

DR. RIDA MUSTAFA, PT, PhD

Senior Physiotherapist | MSK Specialist|

Lecturer | DHA Licensed

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- ridamustafa0786@gmail.com
- Visa Status: Valid Spouse Visa expiry till 24-08-2027



PROFESSIONAL SUMMARY

DHA-licensed Physiotherapist with over 6 years of clinical and academic experience in musculoskeletal, orthopedic, and rehabilitation physiotherapy. Strong hands-on expertise in inpatient, outpatient, and ICU settings, including post-operative and neurological.sports rehabilitation.

PROFESSIONAL EXPERIENCE

Senior Physiotherapist / Orthopedic Manual Physical Therapist

Clinical Practice – South Korea(SNUHB) Hospital

Sep,2025 – Dec,2025 -Clinical Fellowship – MSK Rehabilitation Medicine

Seoul National University Bundang Hospital (South Korea)

Consultant Physiotherapist

Falah-e-Millat Hospital, Faisalabad

2019 – 2025 - Delivered comprehensive orthopedic and neurological physiotherapy services. Conducted clinical assessments and rehabilitation planning - Implemented pain management and electrotherapy modalities - Supervised junior therapists and interns

Clinical Supervisor Physiotherapy & Lecturer(Allied Health Sciences)

Superior University, Faisalabad

2022 – 2025 - Taught undergraduate Doctor of Physical Therapy (DPT) students - Program Leader (DPT), PBL Manager, and Department Club Advisor - Supervised clinical training and research projects - Member of editorial and academic development teams.

Clinical Physical Therapist

5th Avenue Body Wellness Clinic

2022 - Practiced dry needling and Hijama therapy for MSK pain conditions - Treated patients with chronic pain, posture-related disorders, and mobility limitations

Physio Fit Clinic

2019 – 2020 worked as a physical therapist in a well established clinic.

Allied Hospital Faisalabad 2019 two months internship in Physiotherapy department as a physiotherapist.

* 2018-2019 worked at **Independent University Hospital** marzi pura faisalabad as a junior interneer physiotherapy and also worked with orthopedic surgeons to collabe the post surgical rehab protocols.

* **Faisalabad institute of cardiology** 2018 worked as a interneer in ICU Rehabilitation in cardiac patients.

EDUCATION

PhD – Rehabilitation Sciences (*In Progress*)

Superior University, Lahore, SNUH South Korea

Master of Science (MS) – Orthopedic Manual Physical Therapy

Riphah International University, Lahore

CGPA: 3.90

Doctor of Physical Therapy (DPT)

University of Sargodha

First Division

CORE CLINICAL & TECHNICAL SKILLS

- Musculoskeletal (MSK) Rehabilitation
- Orthopedic Manual Physical Therapy (OMPT)
- Hijama (Cupping Therapy)
- Pain Management Techniques
- Manual Therapy & Mobilization
- Post-Operative Rehabilitation
- Neurological Rehabilitation (Stroke, Parkinson's, Facial Palsy)
- Sports Injury Rehabilitation
- Electrotherapy (TENS, IFT, Ultrasound)
- Therapeutic Exercise Prescription
- Patient Assessment & Differential Diagnosis
- Clinical Documentation & Reporting
- Teaching & Clinical Supervision

LICENSES & CERTIFICATIONS

DHA Licensed Physiotherapist – Dubai

- **HCPC UK** License Holder
- **AHPC** License Holder Pakistan

- Dry Needling Practitioner (**UK Prime Physio Certified**)
 - Kinesio Taping Practitioner (UK Prime Physio Certified)
 - **Hijama** (Cupping Therapy) Practitioner
 - SEP Certified Trainer(Pakistan)
 - Basic Life Support (BLS)
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RESEARCH & PUBLICATIONS (SELECTED)

- Multiple Scopus- and HEC-indexed publications in MSK, rehabilitation, and pain management
 - Research focus: MSK disorders, orthopedic rehabilitation, kinesio taping, wet needling, neurological rehabilitation
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CONFERENCES & PROFESSIONAL DEVELOPMENT

- **Korean Academy of Rehabilitation Medicine (KARM)** International Conference
 - International & National Physiotherapy Conferences (Pakistan & Korea)
 - Advanced Dry Needling & Kinesio Taping Workshops (Prime Physio UK)
 - Faculty Development & SEP Training Programs
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ACHIEVEMENTS

- Selected for **Funded International Fellowship** – Seoul National University Bundang Hospital
 - Distinction in MS (Orthopedic Manual Physical Therapy)
 - Best Clinical Skills Presenter – Conference Level
 - Established and managed own clinical practice for 6+ years
 - SEP Certified Trainer
 - Active Researcher
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LANGUAGES

- English – Fluent
- Urdu – Native
- Hindi – Native
- Punjabi – Native