



Full Name: Dr. Mazhar Ali

Position/ Designation: Associate Professor

Faculty/Department: Rehabilitation & Health Sciences

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Short Introduction

Dr. Mazhar Ali has dedicated seventeen years of his career to the field of Physical Therapy. Presently, he holds the position of Associate Professor in the Department of Rehabilitation & Health Sciences. He is an active member of the Pakistan Physical Therapy Association (PPTA) and has served as a supervisor for postgraduate studies at Lincoln University Malaysia. Additionally, he is a Licensed Physiotherapy Specialist with the Saudi Council. Dr. Mazhar has gained valuable experience working as a Physiotherapist at esteemed institutions such as Aga Khan University Hospital, Shifa International Hospital, and National Medical Center.

Experience

Associate Professor at Nazeer Hussain University
From September, 2022 till date

Assistant Professor at Hayat Institute of Rehabilitation Medicine
(July 2016- September 2018 full time & 2018 to July 2019 visiting and online)

In-charge (HOD) physiotherapy department at Government of Sindh Pakistan
August 2011 to 2016

Physiotherapist
Aga Khan University Hospital (550 beds J.C.I.A and I.S.O Certified Hospital)
Feb 2008 to July 2009 (full time) & Feb 2011 to Oct 2011(Part time)

Shifa International Hospital (550 beds I.S.O Certified Hospital)
Physiotherapist & Coordinator home health services (administration)
August 2009 to Jan 2011

National Medical Center
April 2007 to Feb 2008



Educational Information

- Ph.D. (Physiotherapy) from Tehran University of Medical Sciences 2021
- DPT (Doctor of Physiotherapy) from University of Karachi 2015
- MSc (Neuro- Musculoskeletal disorder) from University of Karachi 2014
- B.S (Physiotherapy) from University of Karachi 2006

Achievements, Research/Publications

Achievements & Certifications:

- Diploma in IATSM (ERAGON) manual therapy (GREECE)
- Certified Manual therapist (Australia)
- Research writing internship 3 months.
- Work shop on Starching exercise
- Orthopedic Rehabilitation
- International Speaker in Research conference at TUMS Iran
- Cervical joint mobilization
- Workshop on vestibular Rehabilitation
- Seminar on Stoke and its physiotherapy management
- Computer M.S Office
- M.S Excel
- NCS/EMG/Force Plate Courses
- Research Activities
- Neuro-Muscular, Skeletal Assessment and Treatment
- Orthopedics Rehabilitation
- Manual Therapies
- Sound knowledge of Electronic and mechanical equipment
- Neuro Rehabilitation
- Cardio Respiratory therapy
- Expertise in Business Development and Management with Interpersonal Skills

Publications:

- ✓ Awareness and attitude of Gynecologists/obstetricians regarding the role of Physiotherapy in the management of uterine prolapse 2023
Dr M. Sarfraz, Dr Azadeh Shadmehr, Dr Amna yaseen, Dr Yasmeen raza, Dr Mazhar Ali Bhutto, Javeria Ahmed, Dr Abida Nadeem
Journal of Xi'an Shiyu University, Natural Science Edition 19(05), 399-407
- ✓ Comparison of Short-Term Effects of High-Intensity Interval Training vs Moderate Intensity Continuous Training on Anthropometric Characteristics of Overweight Young Women 2022
M Sarfraz, A Shadmehr, E Naz, M Ali, A Rahim



Pakistan Journal of Medical & Health Sciences 16 (08), 729-729

- ✓ A Prospective Observational Study Combination of Proton Pump Inhibitors with Prokinetics in Gerd Authors ✓ 2022
PJMHS 16 (9), 427_429
- ✓ Effect Of Manual Cervical Traction and Inter-Vertebral Foramen Opening and Combination of Both Techniques in Patients with Cervical Radiculopathy: Randomized Control Trial ... ✓ 2022
MA Bhutto, MF Nasir, A Imran, AG Memon, FA Latif, I Salahuddin, ...
Pakistan BioMedical Journal, 313-316
- ✓ Effectiveness of Dietary Supplementation in women with PCOS: A randomized-controlled trial: Effectiveness of Dietary Supplementation in women with PCOS 2022
HG Khattak, MA Bhutto, MK Bugti, H Anjum, M Fatima, HS Ayesha, ...
Pakistan BioMedical Journal, 155-158
- ✓ Effects of Neurodynamics on Spasticity in Upper Extremity of Stroke Patients ✓ 2022
MASJ Nafeesa Zamurd , Mirza Obaid Baig, Aamir Gul Memon ,
Muhammad Khan ...
PAKISTAN BIOMEDICAL JOURNAL 5 (5), 257-261
- ✓ Prevalence of Piriformis Muscle Tightness among Undergraduate Medical Students ✓ 2022
A Muhammad, MR Rana, T Amin, C Angela, FA Pereira, MA Bhutto
Pakistan Journal of Medical & Health Sciences 16 (02), 964-964
- ✓ Nonalcoholic Fatty Liver Diseases in Newly Analyzed Diabetes Mellitus Patients with Risk Factors ✓ 2022
AM AYZAZ ISMAIL¹, JAHANGIR ANJUM²,HAMMAD UR REHMAN
BHATTI³, MAZHAR ALI ...
P J M H S 16 (april), 570-572
- ✓ Progression of Venous Disease is Associated with Biomechanical and Morphological Changes in the Calf Muscle Pump ✓ 2022
AS ALI BARZEGAR¹, NOUREDDIN KARIMI², LEILA RAHNAMA³,
MAZHAR ALI BHUTTO⁴ ...
P J M H S 16 (No.01), 812-816
- ✓ Assessment of Physical Disability Using Barthel Index Scale Among Elderly of Rural Area ✓ 2021
A Fatima, F Sharif, K Hanif, MA Bhutto, KA Sultan, MI Javaid
Pakistan Journal of Physical Therapy (PJPT), 04-09
- ✓ Test-Retest Reliability of Digital Photography in Measuring Quadriceps-Angle and Pelvic Tilt Angle in Healthy Population
MALI BHUTTO, A SHADMEHR, MR HADIAN, S TALEBIAN, ZEBJ RANA, ...
- ✓ Influence of Overweight and Obesity on Pelvic Tilt, Q-Angle and Foot Posture in Both Genders
MALI BHUTTO, A SHADMAHER, MR HADIAN, S TALEBIAN, SA ASAD
- ✓ Knowledge Regarding Complications of Diabetes Mellitus Among Diabetic People
A MASOOD, S REHMAN, I JOHER, MALI BHUTTO



Heart disease 94, 48.9

- | | | | | | |
|---|---|---|---|---|------|
| ✓ | Prevalence of Neck Pain in Relation to Gender, Posture and ergonomics in computer users | ✓ | 5 | ✓ | 2019 |
| | MA Bhutto, A Abdullah, SA Arslan, MS Khan, MK Bugti, ZJ Rana
Acta Scientific Orthopaedics (ISSN: 2581-8635) 2 (10) | | | | |
| ✓ | Comparing the Frequency of Self-Medication Among Physical Therapy Students of Major Private Colleges of Karachi, Pakistan | ✓ | 1 | ✓ | 2019 |
| | S Sumble, MA Bhutto, MS Khan, H Sumble, ARS Muhammad, A Abdullah
Journal of Modern Rehabilitation 13 (3), 147-152 | | | | |