



Huma Mehwish

PASSIONATE, DIVERSE, JOLLY, ADVENTUROUS, CURIOUS SOUL

📍 London, UK

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Links

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Languages

Urdu (Native)

English (Fluent)

About

Constantly thriving practicing physiotherapist aiming to create innovative, effective and PT friendly therapy techniques to revolutionized the conservative rehabilitation. Putting sincere effort towards the welfare and betterment of especially abled persons, setting the ground basics for a positive social change. Seeking a challenging opportunity in a reasonable organization to utilize my potential and contribute towards my professional growth.

BRANDS WORKED WITH

Bahria International Hospital

Link Medical Center/Lahore

Experience

● Fitness Coach

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Strength and Conditioning Development/ Gym Set up Achievements/Tasks

- Planning and organizing physiotherapy and fitness programs
- Conducting complex mobilization and exercising techniques.
- Determining exercise needs for individuals
- Identify the clients' fitness level and health
- Handle nutrition and health-related questions

● Physiotherapist

Link Medical Center/Lahore | Jan 2019 - Mar 2022

Achievements/Tasks

- Evaluation and management of patients with musculoskeletal and orthopedic conditions
- Re-evaluation of administered plan of care and progress assessment
- Perinatal and postnatal, postural, positional education and administering plan of care
- Gynecological conditions rehabilitation
- Stroke and neural rehabilitation
- Management of musculoskeletal, orthopedic and arthritic conditions
- Interpersonal communication

● Physiotherapist

Bahria International Hospital | Jan 2019 - Jul 2019

Achievements/Tasks

- CCU patient's management and rehabilitation
- ICU patient's management and rehabilitation
- Indoor and outdoor pt. rehabilitation