



# Dr. Maha Anjum

Al Asha Street, near Salam Park, Riyadh, Saudi Arabia

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## Objective

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Dedicated and skilled Physical Therapist with a 5 years of comprehensive education in physiotherapy and 1 year of practical clinical experience. Successfully assessed, treated, and rehabilitated over 100+ patients during practical rotations, focusing on pain management, post-surgical rehabilitation, and therapeutic exercise programs. Contributed to recovery of musculoskeletal, gynecological, neurological, orthopedic, and pediatric patients through evidence-based interventions. Seeking to advance my career in a reputed healthcare setting.

## Experience

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- Professional Development** 2025 - 2026  
Physical Therapist  
1- Engaged in continuous clinical skill enhancement and self-directed learning  
2- Practiced and refined advanced techniques including dry needling, cupping therapy, and taping  
3- Reviewed evidence-based physiotherapy protocols and case studies  
4- Strengthened clinical reasoning, patient assessment, and treatment planning skills
- Independent Learning Center, Riyadh, Saudi Arabia** 2024 - 2025  
Physical Therapist  
1- Worked with pediatric patients with autism, ADHD, cerebral palsy, hemiplegia and other developmental disorders.  
2- Designed and implemented individualized therapy plans.  
3- Focused on motor skill development, sensory integration and functional independence.  
4- Collaborated with multidisciplinary team to ensure holistic care.
- Hameed Latif Hospital, Lahore, Pakistan** 2023 - 2024  
Intern Physical Therapist  
1- Provided physiotherapy care to OPD, post-operative, gynecology, pediatric and geriatric patients.  
2- Applied manual therapy and electrotherapy techniques for pain management and mobility improvement.  
3- Developed and implemented therapeutic exercise programs.  
4- Performed chest physiotherapy and spirometry for respiratory care.  
5- Collaborated with a multidisciplinary team and educated patients on home care and long-term health strategies.

## Education

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- The Superior University Lahore** 2019-2024  
Doctor of Physical Therapy  
3.69 CGPA
- Government Post-Graduate College, Sheikhpura** 2017-2019  
Intermediate (Pre-medical)  
79.5%
- Pakistan International School, Riyadh** 2016-2017  
Matriculation  
80.6%

## Skills

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- Comprehensive patient assessment & functional evaluation
- Differential diagnosis of musculoskeletal & neurological conditions

- Radiographs (X-ray) interpretation
- Manual Therapy (Joint mobilization)
- Dry needling & electro-needling
- Cupping therapy (Hijama)
- Kinesio taping
- Therapeutic exercise prescription
- Pain management & patient education
- Post-surgical rehabilitation
- Scar mobilization
- Soft tissue massage techniques
- Electrotherapy
- Intramuscular injections
- Documentation and Reporting

## Projects

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- **Skull Cape**  
Designed and created a skull cape (a helmet with airbags) to prevent cervical injuries

## Languages

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- English
- Urdu
- Arabic

## Additional Information

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- Based in Riyadh on resident visa, available for immediate joining

## License

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- Valid Pakistan Driving License
- International Driving Permit - Valid

## Volunteering Experience

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- Free Medical & Physical Therapy Camps, Government schools | Lahore
- Golden Hour Camp, Bint-e-Fatima Old Home | Organized and led a free medical and physical therapy camp for geriatric population | Lahore

## Certifications

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- Advanced Physiotherapy Techniques Certification - Misbah Noor Medical Complex & Orthoflex Rehabilitation Society (2026)
- Arabic Language Certification - Gulf Arabic World (2025)
- RASCON 2nd International Conference – 10.5 CME Hours (2024)
- Innovation & Technology in Neuro-Rehabilitation (2023)
- RASCON 1st International Conference – 10.5 CME Hours (2022)
- Youth Capacity Building Program – The Superior University Lahore (2022)

## Research

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- Cross-Cultural Validity and Reliability of Brunnsviksen Brief Quality of Life Scale (BBQ) among Geriatric Workers with Non-Specific Low Back Pain in Urdu Language