



Faculty Profile Format For Website

Full Name: Abdul Rashad

Position/ Designation: Assistant Professor

Faculty/Department: Department of Rehabilitation & Health Sciences

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Short Introduction

I am a dedicated physiotherapist and scholar specializing in neurological rehabilitation and orthopedic physical therapy, with extensive experience in clinical practice, higher-education leadership, and international collaboration. I am actively pursuing advanced doctoral work in neurological rehabilitation, complemented by a robust portfolio of research publications and presentations at prestigious conferences. My professional ethos centers on elevating patient outcomes through evidence-based practice, interdisciplinary mentorship, and strategic innovation in education and rehabilitation sciences.

Experience

Academic Experience

Principal & Assistant Professor

Taqwa Institute of Physiotherapy & Health Sciences [12/01/2022 to 10/10/2022]

Senior Lecturer

United College of Physical Therapy [01/09/2018 – 31/12/2021]

Lecturer

Isra Institute of Rehabilitation Sciences, Isra University Karachi Campus
[01/09/2016 – 30/09/2018]

Clinical Experience

Physiotherapist

Body Experts Ortho-Neuro-Sports Physiotherapy and Rehabilitation Center
[01/03/2016 – 10/10/2022]



Educational Information

PhD Neurological Rehabilitation*

Xian Jiantong University [01/09/2021 – Waiting for Defense]

Address: 28 Xianning W Rd, Jiaoda Commerce Block, Beilin, Xi'an, Shaanxi, China, 710000 Xi'an (China) <http://www.xjtu.edu.cn/>

Master of Philosophy in Rehabilitation Sciences (Orthopedic Physical Therapy)

Isra Institution of Rehabilitation Sciences, Karachi Campus [01/01/2016 – 27/02/2019]

Address: C-8, Block 14 Gulistan-e-Johar, Karachi, Karachi City, Sindh, 75300 Karachi (Pakistan) <https://isra.edu.pk/contact-us-karachi/>

Doctor of Physical Therapy (DPT)

Ziauddin College of Rehabilitation Sciences [01/01/2011 – 31/12/2015]

Address: E/40/1/1 Wahid Colony, Wahid Colony, Karachi, Karachi City, Sindh, 74600 Karachi (Pakistan) <https://zu.edu.pk/>

Intermediate: F.SC (PRE-MED)

Board of Intermediate & Secondary Education, Sukhar, Pakistan [01/08/2007 – 01/04/2009]

Address: Shikarpur Road, Makha Goth, Sukkur, Sindh, 65210 Sukhar (Pakistan) <http://www.bisesuksindh.edu.pk/>

Matriculation

Board of Intermediate & Secondary Education, Bahawalpur, Pakistan [01/01/2004 – 31/12/2004]

Address: Cheema Town Bahawalpur, Fazal Colony, Bahawalpur, Punjab, 63100 Bahawalpur (Pakistan) www.bisebwp.edu.pk

International Professional Courses

- Mulligan Technique (A + B Module Upper & Lower Quadrant)
- Sports Trainer Course (Level 1) Master Trainer (Sports Medicine Australia)
- Sports Injuries Rehabilitation (Level) (Sports Medicine Australia)
- International Diploma in Instrumental Assisted Soft Tissue Mobilization (IASTM) ERGON Technique (Basic & Advance)
- Kinesio Taping CKPT (USA)
- iTHURST International “Certificate in Osteopathic and Chiropractic Manipulation Techniques” Master Class 13-15th May 2022.



Achievements, Research/Publications

1. Case of reactive arthritis in the knees resulting from COVID-19 infection alleviated by a deep muscle stimulator technique.
<https://www.sciencedirect.com/science/article/pii/S2214250925001908>
2. Comparing the osteogenesis outcomes of different lumbar interbody fusions (A/O/X/T/PLIF) by evaluating their mechano-driven fusion processes. [2024]
<https://www.sciencedirect.com/science/article/abs/pii/S0010482524002993>
3. Prevalence of Neck Pain and its Association with Smartphone Use among University Students [2024]
<https://doi.org/10.61919/jhrr.v4i1.330>
4. Effect of visceral mobilization on vital capacity in scoliosis among adolescent females in Pakistan [2021] <https://www.jotsrr.org/abstract/effect-of-visceral-mobilization-on-vital-capacity-in-scoliosis-among-adolescent-females-7502.html>
5. Effects of isometric exercises in reducing fall risk in elderly knee osteoarthritis patients [2021] <https://www.jotsrr.org/archive/jotsrr-volume-16-issue-4-year-2021.html>
6. Comparative effects of Graston technique and foam roller on the flexibility of hamstring muscle [2021] <https://www.jotsrr.org/archive/jotsrr-volume-16-issue-8-year-2021.html>
7. Comparison of mirror therapy and motor relearning program in improving the Upper Limb Motorfunction of patient with stroke [2021]
<https://www.pafmj.org/index.php/PAFMJ/article/view/6249>
8. Efficacy of Integrated Neuromuscular Ischemic Technique in the Treatment of Upper Trapezius TriggerPoint [2020]
<https://www.jotsrr.org/archive/jotsrr-volume-15-issue-4-year-2020.html>
9. Efficacy of Positional Release Therapy in the Treatment of Upper Trapezius Trigger Point [2020] <https://www.literaturepublishers.org/archive/Efficacy-of-Positional-Release-Therapy-for-the-Treatment-of-Upper-Trapezius-Trigger-Points.html>
10. Effect of Motor Imagery Techniques in Children with Spastic Cerebral Palsy [2019]
<https://www.semanticscholar.org/paper/Effects-of-Motor-Imagery-Techniques-in-Children-Amjad/a7e352b3faabcecf48dd6c46693177d2e23c6dde>
11. Efficacy of Positional Release Therapy versus Integrated Neuromuscular Ischemic Technique in the Treatment of Upper Trapezius Trigger Point [2019]
<https://juniperpublishers.com/jpfmts/JPFMTS.MS.ID.555694.php>



12. Knowledge and Consumption of Dietary Supplement among Medical Students [2019]
<https://www.citefactor.org/journal/pdf/Knowledge-and-Consumption-of-Dietary-Supplement-among-Medical-Students.pdf>
13. Assessment of Lower Limb Muscular Strength among Medical Students [2019]
<https://www.citefactor.org/journal/pdf/Assessment-of-Lower-Limb-Muscular-Strength-among-Medical-Students.pdf>
14. Evaluation of Health-Related Quality of Life among Primary Caregivers of Children Needs Special Care [2018] <https://www.ijser.org/researchpaper/Evaluation-of-Health-Related-Quality-of-Life-Among-Primary-Caregivers-Of-Children-Needs-Special-Care.pdf>
15. Prevalence of Restless Leg Syndrome among Pregnant Females [2018]
<http://ijcrr.info/index.php/ijcrr/article/view/405>
16. Prevalence of Restless Leg Syndrome and Its Associated Factors among Pregnant Females [2018]
https://www.researchgate.net/publication/322795962_Prevalence_of_Restless_Leg_Syndrome_and_Its_Associated_Factors_among_Pregnant_Females
17. Evaluation of Stress Management among Physical Therapists [2018]
<https://www.ijser.org/researchpaper/Evaluation-of-Stress-Management-Among-Physical-Therapists.pdf>
18. Evaluate the Effect of Bike Riding on Posture [2018]
https://www.researchgate.net/publication/322105166_Evaluate_the_Associated_Deformities_in_Motor_Bike_Riders
19. Intensive Care Physiotherapy- Medical Staff Perceptions among Different ICU'S [2018]
<https://www.ijser.org/researchpaper/INTENSIVE-CARE-PHYSIOTHERAPY-MEDICAL-STAFF-PERCEPTIONS-AMONG-DIFFERENT-ICU-S.pdf>
20. To evaluate the effect of bike riding on posture and the associated deformities [2017]
<https://www.ijser.org/researchpaper/To-evaluate-the-effect-of-bike-riding-on-posture-and-the-associated-deformities.pdf>
21. Evaluate the associated deformities in motor bike riders. [2017]
<http://ijcrr.info/index.php/ijcrr/article/view/382>



22. The perception of weight and BMI among the Health and Physical Education Students of Karachi [2017]

<https://www.ijser.org/researchpaper/The-Perception-of-Weight-and-BMI-among-the-Health-Physical-Education-Students-of-Karachi.pdf>

23. Work Related Stress among Physicians [2017]

http://www.ijmrps.com/Issues_PDF/Vol.4/December-2017/7.pdf

INTERNATIONAL CONFERENCES

As Speaker

- Presented Research Paper “Comparison of Deep Friction Massage and Post Isometric Relaxation Technique in Cervicogenic Headache” at the 6th World Congress of the ASAMI-BR&ILLRS Societies in China on 20th September 2024
- Presented Research Paper 'Comparison of Spinal Mobilization with Arm Movement and Positional SNAGS on Pain and Disability in Cervical Radiculopathy” at the 'Future Pillars' 2024 Cervical Spine Surgery Young and Middle-aged Physician Academic Conference in China on September 22nd, 2024.