

Ahmed Mohamed Arafat

DHA LICENSED PHYSIOTHERAPIST

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Summary

Motivated and patient-focused Physiotherapist with hands-on experience in pediatric, neurological, and orthopedic rehabilitation. Proficient in designing and implementing individualized treatment plans to enhance mobility, restore function, and improve overall patient well-being. Adept in using a variety of therapeutic techniques and evidence-based approaches to support recovery across all age groups. Committed to providing compassionate, high-quality care and promoting long-term health through education and physical rehabilitation.

Experience

Asmaa SahSah Medical Center, Sharjah | Physiotherapist for neuro, sports, and Pediatric rehab

Apr 2025 - Present

- Develop targeted rehabilitation programs using evidence-based neurophysiological techniques to improve motor control, balance, and independence.
- Monitor patient progress, adjust treatment intensity, and educate patients and caregivers on home exercises.
- Evaluate a child's motor skills, posture, muscle tone, range of motion, and balance.
- Utilize play-based therapy to engage children in exercises (e.g., obstacle courses, ball games, sensory integration).
- Deliver sport-specific rehabilitation using manual therapy, therapeutic exercises, functional training, and modality support (e.g., electrotherapy, ultrasound).
- Coordinate with coaches, physicians, and trainers to create return-to-play protocols and performance optimization plans. Identify the nature and extent of neurological impairments, such as spasticity, ataxia, or paresis.

Step Center for Physiotherapy, Egypt | Physiotherapist

2022 - 2025

- Provided physiotherapy care to patients across various age groups with musculoskeletal, neurological, and post-surgical conditions.
- Conducted detailed patient assessments and developed individualized treatment plans focused on restoring mobility, reducing pain, and improving function.
- Applied a combination of manual therapy, therapeutic exercises, electrotherapy, and functional training techniques.

Saqr Rehabilitation Center for physical therapy | Senior Physiotherapist

2018 - 2025

- Specialize in advanced rehabilitation techniques for complex cases involving stroke, spinal cord injuries, sports injuries, and musculoskeletal disorders.
- Coordinate care with multidisciplinary teams including physicians, occupational therapists, and nurses to ensure holistic patient management.
- Monitor patient outcomes, adjust treatment plans as needed, and ensure accurate documentation and compliance with clinical standards.

Ministry of Health hospitals | Physiotherapist

2018 – 2025

- Collaborated with physicians and other healthcare professionals to ensure integrated and effective patient care.
- Educated patients and families on home exercise programs, injury prevention, and healthy movement strategies.
- Maintained comprehensive patient documentation and monitored treatment progress to achieve clinical goals.

El Amal Rehabilitation Center for Physical Therapy and Children Cases, Egypt

| Physiotherapist

2016 - 2018

- Adjust treatment plans as the child grows and develops.
- Report to other healthcare providers and participate in case reviews.
- Work with a multidisciplinary team: pediatricians, occupational therapists, speech therapists, and special educators.
- Keep records of the child's progress.

Education

Bachelor degree in Physical Therapy | May 2016 | October 6 University | Grade: Good

Achievements & Certificates

- Prometric Exam - Dubai (Passed)
- Professional License - Dubai Health Authority (DHA)
- SCFHS - Saudi Commission for Health Specialties
- Certified Clinical Dry Needling - Primephysio Institute, UK (2024)
- Certified Treatment Strategies for Spinal Deformities
- Certified Hijama Therapy & Cosmetics by Egyptian Therapy (2021)
- Certified Sports Injury Symposium by AIMS
- Certified Introduction to Isokinetic
- Certified New Era in Electrical Modalities
- Certified Basic Cardiac Life Support Course by Save a Life CERTIFICATIONS NHCPS
- International Physiotherapy Lymphedema Conference

Language

- English (Full Professional Proficiency)
- Arabic (Native or Bilingual Proficiency)

Skills & abilities

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|-------------------------------------|---------------------------------|
| • Manual Therapy | • Sports injuries |
| • Treatment planning | • Cupping Therapy |
| • Strength and conditioning | • Dry needling |
| • Exercise Therapy | • Acupuncture |
| • CME | • Implementation with team work |
| • NDT | • Time management |
| • DMI | • Adaptation and Flexibility |
| • Communication skills | • Computer Microsoft skills |
| • Negotiation and Persuasion Skills | |
| • Leadership | |
| • Self - Confidence | |
| • Problem Solving | |