

# Dr. AMNA AAMIR KHAN

Associate Professor | Postgraduate Coordinator | Editor

Mobile: +92 324 249 7 814 | amnakhan@zu.edu.pk

## PROFESSIONAL SYNOPSIS

Offering more than ten years of broad experience with more than 20 publications in medical academia with demonstrated track-record of planning & developing curriculums, presenting papers, attending different national and international workshop, reviewing articles & SAR, managing multiple institutional activities and specializes in providing professional trainings to the graduating students of physiotherapy. A result oriented professional with a strong grip on academic research and innovative teaching mechanism. I perused PhD. in Physical Therapy to strengthen my profile and exploring the responsible / leading position in a reputable institution for personal and organizational growth.

## EXPERIENCE

### ZIAUDDIN UNIVERSITY | ZIAUDDIN COLLEGE OF REHABILITATION SCIENCES

- **ASSOCIATE PROFESSOR & POSTGRADUATE PROGRAM COORDINATOR** | DEC 2020 - PRESENT
- **POSTGRADUATE COORDINATOR & ASSISTANT PROFESSOR** | JULY 2013 – DEC 2020
- **SENIOR LECTURER** | JULY 2011 – JULY 2013

Member of program team to prepare '**Self-Assessment reports on MS/ M.Phil. program**'. | JULY 2016, FEB 2021

### HIGHER EDUCATION COMMISSION

- **REVIEWER NRPJ PROJECTS** | SINCE MARCH 2020

Successfully reviewing the projects of National Research Program for Universities for Higher Education Commission of Pakistan

- **MASTER TRAINER** | JANUARY – MARCH 2013

Awarded the '**Certificate of Professional Development**' by Learning Innovation Division for successfully meeting the requirements of 20<sup>th</sup> Master Trainers-Faculty Professional Development Program held at HEC Islamabad for eight (8) Weeks.

### PAKISTAN JOURNAL OF REHABILITATION

Working as an Editor of the journal with keen responsibility to assist the smooth conduction of the process

### MENTAL HEALTH

- **REVIEWER AGING AND MENTAL HEALTH** | SINCE MARCH 2020

Reviewer of journal Aging and Mental Health of an international W category Journal with a Eigenfactor (EF) and Article Influence (AI) 80 percentile score JPI of 89

### SELF ASSESSMENT REPORT EVALUATION

Nominated by QEC to Review program of Media sciences at ZCOM

### ASHFAQ MEMORIAL HOSPITAL

- **PHYSICAL THERAPIST** | NOV 2010 – JULY 2011

Working as a Physical Therapist as a physical therapist where the responsibilities included history taking, clinical evaluation and planning at outpatient department and then working till April 2012 as a consultant Physical Therapist

### AGA KHAN UNIVERSITY HOSPITAL, PAKISTAN

- **INTERNEE** | MAY 2007

Internship at Aga Khan University Hospital with almost 200 working hours handling patients independently suffering with Orthopaedics Disorders, Cardio-Pulmonary Dysfunctions, Neurological Diseases.

### AL-MUSTAFA MEDICAL CENTRE, PAKISTAN

- **TRAINEE** | APRIL 2006 – SEPTEMBER 2006

Worked as a Trainee Physiotherapist at AL-MUSTAFA HOSPITAL for 6 months with almost 700 working hours.

## MERITORIOUS EDUCATION CENTRE, PAKISTAN

- **LECTURER** | NOVEMBER 2001– JULY 2006

Worked as a Lecturer at Meritorious Education Centre with almost 28+ working hours a week.

## TEACHING ACTIVITIES

- **VISITING FACULTY** | DPTD, MSPT PROGRAM | LIAQAT NATIONAL SCHOOL OF PHYSIOTHERAPY

## EDUCATION

- **PHD** | 2013 – 2020
- **MPHIL PHYSIOTHERAPY** | FEB 2013 | EQUIVALENCE RECEIVED BY HIGHER EDUCATION COMMISSION
- **MSC. PHYSIOTHERAPY** | 2007 – 2008 | GLASGOW CALEDONIAN UNIVERSITY – SCOTLAND, UNITED KINGDOM
- **B.S. PHYSIOTHERAPY** | 2002 – 2006 | JINNAH POSTGRADUATE MEDICAL CENTRE, PAKISTAN

## PUBLICATIONS

1. Mukadam M., Borges KJJ., Farooqui SI., Siddiqui RA., Shah SN., **Khan AA.** Aerobic Exercise: A Potent Method to Improve Morphology of Bone. Medical Forum; Jan 2022; 33 (1)
2. Rana Sadiq., **Khan AA.**, Kazi M Effects of Iyengar Yoga on Pelvic Floor Muscle Strength and Endurance Among Young Females With Stress Urinary Incontinence; PAFMJ (Accepted)
3. Mehmood S., Khan AA. Effect of the circuit training on body fat percentage among overweight females: a meta-analysis. Turkish Journal of Physiotherapy and Rehabilitation, Dec 2021; 32 (3)
4. **Khan AA.**, Jamil M., Zahoor A., Farooqui S., Rizvi J. Perception and Promotion of Physical Activity by Clinical and Academic Physical Therapists among Patients and Students. International Archives of Health Sciences; Dec 2021; 8(4)
5. Farooqui S, **Khan A.** Impact on Mental Health of Families during COVID 19- A cross-sectional survey. Ethiopian Journal of Health Sciences Nov 2021, 31 (6)
6. Farhad A., Farooqui SI., Amjad S., **Khan AA.** Role of structured and supervised Exercise Programs in Peripheral Artery Disease patients with and without claudication-A Systematic Review and Meta-analysis. JPMA June 2019, 69 (6) 874-878
7. Zahoor Al-Wardha, **Khan AA**, Farooqui SI, Farhad A, Rizvi J, Zafar K. Knowledge Attitude and Practice of Rehabilitation Specialists During the Pandemic of Novel Corona Virus. Annals of King Edward Medical University, 2020; 26:pp 284
8. Razzak ZA, **Khan AA**, **Farooqui SI.** Effects of Aerobic and Anaerobic Exercises on Estrogen Level, Fat Mass and Muscle Mass among Post-menopausal Osteoporotic Females. IJHS Jul-Aug 2019, 13(4), 10–16
9. **Khan AA**, Siddiqui PQR, Ansari B, Farhad A. Effects of osteoanabolic exercises on bone mineral density of osteoporotic females: A randomized controlled trial. IJHS, 13, (1) (January - February 2019) pp9-13
10. Iqbal F, **Khan A**, Farooqui S, Effects of High Impact Exercises on Physical Activity, Bone Mineral Density, Body Mass Index and Body Fat Percentage among Osteopenic Young Females. Physiotherapy Quarterly (accepted)
11. Baz A, **Khan A**, Kazmi SAM, Farooqui SI. Effects of School-based Fitness Training on BMI of childhood obesity. IJSTR (International Journal of Scientific and Technology Research); 2020 10(1)
12. Saleem Z, **Khan A**, Farooqui S, Rizvi J. The effect of exercise on inter-recti distance and associated low back pain among post-partum females. A Randomized Control Trial. Journal of family and reproductive health 2021 Sep; 15(3): 202–209.
13. Hasan B, Farooqui S, **Khan A**, Kazmi SAM. Determining The Likelihood Of Self Designed Questionnaire In Diagnosis Of Lateral Epicondylitis Among Recreational Athletes. International Journal of Scientific and Technology Research IJSTR 2020 9(12)
14. Khatri MH, Farooqui S, Khan MA, Kazmi SAM, **Khan A.** Effect of Aquatic Exercises on balance and quality of Life among Cerebral Palsy. IJSER 2020: 11(11)
15. Kazmi SAM, Badar S, Farooqui SI, **Khan AA**, Kumar S, Muhammad YA, Farooqui Z., Effects and Prevalence of Shoulder pain among patients of spinal cord injury, EIJS 2020; 9: pp 94-100
16. **Khan AA**, Siddiqui PQR, Ansari B, Farhad A. Impact of activity monitors on quantification of physical activity - a systematic review & meta-analysis. IAJPS 2019, 06 (02), 3400-3411
17. **AA Khan.** Effect of Stretching Exercises on Trapezius Workload using MVIC as an Indicator Pak. j. rehabil. 2017; 6 (2)pp 51-53

18. Ausaf Q.,Nizami GN, **Khan AA**. Effects of Buteyko breathing technique and conventional physical therapy in adult bronchial asthma: A Randomized control trail Pak. j. rehabil. 2017;6(1)pp 36-44
19. Usman MU., Farooqui SI., Amir F, **Khan AA**. Effects of Cardiac Rehabilitation on the functional capacity and the Hemodynamic parameters of patients with CVD using 6MWT Pak.j.rehabil.2017, 6 (1) pp 21-27
20. **Khan AA**, Kazmi SAM. Special Report- Significance Of Transtheoretical Model Pakistan Journal of Rehabilitation 2016 (1)pp.52-56
21. Khan A, Farooqi, **Khan AA**. Compare the effect of body weight supported treadmill training with over-ground gait training on balance in spastic cerebral palsy Pakistan Journal of Rehabilitation 2017 5 (2)
  - a. Volume 5 (1)pp 25-31
22. **Khan AA.**, Farooqui SI More Enabling Approach: A Challenge For The Practitioners - A Critical Review Pak. j. rehabil. 2016 Volume 5 (Issue 1), pp4-10
23. Farooqui SI., **Khan AA.**, Sajjad A, Manal K, Amir F. Prevalence of Peripheral Arterial Disease (PAD) Associated with Fast Food Consumption, Using Ankle-Brachial Index in University Students Pak. j. rehabil 2015; 4 (2)pp 7-14
24. **Khan AA**. Emergence of Tele-Rehabilitation in the field of Physical Therapy. Pak. j. rehabil 2015. 4 (2)
25. **Khan AA.**, Abbas H, Naseer RA., Sanam M.Therapeutic Effects of Ankle Joint Taping Combined with Functional Electrical Stimulation for the Correction of Post Stroke Foot Drop Pak. j. rehabil 2015 4 (2)pp 14-16
26. **Khan AA.**, Farooqui, SI, Sumble S, Khan MU. Efficacy of Deep Friction Massage And Ultrasound In The Treatment Of Upper Trapezius Spasm- A Randomized Control Trail" in Journal of Medical and Dental Science Research (JMDSR). Volume 2 Issue 12 Dec 2015
27. Khan MU, **Khan AA**, Huma, Farooqui SI. Effect of Modified Constraint Induce Therapy on affected upper extremity of Mild - Moderate Spastic Hemiplegic Cerebral Palsy children IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) Volume 14, Issue 12 Ver. VI (Dec. 2015), PP 124-129
28. Farooqui SI, **Khan AA.**, Rahim M., Rafiq N., Farhad A. Analyzing spinal curves for prolong sitting in university going students. European International Journal of Science and Technology Volume 4 No. 7 September 2015
29. Rahim M, **Khan AA**. Application of Principal Component Analysis to identify the inconsistent variables for the manufacturing of crystalline drug component: Technical Report International Journal of Emerging Technology and advanced Engineering 4 (4), 2014
30. Qamar M, **Khan AA**, Nadeem M., Navaid-us-Saba. Backpacks– Lumbago Affect Adolescent & Children: A Review Pak. j. rehabil., 2013 2( 2)pp 3-9
31. Rekha P, Kumari S, **Khan AA**. Frequency and type of Fractures entering the Emergency Units of Orthopedic Hospitals Pak. j. rehabil., 2013 2(2)pp 21-26
32. **Khan AA.**, Navaid-us- Saba., Khan MU. Aerobic Exercise in Heart Failure- A Review, Pak. j. rehabil 2012, Vol 1 (01)pp 3-8
33. Navaid-us-Saba, **Khan AA**, Farooqui SI, Omer Z. The association of sitting posture and cervicogenic pain among the students of physical therapy Pak. j. rehabil 2012, Vol 1 (01) pp 28-31
34. **Khan AA**. A paradigm shift from practice to research... Emergence of Evidence Based Practice. Pak. j. rehabil 2012, Vol 1 (02) pp 1
35. Kumar S, Farooq MN, **Khan AA.**, Kumar K, Jaffer M. Is over-weight and obesity associated with high frequency of comorbid conditions Pak. j. rehabil 2012, Vol 1 (02)pp 47-50

## CONFERENCES & WORKSHOPS

1. 18 June 2021: Fitness Training at Home with Modern Day Tools, Ziauddin University
2. 25 Feb 2021: Learn from a Cell Press Editor: How to publish in and optimize resources for ground breaking journals by Dr. Steven W Cranford
3. 10 Feb 2021: Thinking through classroom management, Institute of Career Development, Researcher Academy, Elsevier
4. 27th Nov 2020: Conducted a webinar session on Manuscript Writing in collaboration with Dept of Continuing Professional Education, Ziauddin University
5. 11th Sep 2020: Presented at Patel Hospital in collaboration with DUHS regarding Knowledge Attitude and Practice of Rehabilitation Specialists During the Pandemic of Novel Corona Virus.
6. 18th Sep 2020: Pediatric Mental Health and Occupational Therapy, Ziauddin University
7. 8th September 2020: Road to Recovery-Physiotherapy in Rehabilitation and COVID-19,
8. August 2020: Foot and Ankle Biomechanics and Therapeutic Taping, Webinar by ZCRS and DCPE
9. July 2020: Introduction to Systematic Review and Meta-Analysis, Johns Hopkins University
10. 26 June 2020: COVID-19: What you need to know

11. 27 June 2020: Attended the OMTA 3RD International Orthopedic Therapy Congress, Accredited by Prime Physio Training UK discussing the Fractures associated with RTA and others
12. June 2020: Managing Your Health: The Role of Physical Therapy and Exercise, University of Toronto
13. June 2020: Advance Instructional Strategies in the Virtual Classroom, University of California, Irvine
14. June 2020: Understanding Research Methods, University of London
15. June 2020: Mind Control: Managing Your Mental Health During COVID-19, University of Toronto
16. June 2020: Dry Needling a Horizon in Physical Therapy
17. 21 May 2020, 'Staying fit at home during lockdown (Covid-19)', Ziauddin University
18. May 2020: Introducing Tele-health in the field work experience of students
19. 18th Nov 2018: Presented the Paper at 32nd International Pak Orthocon 2018 at Physiotherapy & Rehabilitation Session at Pearl Continental Hotel, Karachi
20. 17th Nov 2018: Presented at World Occupational Therapy Day on Saturday at Ziauddin University
21. Attended 23-24 February 2018, "Annual International Conference on Rehabilitation, Translational, Clinical & Research Perspectives" at Ziauddin University.
22. 28 October – 15 November 2019, "Quantitative Research Methods: Concepts & Skills Using Epidemiology & Biostatistics" at Agha Khan University Hospital (AKUH).
23. 3-6 September 2018. "Manuscript Writing" workshop at Aga Khan University Hospital.
24. 22nd February 2018, How to write and submit a manuscript for International Journal at Ziauddin University".
25. 22nd February 2018, "A workshop of urinary incontinence- A rehabilitation Perspective at Ziauddin University".
26. June 16, 2015. "Academic Integrity: Avoiding Plagiarism" Ziauddin University.
27. 8th -9th July 2015 Cascading as an Organizer and Resource Person on "Academic Writing".
28. 28th October 2014, Research Methodology Workshop (Series I), Ziauddin University.
29. 3rd -5th June 2014 Cascading as an Organizer and Resource Person on "Research Methodology & Skills".
30. 31st May 2014, "Research Protocol Writing at 19th Postgraduate Medical Education Conference on Enhancing Academic Standards for Quality Care".
31. June 2014, 1. Faculty Professional Development Program: a. Research methods & skills b. Problem based learning c. Assessment tools. Ziauddin College of Physical Therapy.
32. March 2013, Basic Life Support, Clinical Skills and Health Informatics Lab.
33. 4th Jan, 2013: Conducted and attended a full day work shop on "Improving Teaching & Learning Skills" conducted by the Director Quality Enhancement Cell, Dr. Arshia Naqvi at Ziauddin College of Physical Therapy.
34. November 2011- January 2012: Attended a 2-credit course of "Synopsis" courses held by Quality Enhancement Cell at Ziauddin University (Clifton campus).
35. March, 2012 Seminar on Electrotherapy.
36. December 2006: Attended AFSM (Asian Federation of Sports Medicine) PHYSICIAN Course held at LIAQUAT NATIONAL HOSPITAL with 22 credit hours. Special considerations were laid on Assessments and Management of Sports Injuries, Sports Fitness and it prevention, Strapping and Tapping in acute stages of injury.

## **MEMBER OF COMMITTEE**

- 9th December 2016 to present: Grievance Committee, Ziauddin University
- 2019 to present: Member of Clinical Review Committee, Ziauddin University
- 2019 to present: Member of Research Advocacy Committee, Ziauddin University
- October 2015 to present: Pakistan Physical Therapy Association
- 20th April 2009 to present: Pakistan Physiotherapy Society
- 07 October 2009 to 30th April 2012 Member of Health Professional Council, UK
- Jan 2010 Member of Chartered Society of Physical Therapy, UK

## **RESEARCH ACTIVITIES**

- Supervisor of multiple undergraduate and postgraduate research projects, research collaborations with ZUFEST to attain funding
- Currently supervising 5 MPhil students