



Full Name: Dr. Mazhar Ali

Position/ Designation: 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

Reproducibility of Digital Photography for Assessing Anterior Pelvic Tilt Using MicroDicom Among Patients with Non-Specific Low Back Pain: A Test–Retest Reliability Study

Mahtab Ahmed Mukhtar Patafi¹, Suriyakala Perumal Chandran¹, Mazhar Ali Bhutto², Nasir Mehmood³, Muhammad Shahzaib Alam⁴, Rumaisa Asad⁵ DOI: <https://doi.org/10.61919/rtz7iq90> 2025

Craniovertebral Angle Measurement with MicroDicom and Digital Photography Method, A Reliability Testing

Nasir Mehmood¹², Suriyakala Perumal Chandran¹, Mazhar Ali Bhutto³, Mahtab Ahmed Mukhtar Patafi⁴, Muhammad Shahzaib Alam², Rumaisa Asad⁵ DOI: <https://doi.org/10.61919/bsanzm24> 2025

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 Shiyou University, Natural Science Edition 19(05), 399-407 2022

Comparison of Short-Term Effects of High-Intensity Interval Training vs Moderate Intensity Continuous Training on Anthropometric Characteristics of Overweight Young Women

M Sarfraz, A Shadmehr, E Naz, M Ali, A Rahim

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 2022

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 2022

Effects of Neurodynamic on Spasticity in Upper Extremity of Stroke Patients
MASJ Nafeesa Zamurd, Mirza Obaid Baig, Aamir Gul Memon, Muhammad Khan ...
PAKISTAN BIOMEDICAL JOURNAL 5 (5), 257-261 2022

Prevalence of Piriformis Muscle Tightness among Undergraduate Medical Students
A Muhammad, MR Rana, T Amin, C Angela, FA Pereira, MA Bhutto Pakistan Journal
of Medical & Health Sciences 16 (02), 964-964 2022

Nonalcoholic Fatty Liver Diseases in Newly Analyzed Diabetes Mellitus Patients with
Risk Factors
AM AYZAZ ISMAIL¹, JAHANGIR ANJUM², HAMMAD UR REHMAN BHATTI³,
MAZHAR ALI ...
P J M H S 16 (april), 570-572 2022

Progression of Venous Disease is Associated with Biomechanical and Morphological
Changes in the Calf Muscle Pump
AS ALI BARZEGAR¹, NOUREDDIN KARIMI², LEILA RAHNAMA³, MAZHAR ALI
BHUTTO⁴ ...
P J M H S 16 (No.01), 812-816 2022

Assessment of Physical Disability Using Barthel Index Scale Among Elderly of Rural
Area
A Fatima, F Sharif, K Hanif, MA Bhutto, KA Sultan, MI Javaid Pakistan Journal of
Physical Therapy (PJPT), 04-09 2021

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

Prevalence of Neck Pain in Relation to Gender, Posture and ergonomics in computer
users
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 S Sumble, MA Bhutto, MS Khan, H
Sumble, ARS Muhammad, AAbdullah