



DR. AYESHA KHAN

PHYSIOTHERAPIST (DHA CERTIFIED)

PROFESSIONAL • FOCUSED • COLLABORATIVE

EXECUTIVE PROFILE SUMMARY:

Experienced Physiotherapist with 2 years of expertise in delivering evidence-based therapeutic interventions to enhance patient mobility and recovery. Holds a Bachelor's Degree in Physiotherapy and licensure with DHA, with experience in the Pakistan healthcare sectors. Proficient in designing and implementing customized rehabilitation programs, performing manual therapy, and utilizing advanced therapeutic techniques. Skilled in addressing musculoskeletal, neurological, and sports-related conditions, with a strong focus on patient-centered care. Adept at maintaining accurate patient documentation, collaborating with multidisciplinary teams, and staying updated on advancements in physiotherapy practices.

addressing pain management and mobility issues
Enhanced patient outcomes through innovative treatment protocols and patient centered-care.

Physiotherapy Expertise in the Pakistan Healthcare & Medical Sector

Pain Rehab Physiotherapy and Rehabilitation center . FEB-2022 TO APR-2024

Key – responsibilities:

- Designs and implements tailored physiotherapy treatment plans to address complex musculoskeletal disorders, neurological conditions, and post-surgical rehabilitation needs.
- Performs comprehensive assessments and utilizes advanced diagnostic techniques to pinpoint patient impairments and initiate specialized therapeutic interventions for optimal pain management, enhanced mobility, and functional recovery.
- Collaborates proactively with physicians, occupational therapists, and nursing teams to deliver integrated and seamless patient care strategies.

THERAPEUTIC & REHABILITATION PRACTICE EXPERIENCE

Spinal Health Centre, Dubai Healthcare City. MAY 2025 - OCT 2025

Key - Responsibilities:

- Assessed, diagnosed, and treated patients with musculoskeletal and neurological conditions, with a specialized focus on spinal and joint health.
- Administered advanced physiotherapy techniques including **spinal traction** and **knee decompression therapy** to manage chronic pain, disc-related pathologies, and joint degeneration.
- Designed and implemented personalized rehabilitation programs combining manual therapy, therapeutic exercises, posture correction, and mechanical modalities.
- Interpreted and analyzed **radiology scans and medical imaging** (X-rays, MRI, CT scans) to support clinical diagnosis and guide treatment planning in coordination with radiologists and referring physicians.
- Collaborated with a multidisciplinary healthcare team including chiropractors, orthopedic surgeons, and pain management specialists to ensure holistic patient care.
- Educated patients on injury prevention, spinal ergonomics, and long-term wellness strategies tailored to individual lifestyles and occupational needs.

AIMS Healthcare LLC Dubai

OCT-2024 – MAR-2025

Key – responsibilities:

- Provided physiotherapy care to diverse patient population,


PHYSIOTHERAPY - SKILLS

- Assessment Planning
- Manual Therapy
- Exercise Prescription
- Electrotherapy Modalities
- Pain Management
- Effective Communication
- Patient Documentation
- Patient Education
- Leadership Skills
- Billing Procedures
- Practice Management
- Organizational Skills
- Problem - Solving
- Critical Thinking
- Teamwork Abilities

PERSONAL DETAILS:

- Date of Birth: 7h April,1998 • Gender: Female
- Marital Status: Single • Nationality: pakistan
- Visa Status: Employment

REACH ME

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THERAPY PRACTICE INTERNSHIP:

Intern 6 – Months

Khyber Teaching Hospital

- Key – responsibilities:
- General Medicine and General Surgery - 1 month
- Physiotherapy OPD - 1 month
- Community Medicine and Geriatric Rehabilitation - 1 month
- Orthopedics - 1 month

EDUCATIONAL – BACKGROUND:

BACHELORSIN PHYSIOTHERAPY (2022)

KHYBER MEDICAL UNIVERSITY

EXTRA SKILLS

- STRETCHING TECHNIQUES
- PNF TECHNIQUES
- SPORTS INJURY REHABILITATION
- MICROSOFT OFFICE, EXCEL

MEDICAL & HEALTHCARE LICENSES:

- DHA ELIGIBILITY LETTER LICENSE NO: 65238401
- DUBAI HEALTH AUTHORITY

LANGUAGES – SPOKEN:

- ENGLISH
- HINDI
- URDU

REFERENCE:

Available as per your request.