



## Faculty Profile

**Full Name:** Dr. Muhammad Atif Khan, PT

**Position/ Designation:** Professor

**Faculty/Department:** Rehabilitation & Health Sciences

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### Short Introduction

Dr. Muhammad Atif Khan (PT) is a Physical Therapist and serving this Profession over the last ten year. Currently, he is working as Head of Department & Associate Professor in Department of Rehabilitation & Health Sciences. He has published 21 research articles in well reputed National and International Journals of Physical Therapy and Rehabilitation. He also has supervised various undergraduate and postgraduate researches in the field of Rehabilitation & Health Sciences.

### Experience

- **Professor**, Department of Rehabilitation & Health Sciences, Nazeer Hussain University, Karachi from May, 2025 till date.
- **Associate Professor**, Department of Rehabilitation & Health Sciences, Nazeer Hussain University, Karachi from March, 2021 till April, 2025.
- **HOD & Associate Professor**, Department of Rehabilitation & Health Sciences, Nazeer Hussain University, Karachi from March, 2021 till October, 2024.
- **Vice Principal**, Isra Institute of Rehabilitation Sciences, Isra University, Karachi Campus from September, 2016 till September, 2020.
- **Assistant Professor**, Isra Institute of Rehabilitation Sciences, Isra University, Karachi Campus from May, 2014 till September, 2020
- **Senior Lecturer**, Isra Institute of Rehabilitation Sciences, Isra University, Karachi Campus from April, 2014 till May, 2014.
- **Lecturer**, Isra Institute of Rehabilitation Sciences, Isra University, Karachi Campus from January, 2011 till April, 2014.
- **Consultant Physical Therapist**, at Doctors Plaza Physical Therapy & Rehabilitation Centre, Karachi.



## Educational Information

- Postgraduate Certificate Course in “Health Profession Education” from Nazeer Hussain University in 2023.
- Doctor of Philosophy in Health Sciences (Physiotherapy), Enrolled
- Master of Business Administration in “Rehabilitation Management” from Isra University in 2021.
- Postgraduate Certificate Course in “Certified Clinical Research Professional” from Isra University in 2017.
- Master of Philosophy in “Sports Medicine & Manipulative Physical Therapy” from Isra University in 2016.
- Post Professional Doctor of Physical Therapy (PP-DPT) from Isra University in 2013.
- Bachelor in Physical Therapy (BPT) from Ziauddin University in 2010.

## Achievements, Research/Publications

### CERTIFICATION & ACHIEVEMENTS

- Certified Professional Career Counselor (PCC), certified by Skill Development Council (SDC), Karachi.
- Certified Kinesiotaping Practitioner (CKTP), certified by Kinesio Taping Association, USA.
- Certified Orthopedic Manual Therapist, approved by Orthopedic Manual Therapy Association.
- Conducted Hands on Workshop on “**Reflex Testing**” in August, 2024 at Al Hamd Institute of Physiotherapy & Health Sciences, Karachi.
- Conducted Hands on Workshop on “**Cranial Nerve Testing**” in August, 2024 at Al Hamd Institute of Physiotherapy & Health Sciences, Karachi.
- Paper presentation on “**Exploring the Evidence: A Review of Mulligan Mobilization Technique and Proprioceptive Exercises in Knee Osteoarthritis Rehabilitation**” in International Conference on Integrated Care for Chronic Diseases (ICIC) in May, 2024.
- Conducted Hands on Workshop on “**Cranial Nerve Testing**” in September, 2023 at Department of Rehabilitation & Health Sciences, Nazeer Hussain University, Karachi.
- Paper presentation on “**Ergonomic Assessment of Workstation among Computer Users of Karachi**” in AEME Conference March, 2017.
- Conducted Hands on Workshop on “**Thoracic Manipulation**” in September, 2016.



### RESEARCH PUBLICATION

- Aimen Rafiq, Muhammad Atif Khan, Jawed Khan, Respiratory Distress Syndrome Among Neonates: A Cross-Sectional Survey, Pakistan Journal of Physical Therapy and Rehabilitation: 2025; 1(1): 01-09.
- Maryam Liaquat, Muhammad Asif, Muhammad Atif Khan, Hira Islam, Shahab Uddin, Malika Khan, Knowledge of Infection Control Among Healthcare Professionals, Indus Journal of Biosciences Research: 2024; 2(2): 1260-1266.
- Saifullah Khan Durrani, **Muhammad Atif Khan**, Noman Ahmed, Muhammad Asif, Ifra Zameer, Comparative Effects of Pulsed Electromagnetic Field Therapy Versus Pulsed Ultrasound Therapy on the Range of Motion in Knee Osteoarthritis, Global Immunological & Infectious Diseases Review IX, no. II (2024): 16-23.
- Ramsha Syed, Muhammad Asif, **Muhammad Atif Khan**, Hira Islam, Maheen, Malika. Heartfelt Healers: Assessing Empathy Level of Medical Students toward Patient Management, Journal of Health and Rehabilitation Research: 2023; 3(2): 1173-1177
- Maheen Saleem, Muhammad Asif Sheikh, **Muhammad Atif Khan**, Hira Islam, Ramsha Syed, Malika Khan. Empowering Tomorrow's Healers: Assessing Knowledge and Attitude Regarding CPR Training among Final-Year Doctor of Physical Therapy Students in Karachi-Cross Sectional Study, Journal of Health and Rehabilitation Research: 2023; 3(2): 782-786
- Sana Naqi, Muhammad Asif, **Muhammad Atif Khan**, Muhammad Riaz Baig Chughtai, Saher Pasha, Kiran Arshad. Correlation between dynamic balance and flexibility among young athletes, Rawal Medical Journal: 2020;45(3):686-689.
- Junaid Farooq, Muhammad Asif, Hira Islam Rajput, **Muhammad Atif Khan**, Muhammad Riaz Baig Chughtai, Noman Ahmed Issani. Physiotherapists' approach regarding spasticity measurement scales in patients with upper motor neuron syndrome. Khyber Med Univ J 2020;12(2):117-20.
- Saher Pasha, Hira Islam Rajput, **Muhammad Atif Khan**, Sumeet Kumar, Muhammad Jawwad Baig Chughtai, Rabia Siddiq, Physical Therapist's Prescription regarding benefits of active life style of patients, J Contemp Med 2020;10(2):158-162.
- Sana Naqi, Muhammad Asif, **Muhammad Atif Khan**, Physical Therapy Practice approaches towards obese individuals, Independent Journal of Allied Health Sciences. 2019; 2(4): 219-222.



- Rabia Siddiq, Muhammad Asif, Hira Islam Rajput, **Muhammad Atif Khan**, Muhammad Jawwad Baig Chughtai, Amanullah, Impact of Sports Activities on stress among Undergraduate Medical Students, Independent Journal of Allied Health Sciences. 2019; 2(4): 192-196.
- Hira Islam Rajput, **Muhammad Atif Khan**, Muhammad Asif, Muzna Kafeel, Khadija Tul Kubra, Muhammad Jawwad Baig Chughtai, Muhammad Riaz Baig Chughtai, Prevalence of work related neck and shoulder pain among office receptionist of Karachi, J Contemp Med 2019;9(2):123-127.
- Shahabuddin, Muhammad Asif, Hira Islam Rajput, Muhammad Riaz Baig Chughtai, **Muhammad Atif Khan**, Hina Badar, Saher Pasha. Prevalence of Work Related Musculoskeletal Disorders among College Teachers of Karachi, Online Turkish Journal of Health Sciences, 2019;4(3):339-349.
- **Muhammad Atif Khan**, Hira Islam Rajput, Muhammad Asif, Erum Tanveer, Saman Habib Malik, Saher Pasha, Muhammad Riaz Baig Chughtai. Relationship between neck and shoulder pain among computer users working at different organizations of Karachi, International Journal of Pharmaceutical Science and Health, 2018;3(8):16-24.
- Dr. Saman Habib, Dr. Muhammad Asif, Dr. Erum Tanveer, Dr. Muhammad Riaz Baig Chughtai, **Dr. Muhammad Atif Khan**, Dr. Vinod Kumar, Dr. Abdul Rashad, Dr. Khadija Tul Kubra , Prevalence of Restless Leg Syndrome among Pregnant Females, International Journal of Contemporary Research and Review, 2018;9(1):20405-20409.
- Saher Pasha, Muhammad Asif, Hira Islam Rajput, Shazia Tabussum, Muhammad Riaz Baig Chughtai, **Muhammad Atif Khan**, Barriers To Physical Therapy Practice Regarding Promotion Of Active Life Style In Patient Management, International Journal of Scientific & Engineering Research, 2017; 8(10):817-820.
- Khadija Tul Kubra, Muhammad Asif, Muhammad Riaz Baig Chughtai, **Muhammad Atif Khan**, Muzna Kafeel, Shazia Abdul Hameed Khalfe, Impact of Positioning on Functional Outcomes Among Post Stroke Spastic Patients, International Journal of Scientific and Engineering Research, 2017;8(7):45-48.
- **Muhammad Atif Khan**, Muhammad Asif, Muhammad Riaz Baig Chughtai, Hira Islam Rajput, Shazia Abdul Hamid Khalfe. Ergonomic Assessment of Workstation among Computer Users of Karachi, American Journal of Engineering Research, 2017;6(8):15-21.
- **Muhammad Atif Khan**, Muhammad Asif, Hira Islam Rajput, Muhammad Azhar Mughal, Khalid Aftab and Muhammad Riaz Baig Chughtai. Effects of Acupressure &



TENS along with Hot Pack in Neck Pain in J Phy Fit Treatment & Sports, 2017;1(1):001-005.

- Shazia Abdul Hamid Khalfe, Muhammad Asif, Muhammad Riaz Baig Chughtai, **Muhammad Atif Khan**, and Vinod Kumar. Practice Trends of Therapeutic Ultrasound Used In Musculoskeletal Physical Therapy in Karachi” IJSER, 2017;8(3):476-478.
- Muhammad Asif, Shazia Abdul Hamid Khalfe, Muhammad Riaz Baig Chughtai, **Muhammad Atif Khan**, Vinod Kumar. “The Barriers in Evidence Based Physical therapy with Stroke Patients” IJSER, March 2017;8(3):966-970.
- Erum Tanveer, Muhammad Asif, Haider Raza, **Muhammad Atif Khan**, Evaluation Of Health Related Fitness of Physical Therapists. Journal of Peoples University of Medical & Health Sciences. 2014; 5(3):107-112.