



Dr Muhammad Adnan PT

DPT (KMU), MS OMPT (RIU), MPH (AWKUM), MD Alt Med (UK)

Certified Chiropractor Therapist (UK)

Certified Kinesiotaping Therapist (UK)

Certified Dry Needling Therapist (UK)

Certified MSK Sono-Therapist (Pak)

Certified Weight Management Expert (Pak)

Certified Neuro Rehab Practitioner (UK)

Personal Information

Dr. Muhammad Adnan PT

S/o: Nizar Muhammad

*Address: Village & P/O Shahgai Thana
Warsak Road, Tehsil & District
Peshawar, KPK, Pakistan.*

Cell No: 0301-5821445
0302-8812344
(US Number) +15166768902

NIC No: 17301-2351404-9

D. O. B: 08-March-1993.

Marital status: Married

Domicile: KPK, Peshawar

Country Pakistan

Email:
adnan.kmu.445@gmail.com

Personal Website:
<https://dradnanphysio.com/>

LANGUAGE PROFICIENCY:

- English
Speaking/Writing/Reading
- Urdu
Speaking/Writing/Reading
- Pashto
Speaking/Writing/Reading

OBJECTIVES

To achieve the challenging position of physical therapist where I can best utilize my expertise in the healthy environment, where I shall work hard and prove my eligibility as a Physical Therapist in a prestigious organization.

My goals are to improve my clinical, academic & research experience and add to the benefit of not only the patients but to our community as a physical therapist.

EDUCATION

| DEGREE | GRADE / GPA | PASSIN G YEAR | BOARD/ UNIVERSITY/ INSTITUTE |
|---|-------------|---------------|--|
| MD Alternative Medicine | 91.7% | 2023 | International Institute for Complementary Therapies (British Council-UK) |
| Master of Science in Public Health (MPH) | 3.39cgp | 2022 | Abdul Wali Khan University, Mardan |
| MS Orthopedic Manual Physical Therapy (MS-OMPT) | 3.39cgp | 2018 | Riphah International University Islamabad, Pakistan |
| Doctor of Physical therapy (DPT) | 3.64cgpa | 2016 | Institute of Physical Medicine & Rehabilitation –Khyber Medical University, Peshawar |
| Intermediate (Science) | 79.8% | 2010 | Board of intermediate and secondary education (BISE) Peshawar |
| Matriculation (Science) | 81% | 2008 | Board of intermediate and secondary education (BISE) Peshawar |

DIPLOMA AND CERTIFIED COURSES

| COURSE NAME | YEAR | ORGANISATION/ COUNTRY |
|---|------|--------------------------|
| Certification Course on MSK Diagnostic Ultrasound | 2020 | Pak |
| International Certification Course on Chiropractor Techniques | 2022 | UK |
| Certification Course on Weight Management and Diet Planning | 2022 | Pak |
| Certification Course on BLS and First Aid | 2023 | Pak |
| International Certification on Neurological Rehabilitation Practitioner | 2023 | UK |
| International Diploma Certificate on Dry Needling Therapy | 2023 | UK |
| International Certification Course on Kinesiotaping Therapy | 2024 | UK |
| International Certificate on BLS/CPR/First Aid (AHA Accredited) | 2025 | US |

PROFESSIONAL EXPERIENCES

| ORGANISATION | DESIGNATION | FROM | TO | DURATION | REMARKS |
|--|--|----------------|-------------------|------------------------|----------|
| Therapy of New York, USA (America licenced Therapist) | Physiotherapist | May 2025 | To Till date | 6 months | Fulltime |
| City University- Department of Health Sciences | Director Physiotherapy & Rehabilitation | October 2023 | 20 May 2025 | 1Year 7 months | Morning |
| Abkar Medical Center & Hospital | Head of Physiotherapy Department | October 2023 | 20 May 2025 | 1 Year 7 months | Evening |
| Government - Khyber Teaching Hospital | Head/In-charge of Physiotherapy Department | April 2019 | October 2023 | 4 years & 6 months | Morning |
| IBP-Khyber Teaching Hospital | Physiotherapist | December 2021 | October 2023 | 1 year & 10 months | Evening |
| MMC General Hospital | Head of Department/ Chief Physical therapist | September 2016 | September 2021 | 5 years | Evening |
| Department of Health Sciences, City University | Coordinator / lecturer | August 2017 | 1 April 2019 | 1 year and 7 months | Morning |
| NCS University System, Khyber Medical University | Clinical Instructor/ Lecturer | March 2017 | August 2017 | 6 months | Morning |
| Institute of Physical Medicine and Rehabilitation, Khyber Medical University | Teaching Assistant/ Clinical instructor | September 2016 | march 2017 | 6 months | Morning |

| | | | | | |
|---------------------------------|--|------------|-------------------|----------|---------|
| Rahman Medical Institute RMI | House job/ Internee Physiotherapist | March 2016 | September 2016 | 6 months | Morning |
|---------------------------------|--|------------|-------------------|----------|---------|

WORKSHOPS, TRAININGS AND CERTIFICATES ATTENDED

| NAME OF WORKSHOP AND CERTIFICATE |
|--|
| Workshop on tapping techniques for Neuro-Musculoskeletal conditions |
| Workshop on the assessment and management of Knee conditions |
| Workshop on Maitland mobilization for different musculoskeletal conditions |
| Workshop on management and leadership |
| Workshop on Management of club foot through Ponesti method |
| Workshop on infection control |

RESEARCH PUBLICATIONS

| No | RESEARCH / PROJECT NAME | YEAR | JOURNAL NAME |
|----|--|------|--|
| 1 | Effectiveness of Bent Leg Raise technique on radiating low back pain' https://icetems.com/3rdicetems/files/Abstract%20Book%20(ICETEMS-2018)%20Latest%20Updated.pdf | 2019 | ICETEMS -3 rd (Ref No. ICETEMS-18-279) |
| 2 | Effectiveness of TENS vs Interferential Current in non-specific chronic Low Back Pain patients https://jmedsci.com/index.php/Jmedsci/article/view/1103 | 2021 | Journal of Medical Sciences |
| 3 | Effectiveness of Bent Leg Raise Technique and Neurodynamics in patients with radiating low back pain http://pjms.org.pk/index.php/pjms/article/view/4010 | 2021 | Pakistan Journal of Medical Sciences (Impact factor journal) |
| 4 | Effects of neurodynamics on spasticity in upper extremity of stroke patients https://pakistanbmj.com/journal/index.php/pbmj/article/view/443 | 2022 | Pakistan Biomedical Journal |
| 5 | Frequency of Piriformis syndrome in patients with post decompression lumber surgeries https://www.annalsofrscb.ro/index.php/journal/article/view/11213 | 2022 | Annals of Romanian Society for Cell biology (international) |

| | | | |
|----|--|------|---|
| 6 | Effectiveness of physical activity in Geriatric population to decrease the risk of fall (A Randomized controlled trail) https://pjmhsonline.com/index.php/pjmhs/article/view/3818 | 2022 | Pakistan journal of medical and health sciences (impact factor journal) |
| 7 | Influence of Physical Activity on Quality of Life among Adults with Spinal Cord Injury: A systematic review https://remittancesreview.com/article-detail/?id=1576 | 2022 | Remittances Review |
| 8 | Comparison of dynamic balance between flat feet and normal athletes https://journals.iub.edu.pk/index.php/ijnms/article/view/1240/595 | 2023 | International journal of natural medicine and health sciences |
| 9 | Techniques Used for Chest Physiotherapy for Stroke Patients Admitted in Neurology Departments of Tertiary Care Hospitals of Khyber Pakhtunkhwa: A Cross Sectional Survey https://makhillpublications.co/view-article/1815-9346/10.36478-makrjms.2023.12.546.549 | 2023 | Research Journal of Medical Sciences |
| 10 | Prevalence of burn patients admitted at khyber teaching hospital peshawar, pakistan https://neuroquantology.com/media/article_pdfs/15911_Neuroquantology_07-55-17.pdf | 2023 | Journal of Neuroquantology |
| 11 | Comparison of Mulligan Mobilization with Movement and Progressive Strengthening Exercises in Patient with Lateral Epicondylitis https://jhrlmc.com/index.php/home/article/view/1168 | 2024 | Journal of Health and Rehabilitation Research |
| 12 | Frequencies of sport-specific injuries in peshawar's sports complex https://rjhs.pk/index.php/rehman-journal-of-health-science/article/view/324 | 2024 | Rehman Journal of Health Sciences |
| 13 | Evaluation of Cervical Proprioception and its Association with Disability in Neck Pain: A Cross Sectional Study https://induspublishers.com/IJBR/article/view/1424 | 2025 | Indus Journal of Bioscience Research (IJBR) |
| 14 | Benign paroxysmal positional vertigo: assessing the efficacy of the semont liberatory maneuver in acute cases https://medicallscicencereview.com/index.php/Journal/article/view/2043 | 2025 | The Research of Medical Science Review |
| 15 | The effectiveness of sitting-rocker board balance training in stroke patients: A pilot study https://medicallscicencereview.com/index.php/Journal/article/view/2207 | 2025 | The Research of Medical Science Review |
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PERSONAL SKILLS

- ✓ Excellent organizational and Interpersonal skills.
- ✓ Excellent ability to communicate effectively, both orally and in writing.
- ✓ Excellent communication, negotiation and reporting skills in English.

- ✓ Strong ability to effectively communicate medical information, test results,
- ✓ Diagnose & propose treatment in a manner easily understood by the client.
- ✓ Ability to work in team setting, taking initiatives and performing multiple tasks.
- ✓ Self-motivated and able to work with limited supervision, as well as being able to work as part of a team in a multicultural environment.
- ✓ Excellent knowledge of the operation and maintenance of related therapy facilities and equipment.
- ✓ Willing to travel to the field for monitoring and evaluation trips.
- ✓ Willing to work long hours & days.
- ✓ Excellent presentation skills in conveying lectures.

PROFESSIONAL SKILLS

- ✓ Administer appropriate physical agents given physician's protocols, patient's medical histories and therapist's knowledge of indications and contra-indications including electrotherapy, sound energy, heat & cold therapy and hydrotherapy.
- ✓ Perform manual therapy techniques, including soft tissue mobilization, extremity and spinal joint mobilization, exercise therapy and myofascial release.
- ✓ Perform therapeutic exercises, with and without equipment
- ✓ Transfer skills training of the patients with Spinal Cord Injuries
- ✓ Utilizing appropriate methods and materials for effective learning, monitoring response to education and adapting program appropriately.
- ✓ Perform therapeutic exercises, with and without equipment
- ✓ Perform Physical Therapy to the patients with Spinal Cord Injuries and Head Injuries.
- ✓ Rehabilitation of the patients with Spinal Cord Injuries like bed mobility exercise, Mat activities, Management and prevention of the bed sores.
- ✓ Transfer skills training of the patients with Spinal Cord Injuries
- ✓ Wheel chair maneuvering skills the patients with Spinal Cord Injuries
- ✓ Worked cooperatively with peers to contribute to the overall productivity of the team.
- ✓ Performed all required data collection for the department accurately and within expected time frame.

COMPUTER AND IT SKILLS

I am well versed with computer and I have work experience in the following software packages:

- Searching articles in different databases and using different search engines
- Endnote and SPSS software in research
- Urdu writing skills
- Typing speed 35 wpm
- Microsoft Office
- Online consultation of patients
- Designing exercises plan for patients
- Website and Graphic designing skills

EXTRA ORDINARY SKILLS/ACTIVITIES

- ✓ Top ranked physical therapist at Oladoc website online platform for consultation with **more than 1900 satisfied patients** review with **100 percent satisfaction rate**.

<https://oladoc.com/pakistan/peshawar/dr/physiotherapist/muhammad-adnan-physiotherapist/15803>

- ✓ **Founder of Physio Exe** software to prepare and print desirable exercises plan for patients
- ✓ **International Instructor By MedicPro International Academy United Kingdom**
<https://medicprointernationalacademy.co.uk/faculty/>
- ✓ Delivering **Workshops** at different universities to **Train Students and Faculty** of Physical therapy department
- ✓ **CEO at Dr Khan Therapy** www.drkhantherapy.com
- ✓ **Reviewer** of Articles of **JMS**
- ✓ **Reviewer** of Articles of **RJHS**
- ✓ External thesis **reviewer of MS** students of **KMU**
- ✓ Owner of **Shifa health care center Peshawar**
- ✓ Establishment of **Physiotherapy Department at AMC**
- ✓ Establishment of **Physiotherapy Department at MMC General Hospital**
- ✓ Providing extensive **Physical therapy and Rehabilitation services** on site and online **website**. www.dradnanphysio.com

REFERENCES

Dr Muhammad Bin Afsar Jan PT
Dean Health Sciences
HoD Physical therapy department
Rehman Medical Institute, Peshawar
Contact number: 03339118440

Dr Haider Darain PT
Dean/Professor Allied Health Sciences
Principal Physical therapy department IPMR
Khyber Medical University
Contact number: 03419990915