M. AWAIS HASSAN

Manual Physiotherapist | MSK Specialist

DHA ID: 03170423 • DOH / MOH • HCPC: PH140437

+971 54 2808298
avihomelahore08@gmail.com
Dubai, UAE
linkedin.com/in/dr-muhammad-awais-hassan-a38663173

PROFESSIONAL SUMMARY

Results-driven Manual Physiotherapist with **06 years** of clinical experience specializing in MSK rehabilitation, orthopaedic physiotherapy, and evidence-based manual therapy. Proficient in Mulligan Mobilization (preferred), Maitland, Kaltenborn, and Cyriax techniques. DHA Eligibility Holder (Dubai) and HCPC-registered (UK), with demonstrated expertise in pain management, sports rehabilitation, dry needling, and cupping therapy. Proven track record across outpatient, home care, and fitness rehabilitation settings in Dubai. Published researcher and author of multiple physiotherapy textbooks.

EDUCATION

Masters in Orthopaedics Manual Physical Therapy (MSOMPT)

Riphah International University | Lahore, Pakistan | *March 2022 – March 2024*

PROFESSIONAL EXPERIENCE

Physiotherapist Specialist

Recovery Rehab Resistance Fitness Center (RRR Fitness) | Dubai, UAE | *January 2025 – Current*

- Conduct comprehensive physiotherapy and fitness assessments for orthopaedic and rehabilitation patients independently.
- Design and deliver individualized treatment programs utilizing Mulligan, Maitland, and Kaltenborn manual therapy techniques.
- Manage Electronic Medical Records (EMR) in full compliance with Dubai Health Authority (DHA) regulations.
- Provide educational and practical training sessions on physiotherapy and rehabilitation to gym trainers, colleagues, and junior clinical staff.
- Foster a collaborative, knowledge-sharing clinical environment across the physiotherapy and fitness teams.
- Perform pain management interventions including dry needling, dry cupping, and spinal chiropractic adjustments.

Clinical Physiotherapist

Instant Home Healthcare Center | Dubai, UAE | *March 2024 – January 2025*

- Performed comprehensive patient assessments and delivered targeted physiotherapy treatments in home-based settings.
- Maintained accurate and compliant EMR records for all patient interactions.
- Handled administrative tasks including scheduling, documentation, and clinic operations management.
- Managed social media platforms to promote physiotherapy services and engage the community.

Clinical Physiotherapist

Nusrat Rashid Medical Complex & Affiliated Centers | Lahore, Pakistan | *August 2021 – February 2024*

- Specialized in Stroke and Balance Rehabilitation to restore mobility, coordination, and functional independence.
- Delivered Sports Rehabilitation programs for injury recovery and athletic performance enhancement.
- Applied Advanced Electrotherapy modalities for effective pain management and neuromuscular stimulation.
- Implemented physiotherapy protocols in ICU/CCU settings to manage critical care patients.
- Conducted outpatient orthopaedic rehabilitation including post-surgical recovery and pain management cases.

LICENSES & REGISTRATIONS

Licensing Body	Registration/ID	Country
Dubai Health Authority (DHA)	Eligibility ID: 03170423	UAE
Health & Care Professions Council (HCPC)	Registration: PH140437	United Kingdom
Allied Health Professional Council (AHPC)	Reg-20260203-06076	Pakistan

PROFESSIONAL CERTIFICATIONS

Clinical & Therapeutic:

- **Clinical Dry Needling** — Prime Physio Training UK *(ID: 56znfdmbin)*
- **Cervico-Brachial Pain Management** — Prime Physio Training UK *(ID: gj2gtfxtc4)*
- **Orthopaedics Emergency & Trauma Management** — Services Hospital Lahore — SIMS
- **Deep Tissue Massage Techniques** — Bodyology Massage, Cursa *(ID: U6570989)*

Healthcare & Safety:

- **Basic Life Support / CPR (BLS/CPR)** — American BLS *(ID: Auth62325)*
- **Infection Control** — American Health Training *(ID: AHT-1744964207-63893-9003241323025091)*
- **COVID-19 Training (2 CME Hours)** — University of Health Sciences Lahore

Administrative & Professional:

- **Professional Writing** — Zubair Publishers International
- **National Financial Literacy Program** — Government of Punjab, Pakistan

RESEARCH PUBLICATIONS

1. **Comparative effects of autogenic and reciprocal inhibition techniques on ROM, pain and disability among smartphone users with trapezitis.** *Journal of Health, Wellness and Community Research.* https://jhwcr.com/index.php/jhwcr/article/view/386
2. **Effects of Manual Ischemic Compression with and Without Strain Counterstrain Techniques on Sternocleidomastoid Tightness with Forward Head Posture.** *Journal of Health, Wellness and Community Research.* https://jhwcr.com/index.php/jhwcr/article/view/446
3. **Prevalence of Pressure Ulcers among Patients in Ibn e Sina Hospital.** *Pakistan Journal of Medical & Health Sciences.* https://doi.org/10.53350/pjmhs2023172265
4. **How Smoking Affects Health (Article).** *Zubair Publications International.*

AUTHORED BOOKS

5N1 MCQ Bank for DPT — First comprehensive MCQ book covering the entire DPT curriculum; 25,000+ questions for local and international licensing exams.

Medical Physics for DPT — First dedicated Medical Physics textbook for Doctor of Physical Therapy students.

Paramedical Science Series (7 Books) — Covering Physiology, Anatomy, Biochemistry, First Aid, Pathology, Pharmacology & Computer Science.

ADDITIONAL SKILLS & LANGUAGES

Administrative & IT Skills

- Electronic Medical Records (EMR) — DHA Compliant
- Microsoft Office Suite (Word, Excel, PowerPoint)
- Graphic Design (Adobe suite & related tools)
- Social Media Management & Digital Marketing
- Hospital Management & Business Development
- UAE Driving License: 4946676

Languages

English: Fluent (Professional)
Urdu: Native
Hindi: Fluent
Punjabi: Native
Arabic: Beginner