

Nida Shaikh

Master's in Physiotherapy – (DHA Eligibility)



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Dubai, UAE.



Career Objective:

As a physiotherapist, I aim to actively support the organisation by providing high-quality, evidence-based care that enhances patient outcomes and the institution's professional standards. I am committed to delivering personalised treatment that empowers patients, encourages recovery, and improves their overall quality of life.

My vision is to create a positive healing environment built on trust, empathy, and clinical expertise. Additionally, I strive for continuous personal and professional growth by staying updated with the latest advancements in physiotherapy, refining my skills, and embracing ongoing education to ensure I consistently deliver the best possible care.

Employment Information:

Employer:	Duties:
Firoz'ji Physiotherapy & Fitness Clinic - India Consultant Physiotherapist Feb 2023 – Aug 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.
Institute of Kidney Diseases and Research Center; Civil hospital – India Senior Physiotherapist 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 2019-2020

- 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:

- **Patient Outcome Enhancement:** Improved by 85% through personalised treatment plan.
- **Administrative Process Optimisation:** Increased clinical efficiency by 60%.
- **Reduced Recovery Time:** Reduced therapy sessions by 20%.

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:

Manual Therapy Soft Tissue Mobilization Pre- And Post-Operative Rehabilitation Functional Electrical Stimulation Aerobic Training Pelvic Floor Training Sports Injuries Management Multi-Disciplinary Team Post-Surgical Physiotherapy	Exercise And Sports Medicine Orthopaedic Physiotherapy Manipulation Functional Assessment Time-Management Communication <i>Neuromuscular Re-Education</i> SOAP Documentations 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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Known Languages:

- **English:** Proficient
- **Hindi:** Native
- **Gujarati:** Native