



Mir Arif Hussain
Assistant Professor of Physical Therapy
Begum Nusrat Bhutto Women University, Sukkur

Research Scholar, Leading, Creative, Motivated, Self-starter, Assertive, Extrovert, Pioneer, Adventurous

Father's Name: Mir Sobdar Hussain Talpur

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Professional Strength:

- Citations 61, H-Index 3 and i10-Index 2.
- Possess 10 years of working experience in the mentioned field.
- 1 year experience of online Physiotherapy Documentation for American Based Rehabilitation Organization.
- Excellent command over written and oral communication in English.
- Sound knowledge of human anatomy and internal body structures.
- Ability to build good relationships with patients from diverse backgrounds.
- Sensitive, tactful, tolerant, and patient.
- Possess excellent problem solving and practical skills.
- Broad knowledge of new technologies and medical equipment.
- Extensive knowledge of the techniques of improving body movements, restoring mobility, and strengthening muscles.
- Knowledge of hydrotherapy and electrotherapy.

Education:

S. No	Institute	Degree	Degree Conferred
1	Riphah International University, Islamabad	Post Graduate Diploma in Professional Ethics & Teaching Methodology	2018-2019
2	University of Karachi	M. Sc. Physiotherapy	2012-2014
3	University of Karachi	B. S. Physiotherapy	2008-2011
4	Board of Intermediate & Secondary Education	Intermediate	2006-2007
5	Board of Intermediate & Secondary Education	Matriculation	2004-2005

Professional Experience:

S. No	Organization	Position	Date Joined	Date Left
1.	The Begum Nusrat Bhutto Women University Sukkur	Additional Registrar (BPS-19)	7 th Oct, 2021	Till Date
2.	The Begum Nusrat Bhutto Women University Sukkur	Assistant Professor (BPS-19)	08 th March 2021	Till Date
3.	Shifa Tameer e Millat University, Islamabad	Assistant Professor	30 th January 2020	5 th March 2021
4.	Riphah International University, Islamabad	Assistant Professor	19 th February 2018	29 th January 2020
5.	Riphah International University, Islamabad	Senior Lecturer	29 th February 2016	31 st October 2016
6.	Liaquat National Hospital and School of Physiotherapy	Lecturer	25 th November 2013	19 th February 2016

Research:

Publications				
S. No	Title	Journal	Year	ISI Indexed
1.	Spinal fascia exercise decreases the pain and improves quality of life in patients have lumber disc protrusion	Journal of Population Therapeutics and Clinical Pharmacology Volume 31, Issue 01, Page 559-566	2024	Yes
2.	Effect of constraint-induced movement therapy in reducing severity of mirror movements in children with unilateral spastic cerebral palsy	The Journal of the Pakistan Medical Association Volume 74, Issue 01, Pages 141-144	2024	Yes
3.	Effects of rood's sensory motor training along with constraint induced movement therapy in sub-acute stroke	Rawal Medical Journal Volume 48, Issue 03 Pages 606-608	2023	Yes
4.	Sacroiliac joint manipulation helps to improve pain pressure threshold in chronic piriformis syndrome: a 6-week randomized controlled trial	The Rehabilitation Journal Volume 7, Issue 01 Pages 476-482	2023	Yes
5.	Impact of Body Weight Supported Treadmill Training on Balance and Gross Motor Function of Children with Cerebral Palsy and Developmental Delay	Pakistan Paediatric Journal 46 (Issue 2), Pages 188-193	2023	Yes
6.	Frequency of Physical Therapy Consultation of Females after Delivery: A Cross-Sectional	Jordan Medical Journal Volume 56, Issue 4	2022	Yes

	Study from Twin Cities in Pakistan			
7.	Comparative effectiveness of proprioceptive neuromuscular facilitation and Passive Vertebral Mobilization for neck disability in patients with mechanical neck pain: A randomized controlled trial	Journal of Body Movement & Therapies Volume 31, July 2022, Pages 16-21	2022	Yes
8.	Screening for perceived health and wellness among professional physical therapists through a holistic viewpoint	Rawal Medical Journal Volume 47, Issue 1, January-March 2022	2022	Yes
9.	COVID-19 Pandemic and Physical Therapy Rehabilitation-A Short Review	Biomedical Journal of Scientific & Technical Research 32 (4), 25248-25250	2020	Yes
10.	Frequency Of Neck Pain In Modern Hijab Wearing Females In Twin Cities	Rawal Medical Journal Volume 45, Issue 1, January-March 2020, Pages 71-73	2020	Yes
11.	Inhibition of Hyperuricemia and Gouty Arthritis in BALB/c Mice Using Copper Oxide Nanoparticles	Biological Trace Element Research 193, pages 494–501 (2020)	2020	Yes
12.	Antioxidant and anti-gout effects of orally administered zinc oxide nanoparticles in gouty mice	Journal of Trace Elements in Medicine and Biology Volume 56, December 2019, Pages 169-177	2019	Yes
13.	Comparative effect of driving side on low back pain due to Repetitive Ipsilateral Rotation	Pakistan Journal of Medical Sciences Volume 35, Issue 4, July-August 2019, Pages 1018-1023	2019	Yes
14.	Mechanical Diagnosis and Therapy in Shoulder Derangement, a Case Report	International Journal of Health and Rehabilitation Sciences (IJHRS) Volume 6 Issue 2 2018	2018	No

15.	Frequency of Back Pain in Security Guards/ Work Environment Factors	Journal of Riphah College Rehabilitation Sciences, Year 2017. Volume 5 Issue 2, Pages 66-69	2017	Yes
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Thesis Supervised:

S. No	Thesis Title	Year
1	Effects of Rood's Sensory motor training along with Constraint-Induced Movement Therapy in sub-acute stroke	2018
2	Effects of whole-body vibration on functional independence in older adults	2018
3	Comparison between CIMT and Bimanual training on functional outcomes in hemiplegic cerebral palsy	2018
4	Comparison of Hand-Arm Bimanual Intensive Training and Constraint Induced Movement Therapy in spastic cerebral palsy children with mirror movements	2018
5	Comparison of auditory and visual feedback in the Learning of a Skilled Motor Activity by Elderly Adults	2019
6	Effects of Rood's vestibular stimulation techniques on diabetic neuropathy patients with moderate fall risk	2019
7	Effect of virtual reality training along with modified constraint induced movement therapy in young children with cerebral palsy	2020
8	Comparison of whole-body vibration vs. virtual reality training on balance & postural control in unilateral chronic stroke patients	2020

Certifications:

S. No	Certification
1	Certified Ultra sonographer (Musculoskeletal)
2	Physiotherapy Management in ICUs
3	Vestibular Rehabilitation
4	Ultrasound Therapy in Fracture Management
5	SPSS Version 21
6	STATA Software Clinical Statistics Version
7	Kinesio-Taping Certified Professional
8	Certified Dry Needling Therapist
9	Certified Intra-articular Injection Therapy
10	Graduate Assessment Test (GAT)

Skill Set/ Interests:

- My Passion is Clinical Research.
- Interested Research area is Neuro-Muscular evaluation & treatment.
- Teaching Subjects of neuromuscular rehabilitation.
- Strong customer service skills, with the ability to diffuse difficult situations.
- Superior inter-personal and communication skills.
- Proficient in MS Office Word, Excel, and Power Point.
- Works with 70 words per minute on a Standard Keyboard.

- Surfing Physiotherapy and Rehabilitation Websites.
- Interested in reading books.
- Making paintings, watching movies, playing cricket and traveling.

Reference:

Will be furnished upon request.