



Full Name: Dr. Shahab Uddin, PT

Position/ Designation: Assistant Professor

Faculty/Department: Rehabilitation & Health Sciences

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Short Introduction

Dr. Shahab Uddin (PT) is a highly experienced Physical Therapist with a career spanning over sixteen years. Currently serving as an Assistant Professor in the Department of Rehabilitation & Health Sciences, he has made significant contributions to the field. With numerous research publications and supervision of undergraduate research projects, Dr. Shahab Uddin has established himself as a dedicated professional in the area of Rehabilitation & Health Sciences.

Experience

**Assistant Professor,
Department of Rehabilitation & Health Sciences
Nazeer Hussain University:**

Dr. Shahab Uddin serves as an assistant professor in the Department of Rehabilitation & Health Sciences. As an assistant professor, he is responsible for teaching courses related to physical therapy and rehabilitation.

**Principal & Assistant Professor,
Hayat Institute of Rehabilitation Medicine.**

Dr. Shahab Uddin has worked as an assistant professor and also held the position of Principal at Hayat Institute of Rehabilitation Medicine. As an assistant professor, he contributed to the academic activities of the institute, including teaching, research, and mentoring students. As the Principal, he likely had administrative responsibilities such as managing the institute's operations,



supervising faculty and staff, and ensuring the quality of education and services provided.

Senior Lecturer

United College of Physical Therapy:

During his career, Dr. Shahab Uddin served as a senior lecturer at the United Medical & Dental College. As a senior lecturer, he likely taught courses in physical therapy or related fields, conducted research, and provided guidance to students. Senior lecturers often have more experience and expertise than regular lecturers and may have additional responsibilities in curriculum development or academic administration.

Manager Physical Therapy Department

Institute of Physical Therapy & Rehabilitation

Liaquat University of Medical & Health Sciences:

Dr. Shahab Uddin has gained administrative experience at Liaquat University of Medical & Health Sciences. Administrative experience generally involves holding a managerial or leadership position within an educational institution. It could include roles such as department chair, program director, or coordinator, where the individual is responsible for overseeing the operations, policies, and strategic direction of the department or program.

Clinical Physical Therapist

(16 years of experience):

Dr. Shahab Uddin has worked as a clinical physiotherapist for over sixteen years. As a clinical physiotherapist, he has been actively involved in providing direct patient care, evaluating and diagnosing musculoskeletal conditions, designing and implementing treatment plans, and monitoring patient progress. This extensive experience indicates his hands-on expertise in the field of physical therapy and his ability to apply theoretical knowledge to practical patient care settings.

These various roles and experiences highlight Dr. Shahab Uddin's comprehensive background in academia, administration, and clinical practice,



making him a well-rounded and accomplished professional in the field of physical therapy and rehabilitation.

Educational Information

Bachelors in Physical Therapy (BS.PT) - 2006:

Dr. Shahab Uddin completed his undergraduate education in Physical Therapy in 2006, earning a Bachelor's degree (BS.PT). This program provided him with the foundational knowledge and skills in the field of physical therapy. During his undergraduate studies, he would have taken courses related to anatomy, physiology, kinesiology, therapeutic exercise, pathology, and other subjects pertinent to physical therapy practice.

Post Professional Doctor of Physical Therapy (Equivalent to MPhil) - 2014:

After completing his Bachelor's degree, Dr. Shahab Uddin pursued further academic advancement by undertaking a Post Professional Doctor of Physical Therapy program. This program is often equivalent to a Master of Philosophy (MPhil) degree, which is a research-oriented degree. It indicates that Dr. Shahab Uddin engaged in advanced studies and research in a specialized area of physical therapy. The program would have focused on expanding his knowledge, research skills, critical thinking abilities, and expertise in a particular area of interest within the field.



Certified Health Profession Education (CHPE) - 2023:

The Certified Health Profession Education (CHPE) is a certification program that focuses on developing teaching and educational skills specific to health professions. Dr. Shahab Uddin completed this certification in 2023, which suggests his commitment to enhancing his teaching abilities and staying updated with current practices in health profession education. This certification may have covered topics such as instructional design, curriculum development, assessment and evaluation methods, student mentoring, and educational leadership.

Achievements, Research/Publications

Research Publications:

April 2021:

- "Effects of isometric exercises in reducing fall risk in elderly knee osteoarthritis patients" - Journal of Orthopedics Trauma Surgery and Related Research [Link: <https://www.jotsrr.org/articles/effects-of-isometric-exercises-in-reducing-fall-risk-in-elderly-knee-osteoarthritis-patients.pdf>]

November 2019:

- "Level of Physical Activity among Female College Students of Karachi" - Journal of Physical Fitness, Medicine, treatment in Sports, USA [Link: <https://juniperpublishers.com/jpfmts/pdf/JPFMTS.MS.ID.555708.pdf>]

September 2019:

- "Prevalence of work-related musculoskeletal disorders among college teachers of Karachi" - Online Turkish Journal of Health Sciences, Turkey [Link: <https://dergipark.org.tr/tr/pub/otjhs/issue/48663/472850>]



July 2019:

- "Efficacy of Positional Release Therapy versus Integrated Neuromuscular Ischemic Technique in the Treatment of Upper Trapezius Trigger Point" - Journal of Physical Fitness, Medicine, treatment in Sports, USA [Link: <https://juniperpublishers.com/jpfmts/pdf/JPFMTS.MS.ID.555694.pdf>]

October 2016:

- "Home-Based Physiotherapy Module for Stroke Rehabilitation" - International Medical Journal Tokyo, Japan (Physiotherapy Section) [Link: <http://www.seronjihou.co.jp/imj23-5.html>]

Paper Presentation: November 2018:

- E-Poster presentation on "Prevalence of work-related musculoskeletal disorders among college teachers of Karachi" at the 53rd annual symposium JPMC.
- Scientific paper presentation on "Prevalence of work-related musculoskeletal disorders among college teachers of Karachi" at the 10th International Symposium and Golden Jubilee of NIMRA Jamshoro.

Certifications & Achievements:

- Gastrointestinal & Liver Disease Workshop - United Medical & Dental College Karachi
- Interactive Presentation & Creating Effective PowerPoint Presentation Workshop - United Medical & Dental College Karachi
- Application of SPSS in Research Workshop - Jinnah Postgraduate Medical Centre Karachi
- Epidemiology & Research Methodology Workshop - United Medical & Dental College Karachi
- Achievement Certificate for Organizing Model Competition - United College of Physical Therapy Karachi
- Neurological Physiotherapy & Gait Analysis Workshop - IPRS, LUMHS Jamshoro
- Thoracic Spine Manual Therapy & Muscle Energy Technique Workshop - IPRS, LUMHS Jamshoro



- 10th LUMHS International Symposium and Golden Jubilee NIMRA Jamshoro Symposium - IPRS, LUMHS Jamshoro
- Assessment & Treatment of Cervical Spine, an evidence-based Manual Therapy approach Workshop - IPRS, LUMHS Jamshoro
- Manual Therapy, McKenzie technique Workshop - IPRS, LUMHS Jamshoro
- Hands-on Workshop on Proprioceptive Neuro Muscular Facilitation - IPRS, LUMHS Jamshoro
- Hands-on Workshop on Suspension Therapy - IPRS, LUMHS Jamshoro
- Pre-symposium Hands-on Workshop on Orthotics and Prosthetics - IPRS, LUMHS Jamshoro
- Maitland's Peripheral Mobilization Technique Workshop - IPRS, LUMHS Jamshoro
- Rheumatology in Developing Countries Workshop - 11th Annual Conference of Pakistan Rheumatology Society
- Workshop on Advanced Cardiac Life Support & Percutaneous Tracheostomy - 44th Annual Symposium JPMC, Karachi