



NIDA N SHAIKH

DHA Registered | Physiotherapist (MPT)

 Dubai, UAE

 +971 54 214 4090

 drnida.e@gmail.com

DHA-Approved Physiotherapist with 4+ years of comprehensive clinical experience across cardiopulmonary rehabilitation, neuro-musculoskeletal therapy, and post-operative care. Proficient in delivering evidence-based, patient-centered physiotherapy services within hospital, ICU, and outpatient settings. Demonstrates advanced skills in manual therapy, respiratory therapy, functional assessments, and interdisciplinary collaboration. Adept at handling critical care rehabilitation, clinical evaluations, and goal-oriented treatment planning while ensuring compliance with healthcare protocols. Recognized for mentoring junior staff, improving patient engagement, and applying innovative recovery strategies that enhance outcomes.

SKILLS

Industry Skills

- Orthopedic rehabilitation
- Cardiopulmonary Rehabilitation
- ICU-Based Physiotherapy
- Post-Operative Recovery Programs
- Neuromuscular Re-education
- Pediatric rehabilitation
- Patient-Centered Care
- Multidisciplinary Team Coordination

Technical Skills

- Electrotherapy & Manual Therapy
- Functional Capacity Evaluation
- Diagnostic Physical Assessment
- Therapeutic Exercise Prescription
- Clinical Documentation & Progress Tracking

Professional Skills

- Communication & Patient Education
- Leadership & Team Supervision
- Time Management
- Clinical Decision-Making

Language Skills

- English
- Gujarati
- Hindi



EXPERIENCE

Firoz'ji Physiotherapy & Fitness Clinic

Ahmedabad

Consultant Physiotherapist

02/2023 – 03/2025

- Conducted comprehensive assessments and developed personalized rehabilitation plans for patients with orthopedic, neurological, and cardiopulmonary conditions, using functional outcome measures, diagnostic evaluations, and clinical reasoning.
- Administered diverse physiotherapeutic modalities including electrotherapy, myofascial release, and strength training to improve mobility, reduce pain, and restore function.
- Educated patients and caregivers on self-management strategies, home exercise protocols, postural alignment, and injury prevention, enhancing long-term recovery and adherence.
- Collaborated with referring physicians and specialists to align physiotherapy goals with overall medical care, ensuring integrated and multidisciplinary patient treatment.
- Supervised interns and junior physiotherapists in clinical decision-making, hands-on techniques, and patient documentation, fostering team competency and continuity of care.
- Delivered second opinions for complex rehabilitation cases, utilizing clinical judgment, updated evidence, and protocol-based treatment guidelines.
- Maintained clinical records, SOAP notes, and progress documentation in compliance with legal, ethical, and professional standards.
- Provided ergonomic consultations, workplace assessments, and lifestyle coaching to improve quality of life and prevent recurrence of injuries.
- Facilitated recovery using neuromuscular re-education, balance training, and cardiovascular endurance programs for diverse age groups.

IKDRC-ITS Civil Hospital, Asarwa, Medicity

Ahmedabad

Cardiopulmonary Therapist

11/2020 – 01/2023

- Conducted cardiopulmonary evaluations using spirometry, physical performance tests, and auscultation, enabling precise diagnosis and intervention for respiratory dysfunctions.
- Designed and executed ICU-based and post-operative physiotherapy protocols for patients undergoing cardiac surgeries, improving ventilation, circulation, and patient mobility.
- Managed critical care rehabilitation in COVID-19 wards, applying airway clearance techniques, oxygen therapy monitoring, and prone positioning protocols.
- Collaborated with pulmonologists, cardiologists, and ICU nurses to ensure synchronized care delivery across multiple departments for high-risk patients.

EDUCATION

- Master of Physiotherapy (Cardiopulmonary Physiotherapy) – IKDRC-ITS College of Physiotherapy, Ahmedabad, 2023
- Bachelor of Physiotherapy – Khyati College of Physiotherapy, Ahmedabad, 2020

CERTIFICATIONS

- DHA Eligibility
- Basic Life Support (BLS) – IKDRC-ITS (2021)
- Certificate of Appreciation – IAP Front-line COVID-19 Warrior
- Zumba and Aerobic Fitness Workshop – 2017
- Evidence-Based Pre & Post Natal Exercise Workshop – 2018

PUBLICATION

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

- Conducted pulmonary rehabilitation sessions including inspiratory muscle training, breathing re-education, and energy conservation strategies.
- Mentored interns in cardiopulmonary rehabilitation practices, safety protocols, and patient communication in critical environments.
- Delivered physiotherapy for patients with COPD, asthma, post-MI, and post-thoracotomy conditions, applying clinical evidence and hospital protocol standards.
- Maintained up-to-date treatment documentation and reported measurable patient outcomes to improve care tracking and accreditation compliance.
- Participated in interdisciplinary rounds, discharge planning, and care coordination meetings to support holistic patient management.



INTERNSHIP

Rotated through major departments including:

- Neurology & Neurosurgery | Cardio Thoracic & Surgery | Orthopedics & Trauma
- Emergency & ICU | Pediatrics | Obstetrics & Gynecology | Geriatrics
- Burns & Plastic Surgery | Medicine | Physiotherapy OPD + Electrotherapy
- Community-Based Rehab & Field Visits



CONFERENCE & WORKSHOPS

- Comprehensive Cardiac Rehabilitation, UNMICRC – Mar 2025
- Cardiopulmonary Exercise Workshop, TESCON-2020 – Dec 2021
- ABC of Scientific Writing, Govt. Physiotherapy College – Jul 2022
- Post Stroke Rehabilitation, Functional Recovery Roadmap – Jul 2020
- Physio Pain Update – Sep 2019
- 12th Guj. State Conphyics – Oct 2018
- 10th Guj. State Conphyics – Oct 2016