

Nida Shaikh

Physical Therapist | Master's in Physiotherapy | DHA Registered

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Career Objective:

DHA-registered Physical Therapist with over 4 years of clinical experience in hospital and outpatient settings. Skilled in comprehensive patient assessment, goal setting, care planning, and delivery of evidence-based physiotherapy services in line with APTA standards. Experienced in musculoskeletal, neurological, cardiopulmonary, and post-operative rehabilitation, with a strong commitment to patient safety, quality improvement, and multidisciplinary collaboration.

Employment Information:

Employer:	Duties:
Sr Consultant Physiotherapist Firoz'ji Physiotherapy & Fitness Clinic - India Feb 2023 – Nov 2025	<ul style="list-style-type: none">○ Manage a broad spectrum of conditions including musculoskeletal, neurological, paediatric, geriatric, cardio-respiratory, sports-related cases and pre-post operative rehabilitation.○ Assessing, diagnosing, and treating patients with physical impairments. Creating a personalized rehabilitation plans to improve mobility, strength, and functionality. The role includes educating patients and families on exercises and preventive care.○ Key skills include clinical reasoning, communication, teamwork, and manual therapy. Attention to detail and accurate record-keeping are crucial. Physiotherapists collaborate closely with doctors and other healthcare professionals.○ Functional assessment and range of motion data, compile detailed clinical reports and adjust rehabilitation tasks to achieve optimal outcomes.○ Maintain continuous professional development and contribute to service improvement initiatives in physiotherapy and rehabilitation.○ Work collaboratively within a multidisciplinary team to deliver personalized care aimed at maximizing recovery, function, and patient well-being.
Senior Physiotherapist Institute of Kidney Diseases and Research Centre Civil hospital – India Nov 2020 – Jan 2023	<ul style="list-style-type: none">○ Conduct comprehensive physical assessments and functional evaluations to identify abnormalities and establish personalized rehabilitation plans.○ Design and implement evidence-based, person-centred programmes to restore function and meet the physical demands of specialized job roles.○ Advise patients and teams on rehabilitation strategies, graded return to activity, self-management resources, and expected recovery outcomes.○ Collaborate with multidisciplinary teams to expedite care, monitor progress, and address deviations or complications effectively.○ Performed pulmonary procedures including spirometry, 6-minute walk tests, and cardiopulmonary evaluations; assessed and interpreted test results to plan targeted interventions.○ Participated in quality improvement initiatives, interdisciplinary care meetings, and safety audits to enhance clinical effectiveness and patient care delivery to the pre/post-transplant patients.○ Collaborated with pulmonologists, cardiologists, intensivists, and nurses for integrated management of high-risk patients requiring complex cardiopulmonary rehabilitation.
INTERNSHIP Civil hospital, India Oct 2019 - Oct 2020	<ul style="list-style-type: none">○ As a Physiotherapist, I manage a wide range of conditions including, musculoskeletal conditions, neurological, paediatric, geriatric, and sports injuries, Pre-post operative rehabilitation.○ I deliver individualized, evidence-based treatment plans using a multidisciplinary approach. My practice incorporates advanced rehabilitation technologies such as gait analysis, balance and posture assessment systems, plantar pressure platforms, FES, moto met, and Virtual Reality-based therapy to enhance functional outcomes.

- This integration of clinical expertise with innovative tools ensures high-quality, patient-centered care across diverse populations.

Key Achievements:

- Managed high patient volumes efficiently while maintaining quality care, time management, and clinical accuracy in fast-paced hospital settings.
- Provided clinical guidance and support to junior physiotherapists, interns, and assistants during treatment sessions and assessments.
- Adherence to hospital policies, infection control protocols, patient safety standards, and equipment handling procedures.

Education Qualification:

- **Master's in Physiotherapy (Cardio-Respiratory)** **2020-2023**
[Gujarat University of Transplantation Sciences](#), India.
- **Bachelor of Physiotherapy** **2015 - 2020**
Gujarat University, India.

Skills and Training:

<p>Clinical Assessment:</p> <ul style="list-style-type: none"> • ROM, MMT, Pain Assessment (VAS/FLACC) • Orthopaedic Physiotherapy • Functional & Gait Assessment • Cardiopulmonary Assessment • Fall Risk Assessment <p>Therapeutic Interventions:</p> <ul style="list-style-type: none"> • Therapeutic & Aerobic Exercises • Electrotherapy (TENS, IFC, Ultrasound) • Gait Training & Neuromuscular Re-education 	<ul style="list-style-type: none"> • Pre- & Post-Operative Rehabilitation • Respiratory Physiotherapy • Pelvic Floor Training • Lymphatic Management <p>Professional Skills:</p> <ul style="list-style-type: none"> • SOAP Documentation • Patient & Family Education • Multidisciplinary Collaboration • Time Management & Prioritization • Infection Control & Patient Safety • Microsoft: PPT, MS Word, Excel Etc
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Research and Publications:

- Effect of Pre-operative Upper Extremity Exercise with Arm Tourniquet on Venous Dilatation for Arteriovenous Fistula in Haemodialysis Patients.

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Languages:

- English
- Hindi
- Gujarati
- Urdu