

CURRICULUM VITAE

Dr. Farooq Azam Rathore

Consultant and Head of Department

Department of Rehabilitation Medicine
PNS Shifa Hospital, DHA-II, Karachi, Pakistan

Assistant Professor

Bahria University Medical and Dental College, Karachi

Member, Expert Advisory Panel on Rehabilitation
World Health Organization (WHO)

Executive Board Member and National Representative
Asia-Oceanian Society of Physical and Rehabilitation Medicine

Executive Board Member and LMIC Representative
Cochrane Rehabilitation, Rehabilitation Centre "E. Spalenza-Don Gnocchi, Italy

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Research Gate: https://www.researchgate.net/profile/Farooq_Rathore

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Registrations

1. Registered as Fellow in Physical Medicine and Rehabilitation with College of Physicians and Surgeons of Pakistan. **(PMR-09-10133)**
2. Registered as Specialist in Physical Medicine and Rehabilitation with Pakistan Medical and Dental Council **(37908-P)**
3. Registered as Assistant Professor with Pakistan Medical and Dental Council **(2768-P/37908-P/M)**

Educational Qualifications:

Title: : **MBBS** (1996-2001)
 Academic Institution : Quaid-e-Azam University, Islamabad /
 Army Medical College Rawalpindi, Pakistan
 Year : 2001

Title: : **Diploma** in Physical Medicine and Rehabilitation
 Awarding Institute : Armed Forces Postgraduate Medical Institute,
 Rawalpindi
 Year Awarded : 2007

Title : **Fellowship** (Physical Medicine and Rehabilitation)
 Awarding Institute : College of Physicians & Surgeons, Pakistan
 Year Awarded : 2009 (PMR-09-10133)

Title : **Master of Science** (Pain Medicine)
 Awarding Institute : Riphah University, Rawalpindi
 Year Awarded : 2016

Areas of interest

- ❖ Spinal cord injury rehabilitation
- ❖ Stroke rehabilitation
- ❖ Pediatric Disabilities
- ❖ Medical Education
- ❖ Medical Rehabilitation in disasters
- ❖ Musculoskeletal Disorders

Professional experience/ Current and past positions

INSTITUTION	COMMANDANT/SUPERVISING SPECIALIST	POSITION
Bahria University Medical and Dental College, Karachi	Prof. Asad Ullah	Assistant Professor in Rehab Medicine 29 th June 2016- To date
PNS Shifa Hospital, Karachi	Surg.Cdre Asif Chattah	HOD & Classified Specialist Rehab Medicine 29 th June -To date
Combined Military Hospital, Lahore Cantt	Brig (Dr) Qamar Ul Haq	Classified Specialist Rehab Medicine 5 th Oct 2012- 28 th June 2016
CMH Lahore Medical College and Institute of Dentistry, Lahore Cantt	Lt.Gen (Dr) Muhammad Afzal	Assistant Professor in Rehab Medicine 5 th Oct 2012- 28 th June 2016
Combined Military Hospital, Pano Aqil Cantt	Brig(Dr) Khadim Hussain	Classified Specialist Rehab Medicine 10 th Aug 2010- 4 th Oct 2012
Kessler Institute for Rehabilitation, West Orange NJ, USA	Dr Steven Kirshblum MD	Visiting Scholar in Rehabilitation Medicine 3 rd Oct – 14 th Dec 2011
Rusk Institute of Rehabilitation Medicine, Langone Medical Center, NYU, NY , USA	Dr Alex Moroz MD	Visiting Scholar in Rehabilitation Medicine 27 th June – 30 th Sept 2011
Armed Forces Institute of Rehabilitation Medicine, Rwp Pakistan	Maj.Gen (Dr.) Akhtar Waheed	Graded Specialist PMR 20 th Jan 2007- 9 th Aug 2010
Armed Forces Post Graduate Medical Institute, Rwp, Pakistan	Brig. (Dr.) Pervaiz Rashid	Resident PMR 5 th Jan 2005- 19 th Jan 2007

Field medical unit, Mangla cantt	Col(Dr) Shoaib Nazir	Medical Officer July 2004- Dec 2004
Border defense area (Kashmir)	Maj (Dr) Tariq	Medical Officer June 2002- June 2004
Combined Military Hospital Rawalpindi Pakistan	Brig. (Dr.) Shaheen Moin Brig. (Dr.) Sultan Muzaffar	House Officer 25 th April 2001- 25 th May 2002

Research Productivity (May 2020)

Google Scholar

Citations: 1000

h-index= 16

i10-index =20

Research Gate

RG score: 40.98

Total Reads: 67,000

Recommendations: 202

HONORS AND AWARDS

1. **Certificate of Honors in Biochemistry** ---- 1st professional MBBS (1997)
2. **Certificate of Honors in Pharmacology** ---- 2nd professional MBBS (1998)
3. **Certificate of merit** for standing 1st in subject of *Rehabilitation medicine*, Grading diploma course 2005-07, held at Armed Forces Post Graduate Medical Institute, Rawalpindi
6. **Ibn-e – Sina Silver medal** in recognition of *outstanding original research work* presented at the Pakistan Institute of Medical Sciences, Islamabad annual symposium 2007
7. **Co –Chairman of scientific session** at 5th Annual conference and Scientific Symposium. Bangladesh Association of PM&R 2008. 15th Nov 2008. Dhaka, Bangladesh.
4. Recipient of **ISPRM 2009 Young Investigator award**. This award was chosen among **190** oral presentations made at the 5th World Congress of International Society of physical and Rehabilitation Medicine, Istanbul, Turkey. 13-17 June 2009. *The only speaker and first presenter from Pakistan*
6. **Co –Chairman of scientific session** at the 2nd IRF World Conference and 7th Annual conference and Scientific Symposium. Bangladesh Association of PM&R 2012. 2nd -4th Dec 2012. Dhaka, Bangladesh.
7. **Co-Chairman of Scientific Session** at the 15th International Neurology Update. Avari Hotel, Lahore 28th -29th Nov 2015.
8. **Invited Plenary/keynote Speaker at the following international and national conferences**
 - I. 5th Annual conference and Scientific Symposium. Bangladesh Association of PM&R 2008. 15th Nov 2008. Dhaka, Bangladesh
 - II. First conference on Physical Medicine and Rehabilitation in Rural and Developing Regions, at Erciyes University, Kayseri, Turkey. 9-12 June 2009. The only speaker from Pakistan.
 - III. 2nd IRF World Conference and 7th Annual conference and Scientific Symposium. Bangladesh Association of PM&R 2012. 2nd -4th Dec 2012. Dhaka, Bangladesh.
 - IV. 4th Asia-Oceania Conference of Physical and Rehabilitation Medicine (4th AOCPRM) Bangkok, Thailand, Dec 2014. First and the only the only invited plenary speaker from Pakistan.

- V. 3rd National Rehabilitation Conference, ISRA University, Islamabad, 31st Oct -2nd Nov 2014.
 - VI. 14th International Neurology Update & 7th National Stroke Conference. Agha Khan University, Karachi 19th -21st Dec 2014
 - VII. Novartis Spasticity Summit Season 2. Islamabad, 22nd -24th May 2015
 - VIII. Pakistan Society of Neurology and Novartis, Spasticity Summit Season 3. 22nd August 2015
 - IX. 15th International Neurology Update. Avari Hotel, Lahore 28th -29th Nov 2015.
 - X. 23rd annual conference of Pakistan Society of Neurology Annual. Ramada Hotel, Islamabad (25th -27th March 2016)
 - XI. 11th National Medical Conference, Lahore 14-15th May, 2016
 - XII. 10th World Congress of International Society of Physical and Rehabilitation Medicine, Kuala Lumpur, Malaysia 29th May-2nd June 2016.
 - XIII. 16th International Neurology Update. Movenpick Hotel, Karachi. 23rd -25th Dec 2016.
 - XIV. 3rd International Rehabilitation Sciences Congress and 5th National Rehabilitation Conference 2017. ISRA university, Islamabad 23-25th Feb 2017
 - XV. 1st LUMHS National Conference on Quality Education (Q CON 17) at Liaquat University of Medical & Health Sciences, Jamshoro.
 - XVI. 1st Annual Meeting and 5th National PMR Conference. Institute of Physical Medicine & Rehabilitation, Dow University of Health Sciences, 25th March 2017.
5. Elected as the first and only **active individual member of the ISPRM Assembly of Delegates** from Pakistan in Aug 2010.
 6. Awarded **Michael Moles Fellowship** by the World Association for Disaster and Emergency Medicine for 2011-2013.(http://www.wadem.org/moles_fellowship.html)
 7. Elected member of the **BMJ board of International Fellows** in June 2013.
 8. Recipient of the award for **second best oral paper presentation** at the 18th Post Graduate Medical Education Conference, AKU, Karachi (May 31st June 1st , 2013)
 9. **Member Executive committee** of the Pakistan Society of Neurorehabilitation
 10. **Member Executive committee (Low- and Middle-Income countries representative)** at the Cochrane Rehabilitation.
 11. **Member Executive committee and National Representative** at the Asia-Oceanian Society of Physical Medicine and Rehabilitation.

12. Awarded “**AuthorAID Mentor of the Year for 2014**’ by INASP, UK.
13. Recipient of the Gold medal for best oral presentation at the best **oral paper presentation** at the 2nd Annual International Medical Education Conference at UHS Lahore (29th -31st October, 2015)
14. **Member of the scientific committees** of the following conferences
 - I. 1st International RehabCon , 4th -6th April 2014 , Rawalpindi, Pakistan
 - II. 7th World Congress of International society of Physical and rehabilitation medicine , Cancun , Mexico June 2014
 - III. 1st International Cerebral palsy conference. Pakistan Academy of cerebral Palsy Rising sun Institute, Lahore 20th -21st March 2015
 - IV. 2nd International RehabCon , 10th -12th 2015 April, Rawalpindi, Pakistan
 - V. 6th Annual Conference of Pakistan Society of Physical Medicine and Rehabilitation, Karachi 6-7th Nov 2019
15. **National Representative** and Member Assembly of Delegates of the International Society of Physical and Rehabilitation Medicine
16. **Section editor** Neurorehabilitation at the Pakistan Journal of Neurological Sciences Since March 2015.
17. **Editorial board member** of Military Medical Research and Journal of Pakistan Medical Association (Medline indexed International biomedical journals), Pakistan Journal of Physiology
18. Listed in the directory of **Productive scientists of Pakistan 2016** by the Pakistan council for science and technology.
19. **External examiner** for Masters in Rehabilitation program at the University of Malaya, Kualalampur, Malaysia (May 2017)
20. Actively involved in **scientific research** for more than 10 years and have more than 230 (**publications, posters and paper presentations**) in national and international medical journals. These are the largest number of publications/ presentations from any doctor working in Rehabilitation medicine in Pakistan
21. Only doctor based in Pakistan to publish **22 manuscripts** (*original research, special communication, letters to editors*) on different aspects of Spinal cord injury in indexed medical journals

GRANTS AND SCHOLARSHIPS

1. Four Posters at 26th Annual Winter meeting of AAPNA awarded **\$ 400**
2. Recipient of **\$ 1500 travel grant** from Emerging Nations Science Foundation, Italy to present 03 poster and 01 oral presentation at the *5th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM)* Istanbul, Turkey, 13-17 June 2009
3. Winner of the **Young Physician's Scholarship** for the 7th World Stroke Congress in Seoul, Korea, October 13 – 16, 2010.
4. Recipient of **\$ 2500 travel grant** from Emerging Nations Science Foundation, Italy to present 04 posters and 01 oral presentation at the *6th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM)* , San Juan, Puerto Rico (12th -16th June 2011)
5. Recipient of **\$ 25, 000 Scholarship** from Pakistan Armed Forces to Undergo on Job Training in the USA (Rusk Rehabilitation, NYU, NY and Kessler Rehabilitation, West Orange, NJ) –June –Dec 2011.
6. Recipient of **\$ 1500 travel grant** from International Network for the Availability of Scientific Publications , UK to present paper at the *117th AMSUS Annual Meeting San Antonio, Texas* (6th -9th Nov 2011)
7. Recipient of **Research Productivity Award 2010, 2011 and 2012** from Pakistan Council for Science and Technology, Islamabad.
8. Recipient of the **\$ 600 ISPRM education fund** for the *7th World Congress of the International Society of Physical and Rehabilitation Medicine*, Beijing China.
9. Recipient of the **\$ 2500 AuthorAID/INASP Grant** to hold a series of eight ,workshops on “Making medical writing easy for beginners” (2014)
10. Recipient of the **\$ 4400 INASP Grant** to attend the Summer 2015 Intensive Course in Research Writing, Texas A&M University (22nd June – 10th July 2015)
11. Recipient of the **\$ 800 ISPRM education fund** for the *10th World Congress of the International Society of Physical and Rehabilitation Medicine*, 2016, KL, Malaysia.
12. Recipient of the **\$ 2000 ISPRM Scholarship** to attend for the *11th World Congress of the International Society of Physical and Rehabilitation Medicine*, 2017, Buenos Aires, Argentina.

PUBLICATIONS

I have published 130 manuscripts in national and international biomedical Journals since 2007. These are a mix of original research articles, editorials, letters to editors and case reports. I have 1000 citations so far with a h-index of 16.

Some of my publications are below:

INTERNATIONAL

1. **Rathore MFA**, Rashid P, Butt AW, Malik AA, Gill ZA, Haig AJ. *Epidemiology of spinal cord injuries in the 2005 Pakistan earthquake*. Spinal Cord 2007; 45: 658–663
2. **Rathore FA**, Farooq F, Muzammil S, New PW, Ahmad N, Haig AJ. *Spinal cord injury management and rehabilitation: highlights and shortcomings from the 2005 earthquake in Pakistan*. Archives of Physical Medicine and Rehabilitation 2008; 89:579-85.
3. **Rathore FA**, Gill ZA, Malik AA, Farooq F. *Acute flaccid Paraplegia: A rare complication of meningococcal meningitis*. Spinal Cord 2008 ;46: 314–316
4. **Rathore MF**, Farooq F, Butt AW, Aasi MH. (Letter to editor) *Re: Complications in Patients with Spinal Cord Injuries Sustained in an Earthquake in Northern Pakistan*. J Spinal Cord Med. 2008; 31:103–104.
5. **Rathore MF**, Farooq F, Butt AW, Gill ZA. (Letter to editor) *An update on Spinal cord injury patients of Oct 2005 earthquake in Pakistan*. Spinal Cord 2008; 46:461–462
6. **Rathore MF**, Hanif S, Rashid P, Butt AW, New P, S-U Khan. *The incidence of Deep Vein Thrombosis in a cohort of patients with Spinal Cord Injury following the Pakistan earthquake of October 2005* Spinal Cord. 2008; 46:523–526
7. **Rathore FA**, New PW, Iftikhar A. *A report on Rehabilitation Medicine in Pakistan: Past, Present and future perspectives*. Archives of Physical Medicine and Rehabilitation 2011; 92:161-166.
8. **Rathore FA**, Ayub A, Farooq S. *Suicide bombing as an Unusual Cause of Spinal Cord Injury: A descriptive Case series from Pakistan*. Spinal Cord Spinal Cord 2011;49:851-4
9. Jan D. Reinhardt, Jianan Li, Gosney JE , **Rathore FA** , Haig AJ ,Marx M, Delisa JA . *Disability and health-related rehabilitation in international disaster relief* .Global Health Action 2011, 4: 7191 - DOI: 10.3402/gha.v4i0.7191
10. **Rathore FA** , Gosney JE, Jan D. Reinhardt, Haig AJ, Jianan Li, , Delisa JA. *Medical Rehabilitation after natural Disasters: When, Where, How?* .Archives of PMR 2012; 93: 1875-81.
11. Gosney JE, Reinhardt JD, von Groote PM, **Rathore FA**, Melvin JL. *Medical rehabilitation of spinal cord injury following earthquakes in rehabilitation resource-*

scarce settings: implications for disaster research. *Spinal Cord*. 2013 51(8):603-9. doi: 10.1038/sc.2013.50.

12. **Rathore FA**, Waqas A, Zia AM, Mavrinac M, Farooq F. (2015) Exploring the attitudes of medical faculty members and students in Pakistan towards plagiarism: a cross sectional survey. *PeerJ* 3:e1031 <https://dx.doi.org/10.7717/peerj.1031>
13. Khan F, Amatya B, **Rathore FA**, Galea MP. Medical Rehabilitation in Natural Disasters in the Asia-Pacific Region: The Way Forward. *Int J Natural Disaster Health Secur*, 2015;2(2); 6-12.
14. Khan F, Amatya B, Mannan H, **Rathore FA** Neurorehabilitation in Developing Countries: Challenges and the Way Forward. *Phys Med Rehabil Int*. 2015; 2(9): 1070.
15. Khubaib MK, **Rathore FA**, Waqas A, Jan MM, Sohail S. Knowledge regarding basic facts of Stroke among Final Year MBBS students and House Officers: a cross sectional survey of 708 respondents from Pakistan. *Cureus*. 2016 Mar 23;8(3):e539. doi: 10.7759/cureus.539
16. **Rathore F A**, Attique R, Asmaa Y (January 26, 2017) Prevalence and Perceptions of Musculoskeletal Disorders among Hospital Nurses in Pakistan: A Cross-sectional Survey. *Cureus* 9(1): e100

NATIONAL

17. **Rathore FA**, Hanif S, Farooq F, Butt AW, Ahmed N. *Traumatic Spinal Cord Injuries at a Tertiary Care Rehabilitation Institute In Pakistan*. *Journal of Pakistan Medical Association* 2008;58:53-57
18. Hanif S, Tassadaq N, **Rathore FA**, Rashid P, Ahmad N, Niazi F. *Role of therapeutic exercises in neurogenic thoracic outlet syndrome*. *Journal of Ayub Medical College* 2008;19:85-88
19. **Rathore FA**, Malik T, Waheed A. *Pitfalls in stroke rehabilitation – A Pakistani perspective*. *Pak Armed Forces Med J* 2009;2: 56-61
20. **Rathore FA**, Farooq F. *Letter to the editor: Poor patient counseling: A black mark on our health care system*. *Journal of Pakistan Medical Association* 2012;62; 744.
21. **Rathore FA**. Viewpoint: How I wrote and published my first case report? *Khyber Med Univ J* 2012; 4(4):197-198.
22. Mansoor SN, **Rathore FA**. Rehabilitation medicine: Awareness and survival in Pakistan. *Khyber Med Univ J* 2014;6(3):139-140
23. **Rathore FA**. Undergraduate medical research is not an endangered species and why its future is bright in Pakistan?(Letter to editor) *Journal of Pakistan Medical Association* 2014;64; 853-4.

24. **Rathore FA**, Fareeha Farooq. Plagiarism detection softwares: Useful tools for medical writers and editors. *Journal of Pakistan Medical Association* 2014;64; 1329-30
25. **Rathore FA**, Akhtar Waheed. Stroke rehabilitation in Pakistan: what we know and what we need to do? *Pakistan Journal of Neurological sciences* 2014; 9:3-4.
26. **Rathore FA**, Mansoor SN. How to conduct a workshop on medical writing: Tips, advice and experience sharing. *Journal of Pakistan Medical Association* 2015: 65:665-668.
27. **Rathore FA** .Editorial: The need and roadmap for Stroke Rehabilitation guidelines in Pakistan. *Pakistan Journal of Neurological sciences* 2015; 10:3-4.
28. **Rathore FA**, Farooq F. Thinking Out of the Box: Alternative Career Choices for Young Doctors in Pakistan. *Journal of the College of Physicians and Surgeons Pakistan* 2016;26 (2): 145-147
29. **Rathore FA**, Waqas A, Marjan AZ. A thirteen-year audit of manuscripts related to medical education published in leading medical journals of Pakistan. *Journal of Pakistan Medical Association* 2016: 66(10):439-441.
30. **Rathore FA**, Mansoor SN. (Editorial) Neurorehabilitation in Pakistan: Needs, challenges and opportunities. *Khyber Med Univ J* 2016; 8(2): 59-60.
31. Toor IN, **Rathore FA**, Mahboob F. Identification of barriers in the reintegration of Pakistan military amputees at the workplace: A cross sectional survey. *Journal of Bahria university Medical and Dental College* 2017 7(3): 160-164.
32. **Rathore FA**, Ilyas A. Integrating rehabilitation physicians in stroke rehabilitation challenges in Pakistan. *Journal of the College of Physicians and Surgeons Pakistan* 2017;27 (12): 798

Book Chapters

1. **Rathore FA**, Farooq F. Tips on effective Biomedical Literature search. In Kasi PM. RESEARCH: What, Why and How? A Treatise from Researchers to Researchers. AuthorHouse™, Bloomington, IN 47403, USA 2009, ISBN: 978-1-4389-9171-9 (e)
2. **Rathore FA** , SN Mansoor. Demographics of Spinal Cord Injuries in Pakistan. In Movaghar, Jazayeri SB ,Vaccaro AR. *Epidemiology of Spinal Cord Injuries*. (pp. 177-192) Nova Publishers, NY, USA 2012.

Encyclopedia Chapter

1. **Rathore F**. Spinal Cord Injuries in the Developing World. In: JH Stone, M Blouin, editors. *International Encyclopedia of Rehabilitation*. 2010. Available online: <http://cirrie.buffalo.edu/encyclopedia/article.php?id=141&language=en>

Reviewer for the following Journals

- American Journal of Physical Medicine and Rehabilitation
- Annals of Saudi Medicine
- Journal of Pakistan Medical Association
- Pakistan Journal of Medical Sciences
- Pakistan Journal of Medical Research
- Pakistan Journal of Neurological Sciences
- KUST Medical journal
- Pakistan Armed Forces Medical Journal
- Clinical Medicine Insights: Arthritis and Musculoskeletal Disorders
- Clinical Medicine Insights: Case Reports
- Rawal Medical Journal
- Journal of College and Physicians and Surgeons of Pakistan.
- Journal of Rehabilitation Medicine
- Journal of Bahria University Medical and Dental College
- International Journal of Rehabilitation Sciences
- BioMed Research International
- International Health

Editorial Board Member

1. Journal of Pakistan Medical Association - Editorial Board Member
2. Pakistan Journal of Neurological Sciences – Section Editor, Neurorehabilitation
3. Military Medical Research- Editorial Board Member
4. Pakistan Journal of Physiology - Member Editorial Advisory Board
5. Turkish Journal of Physical Medicine and Rehabilitation -International Scientific Advisory Board

Workshops Conducted

I conducted and was the lead or co- facilitator of the 90 **workshops** on following topics which were held in five countries (Argentina, Malaysia, Dubai, Japan and Pakistan).

- Medical Writing Made Easy: a step by step guide
- Medical writing made easy and Basic SPSS
- How to write and Publish a Scientific Manuscript
- Understanding Scientific Misconduct and plagiarism in research and writing
- Publish or Perish: A Crash Course in Medical Writing for Rehabilitation Sciences
- Going Beyond Original research articles: exploring other forms of scientific writing
- How to create and deliver effective PowerPoint Presentations
- Research and writing in Pakistan: opportunities, challenges and solutions
- Introductory workshop on critical appraisal of articles
- Workshop on Rheumatologic Rehabilitation
- Identification, assessment, and management of Post Stroke Spasticity
- Evidence Based Medicine

I was able to train more than 2400 professionals including undergraduate medical and allied health care students, residents, faculty members, consultants, and professionals from allied health care disciplines.

In addition, I also conduct online workshops and training sessions on Zoom and from the platform of Virtual Medical Academy www.medicalacademy.org

PRESENTATIONS

I have delivered over 70 oral platform and 25 poster presentations at different national and international forums and conferences. I have been an invited plenary speaker and keynote speaker at several scientific events. Some of my keynote presentations are listed below

ORAL/PLATFORM PAPERS PRESENTED AT MEDICAL CONFERENCES

1. Spinal cord injury rehabilitation in 2005 earthquake: lessons learnt ----- [International conference on disaster management](#), Convention center, Islamabad 12-14 Jan 2007
2. Frequency of deep vein thrombosis in earthquake victims of spinal cord injury--[International conference on disaster management](#), Convention center, Islamabad 12-14 Jan 2007
3. Pattern of Traumatic Spinal Cord Injuries at Armed Forces Institute of Rehabilitation Medicine 2006 ----- [PIMS annual Symposium 2007- Meeting Health Challenges](#). 3-5 March 2007. Islamabad (awarded ***Ibn-e – Sina Silver medal*** in recognition of ***outstanding original research work***)
4. Bowel care practices in Chronic Spinal Cord injury patients. [2nd Annual neurology day for medical students and residents](#). Shifa College of Medicine and Shifa International Hospitals Ltd. H-8/4 Islamabad. 11th Oct 2007.
5. Traumatic spinal cord injuries in Pakistan – An epidemiological survey of 163 patients--- [PIMS annual Symposium 2008- Meeting Health Challenges](#). 16-18th Oct 2008. Islamabad.
6. Spinal cord injury management and rehabilitation in 2005 earthquake: Highlights and Short comings--- [5th Annual conference and Scientific Symposium](#). Bangladesh Association of PM&R 2008-. 15-16th Nov 2008. Dhaka, Bangladesh.
7. Traumatic spinal cord injuries in Pakistan – An epidemiological survey of 163 patients--- [5th Annual conference and Scientific Symposium](#). Bangladesh Association of PM&R 2008-. 15-16th Nov 2008. Dhaka, Bangladesh.
8. Spinal cord injury Rehabilitation after Natural Disaster: The Pakistan Earthquake Experience, [First World Congress on Medical Rehabilitation in Rural and Developing Regions](#), in Kayseri, Turkey, June 9-11 (**Invited speaker**)
9. Why community reintegration of disabled largely fails in Pakistan? ,[First World Congress on Medical Rehabilitation in Rural and Developing Regions](#), in Kayseri, Turkey, June 9-11

10. An overview of the disability and Rehabilitation Medicine in Pakistan, [5th World Congress of the ISPRM](#), Istanbul, Turkey, 13-17 June, 2009
11. Rehabilitation Perspectives in Multiple Sclerosis. My Life with MS, [World MS day Shifa College of Medicine and Shifa International Hospital](#). 27th May 2010.
12. Role of Medical Rehabilitation in Acute Disaster Response: An ISPRM discussion paper. [Symposium on Rehabilitation Disaster Relief. 6th World Congress of the ISPRM](#) , San Juan, Puerto Rico 12th -16th June 2011.
13. An overview of the Rehabilitation Medicine in Pakistan Armed Forces: The road covered so far and the journey ahead [117th Association of Military Surgeons of the United States](#) San Antonio, Texas (6th -9th Nov 2011)
14. Medical Rehabilitation after Natural Disasters: Why, When and How? *2nd IRF World Conference and 7th Annual conference of Bangladesh Association of PM&R 2012*. 2nd -4th Dec 2012. Dhaka, Bangladesh. **(Invited Plenary speaker)**
15. How adequate is the knowledge of Pakistani health care professionals (HCPs) about disability? A nationwide cross sectional survey of 381 HCPs. *2nd IRF World Conference and 7th Annual conference of Bangladesh Association of PM&R 2012*. 2nd -4th Dec 2012. Dhaka, Bangladesh.
16. A SWOT analysis of post graduate PMR education in Pakistan. [7th World Congress of the ISPRM](#), Beijing, China 16th -20th June 2013.
17. Management of spasticity in Cerebral Palsy. 1st Annual workshop on physical therapy of cerebral palsy. Dept. of Rehab Medicine, The Children hospital and institute of child health, Lahore. 31st Dec 2013. **(Invited speaker)**
18. Identification and management of Complications after major amputations. 1st International Conference on Neuro Rehabilitation and 3rd National Rehabilitation Conference. Isra University, Islamabad 31st Oct- 2nd Nov 2014 **(Invited speaker)**
19. How to setup a stroke Rehabilitation Service? 1st International Conference on Neuro Rehabilitation and 3rd National Rehabilitation Conference. Isra University, Islamabad 31st Oct- 2nd Nov 2014 **(Invited Plenary speaker)**
20. A SWOT analysis of post graduate PMR education in Pakistan. 4th Asia - Oceanian Conference of Physical and Rehabilitation Medicine. Bangkok, Thailand 10th -13th Dec 2014
21. Stroke Rehabilitation in Pakistan. 14th International Neurology Update & 7th National Stroke Conference. Agha Khan University, Karachi 19th -21st Dec 2014. **(Invited speaker)**
22. Acute Spinal cord injury Rehabilitation: The first three months. Basic Spine course. Spine Group. Pakistan Orthopedic association. Lahore 27th -28th Feb 2015. **(Invited speaker)**

23. Pitfalls in the comprehensive rehabilitation of cerebral palsy: some perspectives from Pakistan 1st international cerebral palsy conference, 20th – 21st March 2015, Lahore Pakistan. **(Invited speaker)**
24. The Case for Cancer Rehabilitation in Pakistan: What We Know and what we need to do? RehabCon 2015 10th -12th April 2015. **(Keynote speaker)**
25. An overview of assessment and management of spasticity. Novartis Spasticity Summit 2015. 22nd -24th May 2015 **(Invited speaker)**
26. Assessment and management of post stroke spasticity. Pakistan Society of Neurology and Novartis, Spasticity Summit Season 3. 22nd August 2015 **(Invited speaker)**
27. Latest trends in Stroke Rehabilitation. 2nd National NeuroRehabilitation Conference at IPMR, DUHS , Karachi (9th -10th Jan 2016) **(Invited speaker)**
28. Stroke Rehabilitation: Why, When and How? 11th National Medical Conference, Lahore 14-15th May, 2016 **(Invited Plenary speaker)**
29. Developing PM&R training and programs in Pakistan. 10th World Congress of International Society of Physical and Rehabilitation Medicine (ISPRM) , Kuala Lumpur, Malaysia 29th May-2nd June 2016.
30. Awareness of Final Year MBBS Students & House Officers about diagnosis & management of Stroke: a cross-sectional survey .10th World Congress of ISPRM, Kuala Lumpur, Malaysia 29th May-2nd June 2016.
31. Academic publishing in PRM: Why do we write? 10th World Congress of ISPRM, Kuala Lumpur, Malaysia 29th May-2nd June 2016.
32. Scientific misconduct and plagiarism in Pakistan: Reasons and remedies. 1st LUMHS National Conference on Quality Education (Q CON 17) at Liaquat University of Medical & Health Sciences, Jamshoro. **(Invited plenary speaker)**
33. How to achieve best functional potential post –stroke? MENA Physical Medicine and Rehabilitation Congress 2017, Dubai (2nd -4th Nov 2017) **(Invited Plenary speaker)**
34. Recent Updates in Parkinson’s disease rehabilitation. International Interdisciplinary health care conference, FUMC, Rawalpindi (2nd -4th Feb 2018) **(Keynote speaker)**
35. “Identification of barriers in reintegration of military amputees at their workplace: a cross sectional survey” at Zia Uddin University, International Conference 2018 on Rehabilitation, Clinical, Translational & Research Perspectives, Karachi, 22nd Feb 2018 **(Plenary speaker)**
36. Rehabilitation perspectives on predicting and achieving good outcome in stroke patients. 25th Annual Meeting of Pakistan Society of Neurology, PC Peshawar
37. The rising menace of Predatory Publishing in the 21st century. 3rd Surgeon General International Conference 2018, PC Rawalpindi
38. Overview of assessment and management of Spasticity. 18th Annual Neurology Updates Conference, Nov 2018, Quetta

WORKSHOPS COMPLETED

I have attended more than 50 training workshops on different topics like medical research , scientific writing, research and biomedical ethics, communication skills, biostatistics, systematic reviews, and medical education.

Practical skills

After an experience of 10 years in PM & R, I have a vast exposure and skills in the management of Spinal cord Injury, Stroke, Amputations, Neurological disabilities and Musculoskeletal ailments. I regularly do several following procedures.

- Nerve Conduction studies and Electromyography (NCS/EMG) procedures
- Intra-articular and Intarlesional injection procedures shoulder, Knee, wrist, CTS, Plantar fasciitis, Ankle
- Botulinum toxin and phenol motor Point blocks for spasticity management
- Pain management procedures (trigger points inj. tender points inj, nerve blocks)
- Cardiopulmonary Resuscitation (CPR), Urethral catheterization, IV line etc.

Teaching responsibilities and Current Job description

- At present, I am working at the department of Rehabilitation Medicine, PNS Shifa Hospital, Karachi as HOD and consultant. I give consultations in outdoor (weekly average 200- 230 patients), perform EMG/NCS, do injection procedures and attend indoor calls. Majority of the OPD patients present with musculoskeletal problems like back pain, various forms of arthritis and Fibromyalgia. Most paediatric patients have Cerebral palsy, while other have problems like congenital clubfoot and Neural tube defects. Most of the indoor patients are from orthopaedic, neurology and plastic surgery.
- I am in the faculty of the Bahria University Medical and Dental College as assistant professor in Rehabilitation Medicine. I deliver lectures and conduct bedside teaching and small group discussion with the under-graduate students. Focus is on musculoskeletal medicine, rheumatology, peripheral neurology, childhood and adult disabilities.
- Throughout my registrar ship at Armed Forces Institute of Rehabilitation Medicine, Rawalpindi, I remained actively involved in the training and teaching of

the Postgraduate residents of PM & R, Nursing Officers, Assistants, and Physiotherapists for Class I & II training under Armed Forces Post Graduate Medical Institute, Rawalpindi.

- After acquiring my Rehabilitation Medicine diploma (Jan 2007), I remained Officer In charge of Spinal Injuries Ward and I had regular lectures and clinical/teaching sessions of residents PM & R in my ward. I had experience of teaching/delivering Hands on training to general duty doctors and nursing staff in spinal injury rehabilitation after the devastating earthquake of Oct 2005 in Pakistan in which AFIRM had to supervise rehabilitation of more than 400 cases of acute spinal cord injury.
- I worked as the Secretary of the Weekly Journal club, AFIRM (March 2007-July 2010). My job was to arrange the articles, coordinate the club meeting and assigning responsibilities to the trainees for presentation.
- I was appointed as Officer in charge / Coordinator of the training and residency affairs in Jun 2009. I was responsible for coordinating the postgraduate training of doctors undergoing training for fellowship, students of Bachelors in Physiotherapy and trainees in sports medicine course. I made the monthly training program, coordinated the elective rotations, liaison with the supervisors and helped the residents in solving issues pertaining to their residency. I also prepared the question papers and arranged the six-monthly examinations for the post graduate residents. I have also performed the duties of examiner for Rehab residents and physiotherapy assistants during their annual examinations. I performed this duty until Aug 2010 when I was posted out to a new station.
- I am the National representative of Pakistan for International Society of Physical Medicine and Rehabilitation and Asia-Ocenian Society of Physical Medicine and Rehabilitation.
- I am executive board member and representative of the Low-Middle Income countries at the Cochrane Rehabilitation.

Computer and Internet Skills

- I have an excellent command of Microsoft office (Word and PowerPoint) and good command over Excel. I am fluent in the use of SPSS, which is my preferred program for data analysis.
- I am the administrator of "RehabPakistan", the only online Rehabilitation Forum for Pakistani Rehab physicians working in the country and abroad. The current membership stands at 70 including consultants and Residents in PM&R along with Prosthotist and Orthotists.
- I am the administrator of" SAARC- Rehab Forum", the only online Rehabilitation Forum for Rehab physicians working in the SAARC region (India, Pakistan, Bangladesh, Nepal and Srilanka). The current membership includes consultants and Residents in PM&R from four different countries of the region
- I am the co-administrator of the [Pakmedinet](#) largest medical portal of Pakistan

Academic and professional memberships

1. International Spinal Cord Society (UK)
2. American Academy of Physiatrists
3. International Association for Study of Pain
4. International Parkinson and Movement Disorder Society
5. International Society of Physical Medicine and Rehabilitation (*National Representative and Member of the Assembly of Delegates*)
6. Asia-Oceanian Society of Physical and Rehabilitation Medicine (*Member Executive council and country representative for Pakistan*)
7. The Association for the Study of Medical Education, UK
8. World Stroke Organization
9. Transverse Myelitis Association (Brantford, USA) *Coordinator of Pakistan Chapter of TMA*
10. Asian Spinal Cord Injury Network (*Key Resource person for Pakistan*)
11. Pakistan Association of Medical Editors (PAME) – Full member
12. Pakistan Society of Rheumatology (Pakistan)
13. Amcolians Alumni Association, Pakistan
14. Cochrane

Countries visited

Argentina, USA, Turkey, China, Malaysia, Japan, Thailand, Bangladesh, Saudi Arabia, Oman, UAE, Holland

Hobbies and Sports

Reading, writing, watching movies and travelling

REFERENCES

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