



Shahzad Ahmad

ID: 16202-7453710-9 **Work permit:** Pakistani **Nationality:** Pakistani

Date of birth: 17/02/1995 **Place of birth:** Topi, Swabi, Pakistan **Gender:** Male

Phone number: (+92) 3157711490

Email address: ahmadshahzad139@gmail.com

LinkedIn: [linkedin.com/in/shahzad-ahmad-b68736309](https://www.linkedin.com/in/shahzad-ahmad-b68736309)

Home: Topi, District Swabi, 23460 Topi, Swabi (Pakistan)

ABOUT ME

Dedicated and result-oriented Physiotherapist with a Master's in Neuromuscular Physical Therapy and over 4 years of diverse experience in clinical rehabilitation, academic lecturing, and departmental leadership. Skilled in managing musculoskeletal, neurological, cardiopulmonary, pediatric, and geriatric physiotherapy. Passionate about physiotherapy education, clinical mentoring, and evidence-based practice. Actively engaged in institutional leadership, clinical supervision, and patient-centered care.

WORK EXPERIENCE

The University of Veterinary & Animal Sciences, Swat – Swat, Pakistan

City: Swat | Country: Pakistan

Head of Department & Lecturer - Physical Therapy

[23/06/2025 – Current]

- Leading the Department of Physiotherapy
- Teaching undergraduate students and supervising clinical sessions
- Coordinating academic planning, research initiatives, and faculty development
- Ensuring curriculum quality and professional development

Faculty of Allied Health Sciences, Gomal University, Dera Ismail Khan – Dera Ismail Khan, Pakistan

City: Dera Ismail Khan | Country: Pakistan

Chairperson - Department of Physical Therapy

[22/12/2023 – 03/02/2025]

- Oversaw departmental management and academic coordination
- Led strategic planning, interdisciplinary collaborations, and student mentorship
- Focused on institutional development and quality assurance

Abdali Hostel (Hostel 1), Main Campus, Gomal University, Dera Ismail Khan – Dera Ismail Khan, Pakistan

City: Dera Ismail Khan | Country: Pakistan

Assistant Warden (Hostel)

[02/01/2023 – 03/02/2025]

- Maintained hostel discipline, ensured safety and coordination
- Monitored student issues, conflict resolution, and administrative duties

Faculty of Allied Health Sciences, Gomal University, Dera Ismail Khan – Dera Ismail Khan, Pakistan

City: Dera Ismail Khan | Country: Pakistan

Lecturer - Physical Therapy

[25/05/2023 – 03/02/2025]

- Delivered theory and practical content across multiple domains of PT
- Supervised students in hospital settings for assessment and treatment
- Specialized in neuro and musculoskeletal rehabilitation

 **PEF Post Graduate College, Peshawar** – Peshawar, Pakistan

City: Peshawar | Country: Pakistan

Coordinator & Clinical Instructor - Physical Therapy

[01/01/2022 – 31/05/2023]

- Conducted lectures and practical training sessions to undergraduate DPT Students
- Supervised clinical rotations and managed academic activities of the Department of Physical Therapy

 **PEF Post Graduate College, Peshawar** – Peshawar, Pakistan

City: Peshawar | Country: Pakistan

Assistant Warden (Hostel)

[01/01/2022 – 31/05/2023]

- Handled hostel management and student affairs
- Responded to emergency needs and rule enforcement

 **Department of Physical Therapy & Rehabilitation, MTI-Khyber Teaching Hospital, Peshawar** – Peshawar, Pakistan

City: Peshawar | Country: Pakistan

Physiotherapy Intern

[13/12/2021 – 13/02/2022]

Gained hands-on experience in clinical assessment and rehabilitation

 **Department of Physical Therapy & Rehabilitation, Rehman Medical Institute (RMI), Peshawar** – Peshawar, Pakistan

City: Peshawar | Country: Pakistan

Student Elective Program Trainee

[31/05/2021 – 25/06/2021]

Participated in therapeutic interventions, patient assessments, and care planning

EDUCATION AND TRAINING

Master of Science in Neuromuscular Physical Therapy (MS-NMPT)

Riphah International University, Islamabad [25/02/2023 – 03/01/2025]

City: Islamabad | Country: Pakistan | Website: <https://riphah.edu.pk/faculty-of-rehabilitation-and-allied-health-sciences/frahs/> | Level in EQF: EQF level 7

Doctor of Physical Therapy (DPT)

Khyber Medical University, Peshawar [2016 – 2021]

City: Peshawar | Country: Pakistan | Website: <https://iph.kmu.edu.pk/doctor-physical-therapy-dpt-five-years-program> | Level in EQF: EQF level 6

Diploma in Computer System Operator (CSO)

Global Computer Institute, Topi Swabi [07/2014 – 12/2015]

City: Topi, Swabi | Country: Pakistan

Bachelor of Science (B.Sc)

University of Swabi [2013 – 2015]

City: Topi, Swabi | Country: Pakistan | Level in EQF: EQF level 5

PUBLICATIONS

[2024]

NEUROPLASTIC ADAPTATIONS FOLLOWING SCAPULAR STABILITY TRAINING IN INDIVIDUALS WITH CHRONIC NECK PAIN AND DYSKINESIA: A RANDOMIZED CONTROL TRIAL

Authors: Dr. Ujala Asghar, Dr. Etisam Wahid, Dr. Shama Khan, Dr. Muhammad Sanan Khan, Dr. Shahzad Ahmad | **Journal Name:** The Research of Medical Science Review (TSMR) | **Volume, Issue and Pages:** Vol 2 Issue 3, p262 | **Publisher:** Innovative Education Research Institute

Asghar U, Wahid E, Khan S, Khan MS, Ahmad S. NEUROPLASTIC ADAPTATIONS FOLLOWING SCAPULAR STABILITY TRAINING IN INDIVIDUALS WITH CHRONIC NECK PAIN AND DYSKINESIA. The Research of Medical Science Review. 2024;2(3):1531-8

[2025]

Work-Related Musculoskeletal Disorders Among Tailors in Saddar, Peshawar: A Cross-Sectional Study

Authors: Dr. Shahzad Ahmad, Dr. Sadaf Aamir, Dr. Farhad Gul, Dr. Etisam Wahid, Dr. Muhammad Sanan Khan, Dr. Abbas Khan | **Journal Name:** Journal of Modern Health and Rehabilitation Sciences (JMHRs) | **Volume, Issue and Pages:** Vol 2 Issue 2 | **Publisher:** Circle Rehab and Research Center, Lahore, Punjab, Pakistan

Ahmad S, Aamir S, Gul F, Wahid E, Khan MS, Khan A. Work-Related Musculoskeletal Disorders Among Tailors in Saddar, Peshawar: A Cross-Sectional Study. J. Mod. Health Rehab. Sci. [Internet]. 2025 Jun. 16 [cited 2025 Jul. 5]; 2(2):ID 104.

WORKSHOP AND SEMINAR CERTIFICATIONS

[17/08/2024]

Basic Life Support - First Aid Physical Interactive Workshop

Saving9 Organization...

[16/08/2024]

Acute Stroke e-Learning Program

University of Calgary

[2020 – 2021]

Medical camp - Physical Therapy

Ministry of National Health Services

[2020]

Evaluation and Management of Neck Pain- One day hands-on workshop

[17/08/2020]

PPE Training for Health Workers

LANGUAGE SKILLS

Mother tongue(s): Pashto

Other language(s):

Urdu

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C2

English

LISTENING B2 READING C1 WRITING B2

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Microsoft Office / Administrative Skills / Coordination / Problem Solving Skills. ... / Team-work oriented / Organizational and planning skills / Good listener and communicator / Analytical skills / Decision-making / Responsibility / Motivated / Critical thinking / Strategic Planning / Creativity / Conflict resolution