thor Laser Therapist (CTLT) (**Edinburgh, UK**), **HEC Approved PhD Supervisor for Medical Sciences, Editor-in-Chief:**

- 1) Asian Journal of Allied Health sciences (AJAHS),
- 2) Pakistan Journal of Physical Therapy (PJPT),
- 3) The Healers Journal of Physiotherapy & Rehabilitation

**Prof. Dr. Ashfaq Ahmad**, is currently working as **Dean**, Faculty of Allied Health Sciences (FAHS) which is one of the largest set-up of Asia having 14 departments, 28 degree programs with more than 12,000 student body and around 500 faculty members.

He was former **Associate Dean, Director Academic**, FAHS & **HOD** University Institute (UIPT), Clinics (UPTRCs) and Centre of Research in Physical Therapy (CRiP) at The University of Lahore, Punjab, Pakistan.

He is the man with the vision of taking Physical Therapy and Rehabilitation sciences at its peak. He has more than **twenty years** of academic, clinical, research & administrative experience in his relevant field. Dr. Ashfaq is also having vast experience of **establishing clinical & academic setups of Allied Health, physical therapy in well renowned organizations and universities of Pakistan.**

He has **published more than 200 good quality research articles** in well renowned national and international **HEC recognized journals**. He is also **Chief Editor** of three scientific Pakistani journals.

He is former **Chairman, Board of Directors**, Pakistan Physical Therapy Association (PPTA). He is **Member**, National Curriculum Review Committee, Higher Education Commission, Pakistan.

He also has the honor to start **first ever PhD Physical Therapy** in Pakistan. He introduced Low Level Laser Physical Therapy first time in Pakistan based on his PhD's work and completed his certifications in Anne Penman Laser Therapy from **Glasgow, Scotland (UK)** and Thor Laser Therapy from **Edinburgh, Scotland, UK**. He is executive member of World association of Laser therapy & North American Association of Laser Therapy.

## PERSONAL BIODATA

<b>Father's Name:</b>	Mushtaq Ahmad
<b>Date of Birth:</b>	April 02, 1977
<b>Marital Status:</b>	Married (Two Kids)
<b>Nationality:</b>	Pakistani
<b>Mailing Address:</b>	Prof. Dr. Ashfaq Ahmad, House No: 1422/13(Allama Iqbal Model School), Dhaka Road, Saddar Cantt., Lahore
<b>Mobile No.:</b>	+92 300 944 91 92
<b>Email:</b>	<a href="mailto:profdrashfaqahmad@gmail.com">profdrashfaqahmad@gmail.com</a> , ashfaaqpt@gmail.com <a href="mailto:ashfaq.ahmad@uipt.uol.edu.pk">ashfaq.ahmad@uipt.uol.edu.pk</a> , <a href="mailto:hod@uipt.uol.edu.pk">hod@uipt.uol.edu.pk</a>

## RESEARCH PROFILE

<b>Publications</b>	<b>200</b>
<b>Impact Factor</b>	<b>150.1</b>
<b>Research Gate Score</b>	<b>35.28</b>
<b>Google Scholar Citations</b>	<b>444</b>
<b>i10-Index</b>	<b>10</b>
<b>H-Index</b>	<b>10</b>
<b>PhD Scholars under main supervision</b>	<b>05</b>
<b>PhD Scholars under co-supervision</b>	<b>05</b>
<b>M.Phil / MS Scholars Under Main Supervision</b>	<b>07</b>
<b>M.Phil / MS Scholars Under Co-supervision</b>	<b>15</b>
<b>Undergraduate (DPT) Students Under Supervision</b>	<b>20</b>
<b>Number of M.Phil/MS Graduates completed</b>	<b>20</b>
<b>Number of DPT Graduates completed</b>	<b>70</b>

## OBJECTIVE

Highly-motivated, organized, and professional Physical Therapist & Allied Health Professional with more than **twenty-two (22) years** of teaching, clinical, research, examiner ship and administrative experience in HEC / PMDC recognized institutions, universities and post-graduate teaching hospitals of Lahore, Pakistan. Possesses excellent communication, observational, problem-solving and leadership skills along with the ability to maintain current knowledge of latest treatment practices.

## **PROFESSIONAL MEMBERSHIP**

- 1) **Former Chairman**, Board of Directors, Pakistan Physical Therapy Association (PPTA) from year 2017-2020.
- 2) **General Secretary**, Society of Chartered Physiotherapists Pakistan.
- 3) **Member**, World Association of Laser Therapy (W.A.L.T)
- 4) **Member**, North American Association of Laser Therapy (N.A.A.L.T)
- 5) **Member**, Pakistan Physiotherapy Society (M.P.P.S) Ref. No.: P.T. 646/02
- 6) **Member**, Society of Chartered Physiotherapists Pakistan (M.S.C.P.)
- 7) **Member**, Pakistan Physiotherapy Association (M.P.P.T.A.) (2371-PT)

## **PROFESSIONAL EDUCATION**

- 1) **Doctor of Philosophy in Physical Therapy (PhD, PT), (Gold Medalist) (1<sup>st</sup> Ever Batch of Pakistan)** **2017**  
University of Lahore, Punjab, Pakistan  
**CGPA=3.94**  
HEC Approved PhD Supervisor for Disciplines of Medical Sciences  
HEC PhD Country Directory # 16004
- 2) **Doctor of Physical Therapy (Transitional), (T-DPT),** **2013**  
King Edward Medical University, Lahore, Punjab, Pakistan.
- 3) **Master of Philosophy in Physical Therapy (M. Phil, PT), (Gold Medalist) (1<sup>st</sup> Ever Batch of Pakistan)** **2011**  
King Edward Medical University, Lahore, Punjab, Pakistan.  
**75.81% (1<sup>st</sup> Class) CGPA=3.40**
- 4) **Bachelor of Science in Physiotherapy,** **2003**  
(One year Additional / Deficiency course)  
Karachi University, School of Physiotherapy,  
Jinnah Postgraduate Medical Centre, Karachi, Pakistan.  
**72.75 % (Grade = A)**
- 5) **Bachelor of Science in Physiotherapy,** **1999**  
Punjab University, School of Physiotherapy,  
Mayo Hospital, Lahore, Punjab, Pakistan.  
**63.65 % (Grade = A)**
- 6) **Higher Secondary School Certificate (Pre-Medical),** **1995**  
Board of Intermediate and Secondary Education,  
Rawalpindi, Government College, Chakwal, Pakistan.  
**71.73 % (Grade = A)**

- 7) **Secondary School Certificate (Science Group),** **1993**  
Board of Intermediate and Secondary Education,  
Rawalpindi, Government High School, Chakwal, Pakistan.  
**88.56 % (Grade = A1)**

### **ADVANCED TRAINING COURSES /CERTIFICATIONS**

- 1) **Certified Anne Penman Laser Therapist (CAPLT),** **2018**  
Glasgow, Scotland, United Kingdom
- 2) **Certified Thor Laser Therapist (CAPLT),** **2018**  
Edinburgh, Scotland, United Kingdom
- 3) **Certificate in Health Professions Education (CHPE)** **2018**  
University of Lahore, Pakistan
- 4) **Certificate in Musculoskeletal Ultrasound (MSK-US)** **2016**  
Afro-Asian Institute- Pakistan
- 5) **Post Graduate Diploma (PGD)** **2000**  
**Guiding & Counseling** in collaboration with  
S&S International, USA

### **TEACHING & ADMINISTRATIVE EXPERIENCE**

- 1) **The UNIVERSITY OF LAHORE (2012 to Present) (FULL TIME)**
- a) **Dean, Faculty of Allied Health Sciences (FAHS)** **2022 to Present**
  - b) **Associate Dean, Faculty of Allied Health Sciences (FAHS)** **2019 to 2022**
  - c) **Director Academics, FAHS, UOL** **2016 to 2019**
  - d) **HOD, University Institute of Physical Therapy (UIPT)** **2012 to 2020**
  - e) **Professor of Physical Therapy, UIPT, FAHS, UOL** **2019 to Present**
  - f) **Associate Professor, HOD – UIPT, FAHS, UOL** **2016 to 2019**
  - g) **Assistant Professor, HOD – UIPT, FAHS, UOL** **2012 to 2016**

### **TAUGHT COURSES (Ph.D., LEVEL):**

- 1) SCIENCE, THEORY & CLINICAL APPLICATION IN ORTHOPEDIC PHYSICAL THERAPY {3 (2-1)}
- 2) SPORTS TRAUMATOLOGY & REHABILITATION {3(2-1)}
- 3) PUBLIC HEALTH & PHYSICAL THERAPY {2(2-0)}
- 4) CELLULAR REHABILITATION {2(2-0)}

**TAUGHT COURSES (M. PHIL/MS, LEVEL):**

- 1) BASICS OF MEDICAL SCIENCES {2(2-0)}
- 2) WRITING SOAP NOTES {2(2-0)}
- 3) MUSCULOSKELETAL DISORDERS {3(2-1)}
- 4) MUSCULOSKELETAL TREATMENT & MANAGEMENT-1 {3(2-1)}
- 5) MUSCULOSKELETAL TREATMENT & MANAGEMENT-1 {3(2-1)}
- 6) EVIDENCE BASED PRACTICE {2(2-0)}
- 7) CLINICAL DECISION MAKING & DIFFERENTIAL DIAGNOSIS {2(2-0)}

**TAUGHT COURSES (UNDERGRADUATE LEVEL):**

- 1) KINESIOLOGY – I {3 (2-1)}
- 2) KINESIOLOGY – II {3 (2-1)}
- 3) ANATOMY – I {4 (3-1)}
- 4) ANATOMY – II {4 (3-1)}
- 5) ANATOMY – III {3 (2-1)}
- 6) ANATOMY - 1V {3 (2-1)}
- 7) BIOMECHANICS & ERGONOMICS-I {3 (3-0)}
- 8) BIOMECHANICS & ERGONOMICS-II {3 (2-1)}
- 9) HEALTH & WELNESS {2 (2-0)}
- 10) PHYSIOLOGY & EXERCISE PHYSIOLOGY {3 (2-1)}
- 11) MEDICAL PHYSICS {3 (2-1)}
- 12) PHYSICAL AGENTS & ELECTROTHERAPY-I {3 (2-1)}
- 13) PHYSICAL AGENTS & ELECTROTHERAPY-II {3 (2-1)}
- 14) THERAPEUTIC EXERCISES & TECHNIQUES {3 (2-1)}
- 15) COMMUNITY MEDICINE & REHABILITATION {3 (3-0)}
- 16) MUSCULOSKELETAL PHYSICAL THERAPY {3 (2-1)}
- 17) EVIDENCE BASED PRACTICE {3 (2-1)}
- 18) NEUROLOGICAL PHYSICAL THERAPY {3 (2-1)}
- 19) SCIENTIFIC INQUIRY & RESEARCH METHODOLOGY {3 (2-1)}
- 20) EMERGENCY PROCEDURES & PRIMARY CARE IN PHYSICAL THERAPY {3 (2-1)}
- 21) CARDIOPULMONARY PHYSICAL THERAPY {3 (2-1)}
- 22) CLINICAL DECISION MAKING & DIFFERENTIAL DIAGNOSIS {2 (2-0)}
- 23) PROFESSIONAL PRACTICE (LAWS, ETHICS & ADMINISTRATION) {2 (2-0)}

- 24) GERONTOLOGY & GERIATRIC PHYSICAL THERAPY {3 (2-1)}
- 25) PAEDIATRIC PHYSICAL THERAPY {3 (2-1)}
- 26) SPORTS PHYSICAL THERAPY {3 (2-1)}
- 27) OBSTETRICS & GYNAECOLOGICAL PHYSICAL THERAPY {3 (2-1)}
- 28) SUPERVISED CLINICAL PRACTICE I, II, III, IV, V & VI {3 (0-3)}

**2) FMH INSTITUTE OF ALLIED HEALTH SCIENCES-FMH IAHS (FMH COLLEGE OF MEDICINE & DENTISTRY-FMH CM&D) AFFILIATED WITH UNIVERSITY OF HEALTH SCIENCES-UHS (2004 to 2012) (FULL TIME)**

- a) Assistant Professor, HOD– FMH IAHS (FMH CM&D) (UHS) 2011-2012
- b) Senior Lecturer /Senior Physical Therapist, 2007-2011  
FMH IAHS (FMH CM&D) (UHS)
- c) Lecturer / Physical Therapist, 2004-2006  
FMH IAHS (FMH CM&D) (UHS)

**3) INSTITUTE OF PHYSICAL MEDICINE & REHABILITATION (IPM&R) DOW UNIVERSITY OF HEALTH SCIENCES (DUHS), KARACHI (2018 to Present)**

- a) Working as Visiting Faculty Member at 2018 to present  
Institute of Physical Medicine & Rehabilitation (IPM&R),  
Dow University of Health Sciences (DUHS), Karachi  
For Post-graduate studies

**4) SCHOOL OF PHYSIOTHERAPY, KING EDWARD MEDICAL UNIVERSITY, LAHORE (2008 to Present)**

- a) Working as Visiting Faculty Member at 2008 to present  
School of Physiotherapy, Mayo Hospital,  
King Edward Medical University, Lahore  
For Under-graduate and Post-graduate studies

**5) SCHOOL OF PHYSIOTHERAPY, UNIVERSITY OF FAISALABAD, FAISALABAD (2008 to Present)**

- a) Working as Visiting Faculty Member at 2008 to present  
School of Physiotherapy, University of Faisalabad,  
Sargodha Road, Faisalabad for Under-graduate and Post-graduate studies

**CLINICAL, SPECIAL EDUCATION, WELL BEING AND HEALTH FITNESS EXPERIENCE**

- 1) **DEPARTMENT OF PHYSICAL THERAPY, UNIVERSITY OF LAHORE**  
**TEACHING HOSPITAL, UNIVERSITY OF LAHORE, RAIWIND ROAD, LAHORE**
  - a) Designation: Visiting Chief Consultant 2012 to Present
- 2) **MANSOORAH HOSPITAL, MULTAN ROAD, LAHORE (ON CALL)**
  - a) Designation: Visiting Chief Consultant 2012 to Present
- 3) **ORTHOPEDIC MEDICAL COMPLEX, JAIL ROAD, LAHORE**  
**(EVENING PRACTICE)**
  - a) Designation: Visiting Chief Consultant 2018 to Present
- 4) **LAHORE MEDICAL COMPLEX, JAIL ROAD, LAHORE**  
**(EVENING PRACTICE)**
  - a) Designation: Visiting Chief Consultant 2016 to 2017
- 5) **TANVEER AHMED MEDICAL COMPLEX, GULBERG, LAHORE**  
**(EVENING PRACTICE)**
  - a) Designation: Visiting Chief Consultant 2014 to 2015
- 6) **AL-RAZI HEALTH CARE, M.M. ALAM ROAD, LAHORE**  
**(EVENING PRACTICE)**
  - a) Designation: Visiting Chief Consultant 2007 to 2013
- 7) **DEPARTMENT OF PHYSIOTHERAPY (CLINICAL DIVISION), FATIMA**  
**MEMORIAL HOSPITAL (500 BEDDED TERTIARY CARE PG TRAINING**  
**HOSPITAL) (2004 to 2012) (FULL TIME)**
  - a) Designation: *Assistant Professor* 2012  
Department: *Physiotherapy Clinical Division*
  - b) Designation: *Consultant Chief Physiotherapist* 2008 to 2012  
Department: *Physiotherapy*
    - ❖ Assessment, evaluation, diagnosis & management of indoor, Outdoor, ICU & CCU patients.
    - ❖ Responsible for staffing, scheduling, oversight And daily management of junior staff.
    - ❖ Responsible for making different plans to extend The department and carry out all measures for

Outstanding quality services.

**c) Designation: *Fitness Supervisor* 2007 to 2012**

**Department: *FMH Fitness Centre***

- ❖ To carry out responsibilities of Fitness Supervisor Including physical fitness assessment of patients/ Clients, designing exercise plan and Supervision of clinical trainers during workout

**d) Designation: *Senior Physiotherapist* 2007 to 2008**

**Department: *Physiotherapy***

- ❖ Assessment, evaluation & management of indoor, Outdoor, ICU & CCU patients.
- ❖ Responsible for staffing, scheduling, oversight And daily management of junior staff

**e) Designation: *Physiotherapist* 2004 to 2007**

**Department: *Physiotherapy***

- ❖ Assessment, evaluation & management of indoor, Outdoor, ICU & CCU patients from all specialties Of medicine and surgery.

**8) DEPARTMENT OF PHYSIOTHERAPY, AKRAM MEDICAL COMPLEX, GULBERG, LAHORE (Mar. 2003 to Jan. 2004)**

**a) Designation: *Orthopedic Physiotherapist* Mar. 2003 to Jan. 2004**

**Department: *Physiotherapy***

- ❖ Assessment, evaluation & management of patients of different orthopedic and musculoskeletal disorders and in particular management of post-operative cases in ICU, CCU, Indoor & Outdoor.

**9) MILESTONE – SOCIETY FOR SPECIAL PERSONS (REGD.) (Jan. 2001 to Feb. 2003)**

**a) Designation: *Physiotherapist* Jan. 2001 to Feb. 2003**

**Department: *Physiotherapy***

- ❖ Assessment, evaluation & management of Musculoskeletal disorders.
- ❖ Provide Guiding & counseling to special persons.

**10) DOCTORS HOSPITAL & MEDICAL CENTRE, PVT. LTD., JOHAR TOWN, LAHORE (Jul. 2001 to Dec. 2001)**

**a) Designation: *Chest Physiotherapist* Jul. 2001 to Dec. 2001**

**Department: *Cardiac Surgery***

- ❖ Assessment, evaluation & management of patients in CCU.
- ❖ Implementation of pre and post-operative cardiac rehab program

**11) SHAPES HEALTH STUDIO, PVT. LTD., GULBERG, LAHORE**  
**(Jan. 2001 – Jun. 2001)**

- a) **Designation: *Sports Physiotherapist*** **Jan. 2001 to Jun. 2001**  
**Department: *Physiotherapy***
- ❖ Assessment, evaluation & management of Patients with sports injuries.
  - ❖ To provide hydro-rehab program.
  - ❖ To provide rehab program in gymnasium.

**12) SURGIMED HOSPITAL PVT. LTD., GULBERG, LAHORE**  
**(Nov. 1999 – Dec. 2000)**

- a) **Designation: *Physiotherapist*** **Nov. 1999 to Dec. 2000**  
**Department: *Physiotherapy***
- ❖ Assessment, evaluation & management of Patients with medical and surgical problems.

<b>EXAMINERSHIP EXPERIENCE</b>
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- 1) Supervision, planning and execution of all types of Semester Based examinations (Midterm and final term) of all departments working under umbrella of Faculty of Allied Health Sciences (FAHS), University of Lahore, in the capacity of Dean, FAHS from year 2022 to date.**
- 2) Supervision, planning and execution of all types of Semester Based examinations (Midterm and final term) of all departments working under umbrella of Faculty of Allied Health Sciences (FAHS), University of Lahore, in the capacity of Associate Dean, FAHS from year 2019 to 2022.**
- 3) Working as External Examiner for Theses Defense of Master of Science in Physical Therapy (MSPT) & Doctor of Philosophy in Rehabilitation Sciences (PhD) Students at Riphah International University from Year 2018 till date.**
- 4) Working as External Examiner for Theses Defense of Master of Science in Physical Therapy (MSPT) & Doctor of Philosophy in Rehabilitation Sciences (PhD) Students at University of Sargodha, Sargodha from Year 2018 till date.**
- 5) Supervision, planning and execution of all types of Semester Based examinations (Midterm and final term) of all departments working under umbrella of Faculty of Allied Health Sciences (FAHS), University of Lahore, in the capacity of Director Academics, FAHS from year 2016 to 2018.**

- 6) **Worked as Controller of Examinations (FAHS), Faculty of Allied Health Sciences from Year 2015 to 2016**
- 7) **Supervision, planning and execution of all types of Semester Based examinations** (Midterm and final term) of University institute of Physical Therapy, University of Lahore, in the capacity of **Head of Department** from year **2012 till date**.
- 8) Appointed as **Final Paper Setter, Internal Examiner, Paper Assessor**, in the subject of **Electrotherapy & Actinotherapy**, for 3<sup>rd</sup> Professional **B.Sc. Physiotherapy** Annual & Supplementary Examinations 2008-2009 held in years 2009-2010 by the **UNIVERSITY OF HEALTH SCIENCES**, Khyaban-e-Jamia Punjab, Lahore.
- 9) Appointed as **Final Paper Setter, External Examiner, Paper Assessor, Convener of Assessment / Audit** in the subjects of **Kinesiology, Therapeutic Exercises & Techniques, Electrotherapy & Actinotherapy, Physiotherapy Treatment & Hydrotherapy** for 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Professionals **B.Sc. Physiotherapy** Annual & Supplementary Examinations 2005-2010 held in years 2006-2011 by the **UNIVERSITY OF HEALTH SCIENCES**, Khyaban-e-Jamia Punjab, Lahore.
- 10) Appointed as **Final Paper Setter, External Examiner, Paper Assessor**, in the subjects of **Kinesiology**, for 2<sup>nd</sup> Professional **B.Sc. Physiotherapy** Annual & Supplementary Examinations 2009-2010 held in years 2010-2011 by the **KING EDWARD MEDICAL UNIVERSITY**, Lahore.
- 11) Appointed as **Final Paper Setter, External Examiner, Paper Assessor**, in the subject of **Therapeutic Exercises & Techniques (Paper-1 & Paper-11)** for One year Additional/Bridging Physiotherapy Course (for upgrading B.Sc. Physiotherapy graduates of three years to four years) Annual & Supplementary Examinations 2010 held in 2011 by the **KING EDWARD MEDICAL UNIVERSITY**, Lahore.
- 12) Appointed as **Final Paper Setter, Internal Examiner, Paper Assessor**, in the modules of **Exercise Physiology** (semester-1) and **Neurological Physiotherapy** (semester-11), for **Transitional Doctor of Physiotherapy (t-DPT)** Annual & Supplementary Examinations 2010 held in years 2010-2011 by the **University of Faisalabad, Sargodha Road, Faisalabad**.
- 13) Appointed as **Paper Assessor, External Examiner** in the subject of **BIOMECHANICS (BME-502)** for 1<sup>st</sup> Professional **M.Sc. Biomedical Engineering** supplementary Examination 2006 held in year 2007 by the **UNIVERSITY OF HEALTH SCIENCES**, Khyaban-e-Jamia Punjab, Lahore.

## RESEARCH EXPERIENCE

- ✚ Awarded “**UOL Research Productivity Award-2021**” in Category-A
- ✚ Awarded “**UOL Research Productivity Award-2020**” for being best researcher Among top 5 best researchers of The University of Lahore.
- ✚ Awarded “**UOL Eminent Research Award-2019 & Gold Medal**” among top 5 best researchers of The University of Lahore.
- ✚ Awarded “**UOL Research Award-2018**” as “**4th Top Researcher of the University of Lahore**” out of 4500 university employees consecutively 2nd year.
- ✚ Awarded “**UOL Research Award-2017**” as “**4th Top Researcher of the University of Lahore**” out of 4000 university employees.
- ✚ Working as **Chief Editor**, “The Healer-Journal of Physiotherapy & Rehabilitation Sciences” (HEC Approved Journal) since year 2022 to date.
- ✚ Working as **Editor**, “Asian Journal of Allied Health Sciences (AJHS)” since year 2022 to date.
- ✚ Working as **Chief Editor**, “Pakistan Journal of Physical Therapy” since year 2018 to date.
- ✚ Working as first Pakistani “**International Editor**” of “**PHYSIOPRESS-Online Physical Therapy Worldwide Educational Magazine (Regd.)**” from year 2013 onwards.

## RESEARCH WORKSHOPS NOMINATIONS

- ✚ Nominated by UOL for one-day workshop on **MENDEL** organized by **ORIC, UOL** in collaboration with **PASTIC, Pakistan**
- ✚ Nominated by UOL for two days’ workshop on **PROJECT FORMULATION** organized by Pakistan Science foundation, Pakistan in year 2022 at UOL
- ✚ Nominated by UOL for two days’ workshop on **PROJECT FORMULATION** organized by Pakistan Science foundation, Pakistan in year 2018 at UOL
- ✚ Nominated by UOL for two days’ workshop on **PATENT WRITING** at LUMS in year 2019
- ✚ Nominated by UOL for one-day workshop on **ERASMUS MUNDAS SCHOLARSHIP WINNING ART** at HEC Regional Office, Lahore

- ✚ Nominated by UOL for one-day workshop on **FUTURE OPPORTUNITIES IN EUROASIA**

## **OTHER EXPERIENCES**

- ✚ Associated with **S & S Social Welfare Research & Development Association**, Lahore, Punjab, Pakistan **2000 to Present**
- ✚ Worked as an active member for **2005**  
The **rehabilitation of earthquake victims** in year 2005

## **ACHIEVEMENTS / MILESTONES ACHIEVED SO FAR**

- ✚ Attainment of **University Positions & Distinctions** in different subjects throughout my academic career
- ✚ Elected as **Chairman, Board of Directors (BODs), Pakistan Physical Therapy Association** in year **2017**
- ✚ Selected as **Member, National Curriculum Review Committee (NCRC), HEC, Pakistan** in year **2016**
- ✚ Appointed as **Pakistan's First Ambassador** for all programs of Anne Penman way of treatment with Low Level Laser since February, 2018 onwards (<https://www.annepenman.com>)
- ✚ **Member, Strategic Core Committee**, University of Lahore
- ✚ **Convener**, Board of Faculty (BOF), Faculty of Allied Health Sciences, University of Lahore since Year 2022 till date
- ✚ **Convener**, Board of Studies (BOS), University Institute of physical Therapy, University of Lahore since Year 2012 till date
- ✚ **Chairman**, Unfair Means Committee, University of Lahore
- ✚ **Member**, Academic Council of University of Lahore
- ✚ **Member**, Board of Advanced Studies & Research (BASR), University of Lahore
- ✚ Working as **Member**, UOL Disciplinary Committee, UOL
- ✚ Working as **Member**, Selection Board, University of Lahore
- ✚ Working as **Convener**, FAHS Disciplinary Committee, UOL
- ✚ **Member**, Board of studies, University of South Asia, Lahore

- ✦ **Member**, Board of Studies, University of Faisalabad, Faisalabad
- ✦ Working as **Patron**, Society of Allied Health Sciences since year 2016
- ✦ Working as **Patron**, Student Focus, UOL Chapter since year 2017
- ✦ Working as **Focal Person** for Pink Ribbon Campaign for Breast Cancer Care Hospital
- ✦ Awarded **1<sup>st</sup> Position Trophy by HEC and Pink Ribbon for maximum fundraising in year 2018**
- ✦ Awarded **3<sup>rd</sup> Position Trophy by HEC and Pink Ribbon for fund raising in year 2017**
- ✦ Establishment & development of physiotherapy division including academic and clinical services at UOL as **“Founder Member & HOD”** since **2012** onwards
- ✦ Worked as **“HOD Department of Sports Sciences (DSS)”**, FAHS, UOL for 2 years as an additional responsibility
- ✦ Establishment & development of **five (5) Physical Therapy Clinics** at UOL out of seven to cater patients of all categories and for clinical training of students
- ✦ Establishment and development of **State-Of-The-Art Clinical Skills Laboratories of Physical Therapy** with latest and all required equipment first ever in Pakistan
- ✦ Played a pivotal role in launching **1<sup>st</sup> ever PhD,PT & MPhil, PT (MSK) HEC approved programs** at UOL under the supervision of UK ,Canada & Sweden qualified PhD, PT supervisors
- ✦ Organization of **eight (08) international** and **sixteen (16) national level HEC endorsed** physical therapy workshops/seminars since year 2012 till date
- ✦ Awarded **“Excellence Award-2013”** for innovative development in University Institute of Physical Therapy among all HODs of FAHS
- ✦ Awarded **“BEST HOD Award-2012”** in recognition of outstanding departmental services at the University of Lahore duly signed by Chairman BOGs, UOL and Dean, FAHS
- ✦ Establishment of **Physiotherapy department as founder HOD at FMH Hospital** in year 2003
- ✦ Establishment of **Physiotherapy department as founder HOD at ALRAZI Hospital** in year 2007

- ✚ Worked as **Administrator**, Technical Review Committee (TRC) of FAHS from 2014 till 2016
- ✚ Working as **Convener**, Project Evaluation Committee, FAHS, UOL
- ✚ Working as **Secretary/Member**, Board of Faculty of Allied Health Sciences (BOF, FAHS)
- ✚ Working as **Secretary/Member**, Institutional Review Board (IRB), FAHS, UOL
- ✚ Successfully completed **M.Phil. Physiotherapy** with **top most position** in **1<sup>st</sup> ever batch of M.Phil. Physiotherapy in Pakistan** & at **KEMU** (session 2007-2009)
- ✚ Played vital role in establishing and growing **Physiotherapy & Rehabilitation Department** at Fatima Memorial Hospital, Shadman, Lahore since year 2003 to present date. The total number of patients attended at the time of joining (year 2003) were almost 10 patients per month and now (year 2011) the total number rose up to 1000 patients per month.
- ✚ Played pivotal role in establishing **FMH Institute of Allied Health Sciences-Physiotherapy Division** for Bachelor's Degree in Physiotherapy in year 2006. The institute is running successfully and two batches have been graduated so far.
- ✚ Played an active role in making **"Yearly Planner/Schedule for B.Sc. Physiotherapy Students"** first time in the history of physiotherapy education in Punjab-Pakistan.
- ✚ Established **FMH Fitness Centre-SYNERGEX-1<sup>st</sup>** fitness centre which is working under the supervision of Physiotherapy professionals.
- ✚ **"Certificate of Appreciation" to Physiotherapy department** for outstanding services by the higher management of Fatima Memorial Hospital in year 2008.
- ✚ **Established Physiotherapy departments** at different places/hospitals of Northern Areas of Pakistan for the rehabilitation of patients affected during earthquake in year 2005.
- ✚ Played an active role in **establishing "Paraplegic Centre" at Behood centre, Lahore** in year 2005 for the victims of earthquake.
- ✚ Played fundamental role in starting **Physiotherapy House Job** at Physiotherapy Department of FMH 1<sup>st</sup> time in the history of physiotherapy education in private sector in Punjab

## UNIVERSITY POSITIONS /DISTINCTIONS

- ✦ **1<sup>st</sup> Position** in M.Phil. Physiotherapy-(Session 2007-2009)(KEMU)
- ✦ **Two distinctions** in Paper-1 & Paper-2 of 1st Comprehensive Annual Examination of M.Phil. Physiotherapy.
- ✦ **Distinctions in six subjects** of M.Phil Physiotherapy, (KEMU)
- ✦ **3<sup>rd</sup> Position** in B.Sc. Physiotherapy (session 1996-1998) in the Punjab University.
- ✦ **Distinction** in the subject of “Research Methodology” in the University of Karachi.
- ✦ **Distinction** in the subject of “Sociology” in the University of Karachi.

## CERTIFICATES OF HONOR OBTAINED

- ✦ **Merit Certificate** for outstanding position in B.Sc. Physiotherapy (session 1996-1998) by Punjab University.
- ✦ Awarded a **Certificate of Appreciation** for outstanding and dedicated services for the year 2005 by Fatima Memorial System.
- ✦ Awarded a **shield & Certificate of Achievement** by Fatima Memorial System for rendering voluntary services for alleviating the suffering of October 8<sup>th</sup>, 2005 earth quake survivors.
- ✦ **Certificate of Active Participation** and invaluable services in rehabilitating the victims of the Earthquake of October 2005 by **Survivors Support Group**.
- ✦ Certificate of **2<sup>nd</sup> Position in Speech Competition**, held at Mayo Hospital, Lahore.
- ✦ Certificate of Coordinator of the Annual Magazine “**The Physiotherapist**”, **Edition 1998**, School of Physiotherapy, Mayo Hospital Lahore.
- ✦ Certificate of **General Secretary** of Literary Society “**Bazm-e-Shaoor**”, Govt. College, Chakwal.
- ✦ Certificate of Service for N.C.C. (National Cadet Corps) in year 1995

**ORGANIZATION OF INTERNATIONAL & NATIONAL CLINICAL  
WORKSHOPS / SEMINARS AS CHAIRMAN ORGANIZING  
COMMITTEE (COC)**

- 1) Organized “**1<sup>st</sup> International Conference on advanced in Allied Health Sciences-ICAAHS-2022**” duly endorsed by Higher Education Commission, Pakistan, Punjab Higher Education Commission, Pakistan, Pakistan Science Foundation & ORIC, UOL as “**Conference General Secretary**” at The University of Lahore which was scheduled on 25<sup>th</sup>-27<sup>th</sup> October, 2022 with following details:
  - 40 – International speakers,
  - 60 – National speakers,
  - 4000+ - Conference Delegates,
  - 250 – Abstracts
  - 25 – Pre-Conference Workshops
  - 30 – State-of-the-art Lectures
  - 25 – Sponsoring Companies
  - 30 – collaborative Institutes / Universities
  - 04 - SDGs Covering areas
  
- 2) Organized “**7<sup>th</sup> International One Day Physical Therapy Seminar & Workshops-2018 with Hands-on-Training**” on “Dry Needling for Low back pain, Biomechanical Approach To Shoulder Physical therapy, Regional interdependence Model of MSK Dysfunction and Role of Low Level Laser Therapy in Stroke Patients ” at The University of Lahore as **Chairman Organizing Committee** on 28<sup>th</sup> July, 2019 under supervision of international experts in which almost 350 Physical Therapy professionals participated from throughout Pakistan
  
- 3) Organized “**6<sup>th</sup> International One Day Physical Therapy Seminar-2019**” on “Advanced Spinal Mobilization & Manipulation” at The University of Lahore as **Chairman Organizing Committee** on 23<sup>rd</sup> February, 2019 under supervision of international expert in which almost 400 Physical Therapy professionals participated throughout Pakistan
  
- 4) Organized “**5<sup>th</sup> International One Day Physical Therapy Seminar & Workshops-2018 with Hands-on-Training**” on “Dry Needling for Low back pain, Biomechanical Approach To Knee Physical therapy,, Physical Therapy for Jaw pain & Dysfunctions and Miracles of Low Level Laser Therapy ” at The University of Lahore as **Chairman Organizing Committee** on 11<sup>th</sup> August,

2018 under supervision of international experts in which almost 350 Physical Therapy professionals participated from throughout Pakistan

- 5) Organized “**4<sup>th</sup> International One Day Physical Therapy Seminar-2017**” on “Physical Activity in Life” at The University of Lahore as **Chairman Organizing Committee** on 4<sup>th</sup> September, 2017 under supervision of international experts in which almost 300 Physical Therapy professionals participated throughout Pakistan
- 6) Organized “**3<sup>rd</sup> International One Day Physical Therapy Seminar-2015**” on “The Epidemiology, Impact, Diagnosis and Management of Low Back Pain- A Historical Perspective” at The University of Lahore as **Chairman Organizing Committee** on 31<sup>st</sup> July, 2015 under supervision of international experts in which almost 250 Physical Therapy professionals participated throughout Pakistan.
- 7) Organized “**One Day Physical Therapy Workshop-2015**” on “**Advanced Clinical Reasoning and Manual Therapy Approach in the treatment of Cervical Spine**” at The University of Lahore as **Chairman Organizing Committee** in August, 2015 under supervision of UK physical therapy expert
- 8) Organized “**2<sup>nd</sup> International One Day Physical Therapy Workshop-2014**” on “**Latest Trends in Physical Therapy**” at The University of Lahore as **Chairman Organizing Committee** in June, 2014 under supervision of international experts in which almost 150 Physical Therapy professionals participated from throughout Pakistan.
- 9) Organized “**Two-Day National Hands-on-workshop on latest Trends in Sports Physical Therapy**” as **Chairman Organizing Committee** under supervision national & international experts at UIPT, The University of Lahore on 29<sup>th</sup>& 30<sup>th</sup> March, 2014
- 10) Organized “**1<sup>st</sup> International Two Days Physical Therapy HEC Workshop-2013**” on “**Latest Trends in Physical Therapy**” at The University of Lahore as **Chairman Organizing Committee** on 17<sup>th</sup>& 18<sup>th</sup> August, 2013 under supervision of international experts in which almost 100 Physical Therapy professionals participated throughout Pakistan.
- 11) Organized “**1<sup>st</sup> National One Day Physical Therapy Seminar-2013**” on “**Contemporary Evidence Based Physical Therapy Practice in Pakistan**” as **Chairman Organizing Committee** at The University of Lahore on 22<sup>nd</sup> June, 2013

- 12) Organized **“One-Day Workshop on Kinesio-taping”** as chairman organizing committee at The University of Lahore
- 13) Organized state-of-the-art lecture on **“Acupuncture-Latest Trend in Physical Therapy”** by Dr.Faiz-ur-Rahman, Chief Physiotherapist, Pakistan National Hockey Team, Pakistan Hockey Federation.
- 14) Organized **“2<sup>nd</sup> Annual Gala Dinner FAHS-2013”** at Faleties Hotel, Lahore as **“Chairman Organizing Committee”** in which more than 1000 people participated
- 15) Organized one day seminar on **“ POSITIVE PAKISTAN”** by Mr. Abid Iqbal Khari-Brand Ambassador

<p><b>INTERNATIONAL &amp; NATIONAL CLINICAL WORKSHOPS / SEMINARS ATTENDED AS KEY NOTESPEAKER /PARTICIPANT</b></p>
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- 1) Certificate of participation as **Key Note Speaker /Oral Presenter** in 3-day **International Conference on Photo-Bio Modulation** jointly organized by **WALT and NAALT** from 3<sup>rd</sup> to 6<sup>th</sup> October, 2018 at Nice, France.
- 2) Certificate of Participation in two days' workshop on **PROJECT FORMULATION** organized by Pakistan Science foundation, Pakistan in year 2018 at UOL.
- 3) Certificate of Participation in two days' workshop on **PATENT WRITING** at LUMS in year 2019.
- 4) Certificate of Participation in one-day workshop on **ERUSMUS MUNDAS SCHOLARSHIP WINNING ART** at HEC Regional Office, Lahore.
- 5) Certificate of Participation in one-day workshop on **FUTURE OPPORTUNITIES IN EUROASIA** at **PC Hotel Lahore**.
- 6) Certificate of attending 2-DAY workshop on **“1<sup>st</sup> EVIDENCE BASED MANUAL THERAPY CONCEPTS WORKSHOP-(SPINE,UPPER & LOWER EXTREMITIES)-Guiding clinicians to advance their Manual Therapy skills & Practice)-EBmp-01”** on 24<sup>th</sup> -25<sup>th</sup> September, 2011 held at Isra School of Rehabilitation Sciences, Isra University, Islamabad Campus in collaboration with Higher Education Commission (HEC),Pakistan.

- 7) Certificate of organizing and participating ONE DAY clinical workshop on **“KINESIO & ADHESIVE TAPING TECHNIQUES OF WHOLE BODY”** on September 30,2011 at Department of Physiotherapy, Fatima Memorial Hospital, Shadman, Lahore.
- 8) ONE DAY workshop on **“Spinal Manipulation-The next step in managing articular dysfunction”** on 30<sup>th</sup> April, 2011 held at College of Physicians and Surgeons Pakistan, Lahore by Ghurki Trust Teaching Hospital, Lahore in collaboration with CPSP, Lahore.
- 9) Certificate of participation in one day **Fatima Memorial Hospital Health Fair** at Systems Limited on 24<sup>th</sup> January,2007 held by Fatima Memorial System in collaboration with Systems Limited.
- 10)Certificate of Participation in 3-day **13<sup>th</sup> Annual Conference of Pakistan Society for Rheumatology** from 6<sup>th</sup>-8<sup>th</sup> March,2009 at Lahore
- 11)Certificate for Oral presentation on *“Postural back is nothing but prevention”* in 3-day **13<sup>th</sup> Annual Conference of Pakistan Society for Rheumatology** from 6<sup>th</sup>-8<sup>th</sup> March, 2009 at Lahore.
- 12)Certificate of completing 5-day course on **“Differential Diagnosis Clinical decision Making and Neuro Rehabilitation”** from 20<sup>th</sup>-24<sup>th</sup> March, 2010 at King Edward medical university by School of Physiotherapy, Mayo Hospital, Lahore.

### **CLINICAL AREAS OF SPECIAL INTEREST**

- ✚ Low Level Laser Therapy, Photo-bio-modulation
- ✚ Orthopedic & Sports Physiotherapy
- ✚ Pain management, Posture, Gait & Fitness Consultant
- ✚ Neuro-rehabilitation

### **PROFESSIONAL / CLINICAL SKILLS**

- ✚ Assessment, evaluation, diagnosis, designing and management of different physical / mechanical disorders including, neurological, rheumatic, traumatic, orthopedic, pediatrics, industrial injuries, burn cases, ICU & CCU cases, post-operative rehab., sports & soft tissue injuries.

- ✚ Having vast experience of establishing and managing physiotherapy department and fitness centre in all capacities.
- ✚ Fully capable to perform detailed fitness, gait & posture assessment, and corrective methods & management of above mentioned areas.
- ✚ Having experience of using all the latest physiotherapy and electrotherapeutic modalities / equipment.
- ✚ Carrying down different latest physiotherapeutic techniques /maneuvers e.g. stretching, mobilization of spinal and peripheral joints (Maitland and Mulligan approach), Kinesthetic training (McKenzie Approach), strengthening, ROM, PNF Techniques, Muscle energy techniques, Neural tension techniques etc.
- ✚ Hydrotherapy training, rehabilitation in gymnasium & gait re-education.

### **ADDITIONAL INFORMATION**

- ✚ Have great experience and familiarity with people from a variety of cultures
- ✚ Have a friendly and outgoing personality with excellent interpersonal skills.
- ✚ Have excellent fluency in English, Urdu, Hindi, Punjabi

### **COMPUTER KNOW HOW**

- ✚ Having great familiarity with
  - SAP,
  - MIS,
  - SIS,
  - Microsoft Word,
  - Microsoft Excel,
  - Microsoft Power Point,
  - Microsoft Outlook Express,
  - Web surfing, chatting and Internet.
  - Fully capable of doing audio-visual conferencing

## RESEARCH PUBLICATIONS

TITLE	CITATIONS / YEAR
<a href="#">Frequency of Back Pain in Knee Osteoarthritis Patients; A Cross Sectional Study: Frequency of Back Pain in Knee Osteoarthritis Patients</a> , N Fida, S Batool, M Javaid, <b>A Ahmad</b> THE THERAPIST (Journal of Therapies & Rehabilitation Sciences), 02-05	2022
<a href="#">Clinical application of low-level laser therapy (Photo-biomodulation therapy) in the management of breast cancer-related lymphedema: a systematic review</a> D Mahmood, <b>A Ahmad</b> , F Sharif, SA Arslan BMC cancer 22 (1), 1-14	2022
<a href="#">Effects of visual scanning exercises in addition to task specific approach on balance and activities of daily livings in post stroke patients with eye movement disorders: a ...</a> S Batool, H Zafar, SA Gilani, <b>A Ahmad</b> , A Hanif BMC neurology 22 (1), 1-12	2022
<a href="#">Translation, cross-cultural adaptation and psychometric properties of Urdu version of upper limb functional index; a validity and reliability study</a> A Arooj, F Amjad, F Tanveer, AU Arslan, <b>A Ahmad</b> , SA Gilani BMC Musculoskeletal Disorders 23 (1), 1-12	2022
<a href="#">Combined effects of virtual reality techniques and motor imagery on balance, motor function and activities of daily living in patients with Parkinson's disease: a randomized ...</a> M Kashif, <b>A Ahmad</b> , MAM Bandpei, SA Gilani, A Hanif, H Iram BMC geriatrics 22 (1), 1-14	4/2022
<a href="#">Effects of non-surgical decompression therapy in addition to routine physical therapy on pain, range of motion, endurance, functional disability and quality of life versus ...</a> F Amjad, MA Mohseni-Bandpei, SA Gilani, <b>A Ahmad</b> , A Hanif BMC Musculoskeletal Disorders 23 (1), 1-12	18/2022
<a href="#">Comparison of Routine Physical Therapy with And Without Core-Stability Exercises on Dynamic Sitting Balance and Trunk Control in Sub-Acute Ischemic Stroke Patients: Routine ...</a> D Awais, S Batool, <b>A Ahmad</b> , AA Aftab, R Naqvi Pakistan BioMedical Journal, 31-35	2022

TITLE	CITATIONS / YEAR
<p><a href="#">Effects of breathing reeducation on cervical and pulmonary outcomes in patients with non specific chronic neck pain: A double blind randomized controlled trial</a> S Anwar, A Arsalan, H Zafar, <b>A Ahmad</b>, A Hanif Plos one 17 (8), e0273471</p>	2022
<p>Systematic review of the application of virtual reality to improve balance, gait and motor function in patients with Parkinson's disease M Kashif, <b>A Ahmad</b>, MAM Bandpei, M Farooq, H Iram, R e Fatima, Medicine 101 (31)</p>	1/2022
<p>Health Status and Academic Progress Among Day Scholars Vs Hostelites in Allied Health Sciences Students: Health Status and Academic Progress Among Day Scholars Vs Hostilities SG Rasool, F Amjad, A Zuha, <b>A Ahmad</b> Pakistan BioMedical Journal, 66-69</p>	2022
<p>Recurrence Of Anterior Shoulder Dislocation with Or Without Physiotherapy: Anterior Shoulder Dislocation and Physiotherapy M Iqbal, HK Pasha, SA Arslan, <b>A Ahmad</b>, A Hashim, H Irfan, SA Ali Pakistan BioMedical Journal, 257-260</p>	2022
<p>Effects of Sensorimotor Stimulation Program with and Without Routine Physical Therapy on Balance and Cognitive Performance in Patients with Mild Traumatic Brain Injury: A ... H Waqar, F Tanveer, SA Arslan, <b>A Ahmad</b>, S Sarfraz, K Fatima Pakistan BioMedical Journal, 197-201</p>	2022
<p>Comparative Efficacy of Routine Physical Therapy with and without Neuromobilization in the Treatment of Patients with Mild to Moderate Carpal Tunnel Syndrome MJ Ijaz, H Karimi, <b>A Ahmad</b>, SA Gillani, N Anwar, MA Chaudhary BioMed Research International 2022</p>	2022
<p><a href="#">Role of High Power Laser Therapy on Pain Reduction in Patients with Patellofemoral Pain Syndrome</a> HA Qayyum, SA Arsalan, F Tanveer, <b>A Ahmad</b> Pakistan Journal of Medical &amp; Health Sciences 16 (06), 9-9</p>	2022
<p>Virtual Reality Training Using Nintendo Wii Games for Patients With Stroke: Randomized Controlled Trial N Anwar, H Karimi, <b>A Ahmad</b>, SA Gilani, K Khalid, AS Aslam, A Hanif JMIR Serious Games 10 (2), e29830</p>	2022

TITLE	CITATIONS / YEAR
<p>Effect Of Stress on Quality of Life in Patients with Chronic Rheumatoid Arthritis: Stress on Quality of Life in Patients with Chronic Rheumatoid Arthritis</p> <p>SA Ali, H Riaz, A Arslan, <b>A Ahmad</b>, M Iqbal</p> <p>Pakistan BioMedical Journal, 94-98</p>	2022
<p><a href="#">Effect Of Forward Head Posture with Neck Disability and Quality of Life in Freelancer: Effect of Forward Head Posture with Neck Disability and Quality of Life in Freelancers</a></p> <p>R Tasmeeer, SAU Arslan, <b>A Ahmad</b>, F Amjad</p> <p>Pakistan BioMedical Journal, 288-292</p>	2022
<p>Low-level laser therapy (photo-biomodulation therapy) for breast cancer-related lymphedema: A systematic review</p> <p>D Mahmood, <b>A Ahmad</b>, A Arslan, F Sharif</p>	2022
<p><a href="#">Effects of balance training with and without gaze stabilization exercises on clinical outcomes in elderly patients with chronic dizziness: A randomized controlled trial</a></p> <p>SN Fatima, F Tanveer, F Shoukat, <b>A Ahmad</b></p> <p>Journal of Bodywork and Movement Therapies</p>	2022
<p>Translation, cross-cultural adaptation and psychometric properties of the Urdu version of rand Short Form 36-item survey (SF-36) among patients with lumbar radiculopathy</p> <p>F Amjad, MA Mohseni-Bandpei, SA Gilani, <b>A Ahmad</b>, A Zaheer</p> <p>Journal of Bodywork and Movement Therapies</p>	2/2022
<p>Perception Of Medical Practitioners Regarding Patient Referral to Physiotherapy: Perception Regarding Patient Referral to Physiotherapy</p> <p>K Irfan, F Amjad, SAU Arslan, <b>A Ahmad</b>, F Javaid, AS Muhammad, ...</p> <p>Pakistan BioMedical Journal, 72-76</p>	2022
<p><a href="#">Comparison of Hand Grip Strength Among Chefs and Non-Chefs</a></p> <p>F Mazhar, F Amjad, <b>A Ahmad</b></p> <p>Pakistan Armed Forces Medical Journal (PAFMJ) 72 (2), 367-70</p>	2022
<p>Effect of physical therapy treatment in infants treated for congenital muscular torticollis-a narrative review</p> <p>A Bashir, F Amjad, <b>A Ahmad</b>, A Arooj, SA Gilani</p> <p>Journal of the Pakistan Medical Association</p>	2022

TITLE	CITATIONS / YEAR
<p>Effect of median nerve neuromobilization on functional status in patients with carpal tunnel syndrome: A double blinded randomized control trial  MJ Ijaz, H Karimi, SA Gillani, <b>A Ahmad</b>, MA Chaudhary  Journal of the Pakistan Medical Association 72 (4), 605-609</p>	<p>2/2022  2022</p>
<p>Effects of low-intensity pulsed ultrasound on pain and functional disability in patients with early-stage lumbar spondylolysis: A randomized controlled trial  F Tanveer, SA Arslan, H Darain, <b>A Ahmad</b>, SA Gilani, A Hanif  Journal of Bodywork and Movement Therapies 30, 125-131</p>	
<p>Ultrasound Guided Dry Needling for Treatment of Patients with Jumper's Knee: a Study Protocol for Randomized Controlled Trial.  F Sharif, <b>A Ahmad</b>, SA Gilani, R Bacha, A Hanif  Muscles, Ligaments &amp; Tendons Journal (MLTJ) 12 (2)</p>	<p>2022</p>
<p>Comparison of Mulligan technique versus muscle energy technique in patients with adhesive capsulitis  R Khalil, F Tanveer, A Hanif, <b>A Ahmad</b>  Journal of the Pakistan Medical Association 72 (2)</p>	<p>4/2022</p>
<p>Effects of low-intensity pulsed ultrasound on pain and functional disability in patients with early-stage lumbar spondylolysis: A randomized controlled trial  F Tanveer, SA Arslan, H Darain, <b>A Ahmad</b>, SA Gilani, A Hanif  Journal of Bodywork and Movement Therapies 30, 125-131</p>	<p>2022</p>
<p>A Randomized Controlled Trial of Motor Imagery Combined with Virtual Reality Techniques in Patients with Parkinson's Disease  M Kashif, <b>A Ahmad</b>, MAM Bandpei, HA Syed, A Raza, V Sana  Journal of Personalized Medicine 12 (3), 450</p>	<p>4/2022</p>
<p>Effects of High-Energy Extracorporeal Shockwave Therapy on Pain, Functional Disability, Quality of Life, and Ultrasonographic Changes in Patients with Calcified Rotator Cuff ...  A Fatima, <b>A Ahmad</b>, SA Gilani, H Darain, S Kazmi, K Hanif  BioMed research international 2022</p>	<p>2/2022</p>
<p>Effectiveness of Low-Level Laser Therapy in Patients with Discogenic Lumbar Radiculopathy: A Double-Blind Randomized Controlled Trial  I Ahmed, MAM Bandpei, SA Gilani, <b>A Ahmad</b>, F Zaidi  Journal of Healthcare Engineering 2022</p>	<p>2022</p>

TITLE	CITATIONS / YEAR
<p>Translation, Cultural Adaptation and Validation of the Urdu Version of Ronald Morris Low Back Pain and Disability Questionnaire in Pakistani Population M Sohail, <b>A Ahmad</b>, SA Arslan, A Munawar, F Amjad, A Asjad</p>	2022
<p>The combined effects of virtual reality with motor imagery techniques in patients with Parkinson's disease M Kashif, <b>A Ahmad</b>, MAM Bandpei, SA Gillani Journal of the Pakistan Medical Association</p>	2/2022
<p>Psychometric Properties of the Urdu Translation of Berg Balance Scale in People with Parkinson's Disease M Kashif, <b>A Ahmad</b>, MAM Bandpei, SA Gilani, H Iram, M Farooq International Journal of Environmental Research and Public Health 19 (4), 2346</p>	3/2022
<p><a href="#">Effects of breathing re-education on clinical outcomes in patients with nonspecific chronic neck pain</a> S Anwar, SA Arsalan, <b>A Ahmad</b>, SA Gillani, A Hanif Journal of the Pakistan Medical Association</p>	1/2022
<p>Comparison of mobilization with movement and dorsiflexion night splint with and without routine exercises in patients with plantar fasciitis S Shabbir, <b>A Ahmad</b>, A Munawar, K Siddique, S Perwaiz Rawal Medical Journal 47 (3), 650-650</p>	2022
<p><a href="#">Effectiveness of routine physical therapy with and without muscle energy technique in patients with upper crossed syndrome</a> H Shahzad, A Fatima, <b>A Ahmad</b>, ZA Khan, SA Gilani Rawal Medical Journal 47 (3), 654-654</p>	2022
<p>Reliability of Dual Inclinator for Lumbar Range of Motion using two different Landmarking Techniques I Ahmed, MAM Bandpei, SA Gilani, <b>A Ahmad</b>, F Zaidi Journal of the Pakistan Medical Association</p>	2022
<p><a href="#">The combined effects of virtual reality with motor imagery techniques in patients with Parkinson's disease</a> M Kashif, <b>A Ahmad</b>, MAM Bandpei, SA Gillani Journal of the Pakistan Medical Association</p>	1/2022
<p>Psychometric Properties of the Urdu Translation of Berg Balance Scale in People with Parkinson's Disease M Kashif, <b>A Ahmad</b>, MAM Bandpei, SA Gilani, H Iram, M Farooq</p>	3/2022

TITLE	CITATIONS / YEAR
International Journal of Environmental Research and Public Health 19 (4), 2346	
<p>Effects of breathing re-education on clinical outcomes in patients with nonspecific chronic neck pain</p> <p>S Anwar, SA Arsalan, <b>A Ahmad</b>, SA Gillani, A Hanif</p> <p>Journal of the Pakistan Medical Association</p>	1/2022
<p>Comparison of mobilization with movement and dorsiflexion night splint with and without routine exercises in patients with plantar fasciitis</p> <p>S Shabbir, <b>A Ahmad</b>, A Munawar, K Siddique, S Perwaiz</p> <p>Rawal Medical Journal 47 (3), 650-650</p>	2022
<p>Effectiveness of routine physical therapy with and without muscle energy technique in patients with upper crossed syndrome</p> <p>H Shahzad, A Fatima, <b>A Ahmad</b>, ZA Khan, SA Gilani</p> <p>Rawal Medical Journal 47 (3), 654-654</p>	2022
<p>Reliability of Dual Inclinator for Lumbar Range of Motion using two different Landmarking Techniques</p> <p>I Ahmed, MAM Bandpei, SA Gilani, <b>A Ahmad</b>, F Zaidi</p> <p>Journal of the Pakistan Medical Association</p>	2022
<p>Effects of virtual reality exercises and routine physical therapy on pain intensity and functional disability in patients with chronic low back pain</p> <p>MW Afzal, <b>A Ahmad</b>, MAM Bandpei, SA Gilani, A Hanif, MS Waqas</p> <p>Journal of the Pakistan Medical Association 72 (3)</p>	1/2022
<p>Effectiveness of motor relearning program on balance and upright mobility in sub-acute stroke patients: A randomized control trial: Motor Relearning Program in Sub-Acute Stroke ...</p> <p>A Naz, S Batool, <b>A Ahmad</b>, K Siddique</p> <p>Pakistan BioMedical Journal, 313-317</p>	2022
<p>Translation and validation of stroke impact scale-16 in Urdu for Pakistan</p> <p>U Ahmed, H Karimi, SA Gilani, <b>A Ahmad</b></p> <p>Journal of the Pakistan Medical Association</p>	2022
<p>Effects of task oriented rehabilitation of upper extremity after stroke: a systematic review</p> <p>M Hussain, A Fatima, <b>A Ahmad</b>, SA Gilani</p> <p>Journal of the Pakistan Medical Association</p>	3/2022

TITLE	CITATIONS / YEAR
<p>Effects of Antenatal Exercises on Clinical Outcomes in Pregnant Females with Gestational Diabetes Mellitus: A Randomized Controlled Trial AS Anum, FT Fahad, <b>AA Ahmad</b>, SAGS Amir, AH Asif, RK Rabia</p>	1/2022
<p>Factors affecting musculoskeletal low back pain due to computer usage A Arooj, F Amjad, F Zulfiqar, S Tauqeer, K Khalid, <b>A Ahmad</b> Rawal Medical Journal 47 (1), 217-217</p>	1/2022
<p>Efficacy of ultrasound guided dry needling as an adjunct to conventional physical therapy for patients with jumper's knee: A randomized controlled trial F Sharif, <b>A Ahmad</b>, SA Gilani, R Bacha, A Hanif, MA Arif Frontiers in Surgery 9</p>	1/2022
<p>A Correlation Analysis among Pain Intensity, Functional Disability and Range of Motion using Low Level Laser Therapy in patients with Discogenic Lumbar Radiculopathy I Ahmed, MAM Bandpei, SA Gilani, <b>A Ahmad</b>, F Zaidi Journal of Lasers in Medical Sciences 13, e26-e26</p>	2022
<p>The Effect of Conjugate Reinforcement of Leg Movements in Infants with Spina Bifida F SHARIF, M ARIF, SAG <b>ASHFAQ AHMAD</b> Pak Pediatr J 46 (2), 200-04</p>	2022
<p>Translation, Cross-Cultural Adaptation and Psychometric Properties of the Urdu Version of Lysholm Knee Score for Pakistani Population. F Sharif, <b>A Ahmad</b>, SA Gilani, R Bacha, A Hanif, S Ahmed Muscles, Ligaments &amp; Tendons Journal (MLTJ) 12 (1)</p>	1/2022
<p>Effects of routine physical therapy with and without mirror therapy on phantom limb pain and psychosocial adjustment to amputation among prosthetic users A Noureen, <b>A Ahmad</b>, A Fatima, K Siddique, Z Abbas Physiotherapy Quarterly 29 (1)</p>	2022
<p>Learning Preferences among Medical and Physical Therapy Students: A Systematic Review S Ali, <b>A Ahmad</b>, A Munawar, M Waqas Journal of Bahria University Medical and Dental College 12 (01), 46-53</p>	1/2022

TITLE	CITATIONS / YEAR
<p>Effects of Ankle Pumping Exercises on Limb Edema in Critically ill Patients with Acute Respiratory Distress Syndrome  H Gul, A Fatima, <b>A Ahmad</b>, SA Gilani  THE THERAPIST (Journal of Therapies &amp; Rehabilitation Sciences), 15-18</p>	2022
<p>Q Angle: Effects of Isometric Quadriceps Contractions and Body Position: Q Angle: Effects of Isometric Quadriceps Contractions  K Arooj, F Sharif, <b>A Ahmad</b>, SA Gilani  THE THERAPIST (Journal of Therapies &amp; Rehabilitation Sciences), 08-14</p>	2022
<p>COVID-19 VACCINE HESITANCY AMONG THE POPULATION OF LAHORE  S Mahmood, F Sharif, <b>A Ahmad</b>, SA Gilani, K Mujahid, M Abid  Annals of Allied Health Sciences 7 (2), 47-51</p>	2022
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