

HAIDER DARAIN

Professor Physical Therapy
Khyber Medical University, Peshawar
Institute of Physical Medicine and Rehabilitation
Email: hdarain@kmu.edu.pk; haider.kmu@hotmail.com
Telephone and fax: +92919217266
HEC approved PhD supervisor



Education

PhD (Physical Therapy) Session 2010-2015

Queen Margaret University, Edinburgh, UK

'The role of the external factors on Anterior Cruciate Ligament rehabilitation'

Master of Science (Health and Physical Education) Session 2004-2005

Karachi University, Karachi, Pakistan

Bachelor of Science (Physical Therapy) Session 1998-2003

Jinnah Postgraduate Medical Center Karachi University, Karachi, Pakistan

Higher Secondary School Certificate (pre-medical) Session 1996-1997

Islamia College Peshawar BI&SE Peshawar

Secondary School Certificate (science) Session 1995

GHS Khadagzai BI&SE Saidu Sharif Swat

Academics Experience

Professor BPS-21 (May 5, 2019 to present)

Institute of Physical Medicine and Rehabilitation Khyber Medical University, Peshawar

Assistant Professor BPS-19 (January 3, 2015 to May 4, 2019)

Institute of Physical Medicine and Rehabilitation Khyber Medical University, Peshawar

Lecturer BPS-18 (January 8, 2009 to January 2, 2015)

Institute of Physical Medicine and Rehabilitation Khyber Medical University, Peshawar

Lecturer (January 17, 2005 to December 24, 2005)

Baqai Institute of Physical Therapy and Rehabilitation Medicine Baqai Medical University, Karachi

Administrative Experience

Director/principal (February 1, 2016 to November 12, 2020)

Institute of Physical Medicine and Rehabilitation Khyber Medical University, Peshawar

Coordinator DPT program (2015-2016)

Institute of Physical Medicine and Rehabilitation Khyber Medical University, Peshawar

Centre Manager for District Muzaffarabad for CBR Programme (August 17, 2007 to January 7, 2009)

Handicap International

Clinical Experience

Physiotherapist (December 30, 2005 to August 16, 2007)

Federal Govt. Services Hospital Islamabad Federal Ministry of Health

Physiotherapist (April 2, 2003 to March 12, 2004)

Al-Umeed Rehabilitation Association Karachi

Honours and Awards

Won PhD scholarship fully funded by Higher Education Commission, Pakistan under the project 'Development of Khyber Medical University, Peshawar'

Got second position MSc (Health and Physical Education) University of Karachi

Projects Completed

'The effects of exercises on glycaemic control in patients with Diabetes Mellitus' (0.5 million rupees) funded by Higher Education Commission Pakistan (Principal Investigator)

'Quality of Life in diabetic population of Khyber Pakhtunkhwa' (0.5 million rupees) funded by Higher Education Commission, Pakistan (CoPI on project)

List of PhD students currently co-supervising

Fahad Tanveer Effects of low intensity pulsed ultrasound on clinical and radiological outcomes in Patients with early stage lumbar spondylosis; a randomised controlled trial

Arooj Fatima The efficacy of High-energy Extracorporeal Shockwave Therapy Aimed at Treating Calcified Shoulder: a randomised controlled trial

Curriculum of new programs approved or started at KMU-IPMR

BS Occupational Therapy: curriculum designed, approved from relevant bodies and program started

BS Prosthetics and Orthotics: curriculum designed, approved from relevant bodies and program started

BS Speech and Language Pathology: curriculum designed, approved from relevant bodies and program started

BS Audiology: curriculum designed, approved from relevant bodies and program started

Transitional Occupational Therapy: curriculum designed, approved from relevant bodies and program started

Transitional Prosthetics and Orthotics: curriculum designed, approved from relevant bodies and program started

Doctor of Osteopathy: curriculum designed, approved from relevant bodies and program yet to be started

List of PhD Thesis Evaluated and Examined

Muhammad Akhtar The effectiveness of routine physiotherapy with and without neuromobilization in patients with shoulder impingement syndrome

Humaira Shamim Development and feasibility analysis of verbal expressive skill management program for patient with Broca's Aphasia

Nasir Khan Effectiveness of digital manipulation of thyroid cartilage and fluency shaping therapy for the management of stuttering in adults

Waseem Akhtar Effectiveness of core stabilization exercises and routine exercise therapy in treatment of chronic nonspecific low back pain: a randomized controlled clinical trial

Waqar A. Awan Role of physiotherapy in management of constipation in children with cerebral palsy

Nazia Mumtaz An exploration of multi-level barriers to neonatal hearing screening in Pakistan

Arshad N. Malik Effects of virtual reality training on mobility in stroke

M. Naveed Babur Perception of rehabilitation professional towards multi-disciplinary team approach in stroke rehabilitation

| | |
|----------------|---|
| Ashfaq Ahmad | The effectiveness of routine physical therapy with and without low level laser therapy in the treatment of patients with partial tear of supra-spinatous tendon; A single blinded randomised controlled clinical trial |
| Shakeel Rahman | Ur Effects of supervised structured aerobic exercise training programme on the patients with type 2 diabetes mellitus as compared with routine medical management; A randomised controlled trial |
| M. Nazim Frooq | The effects of mobilisation and routine physiotherapy compared to routine physiotherapy alone on pain, disability, neck range of motion and neck muscles endurance in patients with chronic mechanical neck pain: A double randomised controlled clinical trial |

List of MS students supervised

| | |
|------------------|---|
| Amjad Ali | The effectiveness of sustained and interrupted stretching during sub-acute phase of rehabilitation on functional outcomes of lower limb in patients with stroke; a randomized control trial |
| Shakirullah | Effectiveness of Virtual reality-based task specific training in gait improvement of post stroke patients; A Quasi-experimental study |
| Shafqatullah Jan | A Randomized controlled trial comparing the effects of motor relearning program and mirror therapy for improving motor functions of upper limb in stroke |
| Gouhar Rahman | Outcomes of stroke survivors using stroke impact scale for the patients at Rafsan Neuro-rehab Centre |
| Bilal Khan | The effectiveness of mirror and conventional physical therapy in improving balance in stroke patients |
| Bushra Khan | Effectiveness of constraint induced movement therapy in improving upper limb function of children with hemiplegic cerebral pals |
| S. Zulfiqar Ali | The effectiveness of structured aerobic exercises for glyceamic control in patients with type II diabetes mellitus |
| Sara Naseem | The effectiveness of mime therapy and conventional physical therapy in improving facial symmetry in patients with Bell's palsy |
| Fida Muhammad | A Randomized Controlled Trail comparing the effectiveness of Tapping VS conventional physical therapy for sub acromial impingement syndrome |
| Rida Shabbir | A randomized control trial comparing the effectiveness of proprioceptive training and conventional physical therapy in treating adhesive capsulitis |
| M. Daud | The effectiveness of muscles energy technique and neuromuscular technique along with therapeutic ultrasound in the treatment of myofascial trigger points in upper trapezius |
| M. Mustafa | A randomized controlled trial comparing the effectiveness of intramuscular stimulation and ischemic pressure in the treatment of upper trapezius trigger points |
| Sadaf Aziz | Effectiveness of proprioception exercises in non-specific neck pain: A randomized controlled trial |
| Afshan Naeem | The effectiveness of supervised and unsupervised exercise program in patients with knee osteoarthritis: a randomized controlled trial |
| Bushra Bakht | The Effectiveness of Ponseti Method in Treating Clubfoot |

| | |
|----------------|---|
| Hazrat Bilal | A Randomized Control Trail Comparing the Effectiveness of Kinesio Taping For the Treatment of Patients with Acute Low Back Pain |
| M. Nayab Ali | The effectiveness of modified constrain induced movement therapy (MCIMT) to improve hand function in hemiplegic cerebral palsy children |
| Marina Khan | Effectiveness of supervised versus unsupervised exercise programs for ambulatory stroke patients |
| Zara Batool | Comparing the effectiveness of mulligan’s two leg rotation (TLR) technique versus conventional stretches to improve hamstring tightness in complete paraplegia patients: A randomized controlled trial |
| Syed Shafaq | Effectiveness of video game-based exercises and conventional physical therapy for dynamic short-sitting balance of paraplegic patients with traumatic spinal cord injury; A randomized controlled trial |
| Sidra Gyas | A randomized controlled trial comparing the effectiveness of core muscle strengthening exercises and Mckenzie exercises for low back pain in Pakistan army pilots |
| Seema Gul | Effectiveness of electrical stimulation in the treatment of pressure ulcers among patients with spinal cord injury |
| Nazish Faiz | Effectiveness of electrical stimulation in the treatment of pressure ulcers among patients with spinal cord injury |
| Aatik Arsh | Effectiveness of cervical along with thoracic manual therapy in the management of non-specific neck pain |
| Rafiullah | Post Rehabilitation Quality of Life assessment among community dwelling traumatic spinal cord injury patients |
| M. Iqbal | The effectiveness of dual task specific training and conventional treatment in ambulation of patients with chronic stroke: A Randomized Control Trial |
| S. Anayatullah | Effectiveness of eccentric exercise strengthening and Mulligan mobilization with movement for the treatment of chronic lateral epicondylitis |
| Asma Fayyaz | Prevalence and associated factors of phantom limb pain in patients with amputated limbs: a cross sectional survey |
| Sadia Khattak | Effectiveness of balance training and strengthening exercises in patients with osteoarthritis of knee joint: A randomized controlled trial |
| Hajra Mukhtar | Comparison of manual therapy with muscle relaxant in the management of myogenic temporomandibular disorders |
| Alam Zeb | Prevalence and associated factors with physical disabilities amongst the population of Hayatabad Peshawar |
| Ikram Ali | Submaximal interval training on anthropometric measurements, endurance and flexibility in healthy individuals with sedentary life style |
| Irfan Ullah | Prevalence of shoulder pain and associated factors in wheel chair users who sustained spinal cord injury |
| Mahboob Ullah | Knowledge Attitude and Barriers towards Evidence Based Practice among clinical physical therapists working in tertiary care hospitals of Peshawar and DHQ hospitals of Khyber Pakhtunkhwa |

List of Publications

2020

Ali, I., Kashif, M., Aziz, MO., and Darain, H. Gossypiboma: A case study of medical error in obstetrician Tertiary Care Hospital. *Professional Med J* 2020; 27(5):677-680

Iqbal, M., Arsh, A., Hammad, SM., Haq, I., Darain, H. Comparison of dual task specific training and conventional physical therapy in ambulation of hemiplegic stroke patients; a randomized controlled trial. *Journal of Pakistan Medical Association.* 2020; 70(1): 7-10

Arsh, A., Darain, H., Iqbal, M., Rahman, M., Ullah, I., Khalid, S. Effectiveness of manual therapy to the cervical spine with and without manual therapy to the upper thoracic spine in the management of non-specific neck pain; a randomized controlled trial. *Journal of Pakistan Medical Association.* 2020; 70(3): 399-403

Arsh, A., Darain, H., Al-kitani, A. Effects of genetic variability on running performance in professional runners. *Rehman J Health Sci.* 2020;2(1):24

Keramat, K., Ahmad,R., Darain, H., Sajjad, AG. Evaluation of physicians' and surgeons' knowledge regarding physiotherapy in KPK, Pakistan. *Rawal Medical Journal.* 2020;45(4):850-53

Fatima, A., Ahmad, A., Gilani, S., Kazmi, S., Darain, H., Hanif, A. Reliability of musculoskeletal ultrasound imaging to measure calcific deposit in patients with calcified rotator cuff tendinopathy. *Physiotherapy Quarterly.* 2020 (accepted)

Submitted manuscript

Reliability of clinical instruments used for the assessment of balance function in spinal cord injury patients: A systematic review

Traumatic Spinal injury during pregnancy: A systematic review. *Spinal Cord*

Effectiveness of combined low voltage pulsed galvanic current and standard wound care in treating pressure ulcers of spinal cord injury patients; A pilot study *Journal of Spinal Cord Medicine*

Role of extracorporeal shockwave therapy in patients with rotator cuff tendinopathy: synthetic analysis of last two decades *Journal of the Pakistan Medical Association*

2019

Arsh, A., Darain, H. Persons with disabilities in Pakistan. *Annals of Allied Health Sciences.* 2019; 5(2):1-2

Arsh, A., Darain, H. Physical therapy and public health. *Annals of Allied Health Sciences.* 2019; 5(1):1-2

Arsh, A., Darain, H., Zeb, A., Ilyas, SM., Khalid, S. Mortality and its associated factors in patients with spinal cord injuries at paraplegic centre Peshawar, Pakistan. *Khyber Medical University Journal.* 2019; 11(2):71-74

Jan, S., Arsh, A., Darain, H., Gul, S. A randomized control trial comparing the effects of motor relearning programme and mirror therapy for improving upper limb motor functions in stroke patients. *Journal of Pakistan Medical Association.* 2019; 69(9): 1242-45

Kashif, M., Jones, S., Darain, H., Iram, H., Raqib, A., Butt, AA. Factors influencing the community integration of patients following traumatic spinal cord injury: A systematic review. *Journal of Pakistan Medical Association.* 2019; 69(9):1336-42

Arsh, A., Darain, H., Zeb, A., Ullah, S., Ullah, I., Ilyas, SM. Employment status of Person with disability in Government departments in Khyber Pakhtunkhwa Pakistan. *Pakistan Journal of Medical Sciences.* 2019; 35(5):1392-96

Arsh, A., Darain, H. Spinal cord injury and its associated challenges to rehabilitation of patients in Pakistan. *Rehman J Health Sci.* 2019;1(1):1,2

Darain, H., Arsh, A. Fear and hopes of Professionals associated with rehabilitation in Khyber Pakhtunkhwa; The bright side. *Rehman J Health Sci.* 2019;1(2):24

2018

Nadeem, I., Kashif, M., Mushtaq, S., Hussain, R., Naseem, N., Darain, H. Khan, D. High Heels and Low Back Pain in Young Female Students. *International Journal of Pathology.* 2018; 16(2):90-94

Sharifullah, M., Sajjad, AG., Mubeen, A., Tariq, I., Khan, A., Darain, H. Comparison of sustained pressure versus ischemic compression on trigger points in chronic myofascial pain management. *Khyber Medical University Journal.* 2018; 10(2):66-70

Darain, H., Arsh, A., Zeb, A., Ilyas, SM., Muhammad, D., Khan, MN. Epidemiology, Clinical Features and Consequences of Spinal Cord Injury in Children. *Journal of the College of Physicians and Surgeons Pakistan.* 2018; 28(7): 532-535

Arsh, A., Darain, H., Rahman, M, and Kashif, M. Thoracic manual therapy in the management of neck pain: review of the literature. *Ann Allied Health Sci.*2018;4(1): 3-8

Rana, M., Ali, I., Rahman, M., Darain, H., Qureshi, N., and Imtiaz, M. Risk factors for falls among postmenopausal women in Hayatabad, Peshawar. *Ann Allied Health Sci.*2018;4(1): 19-22

Jehan, Z., Ali, I., Rahman, M., Darain, H., Latif, A., and Qazi, S. Prevalence of stroke in Hayatabad Peshawar. *Ann Allied Health Sci.*2018;4(1): 15-18

2017

Muhammad, D., Aurangzeb, M., Khan, M., Darain, H., Ali, S., Iqbal, Z. Knowledge, attitude and practices regarding household waste management among residents of rural Peshawar, Pakistan. *Journal of Saidu Medical College.* 2017;7(2):117-121

Arsh, A., Ali, A., Ullah, I., Darain, H., Khan, A., Zaidi, M., Shah, I. Body mass index in medical students and its association with gender and academic year. *Pakistan Journal of Physiology.* 2017;13(3):18-21

Basry, R., Ali, A., Ullah, S., Naseem, M., Darain, H., Haq, Z. Effects of circuit class versus individual task specific training on balance in post-stroke patients. *Journal of Dow University of Health Sciences.* 2017; 11(3):97-102

Arsh, A., Darain, H., Muhammad, D., Khan, M., Ilyas, S., Zeb, A., Khalid, S. Factors responsible for readmissions to rehabilitation centre following spinal cord injury. *Journal Khyber College of Dentistry.* 2017; 7(2):60-65

Khan, A., Shoib, M., Khan, J., Darain, H., Arsh, A. Outcomes of chipping method in complex non-union of long bones. *Journal of Islamabad Medical and Dental College.* 2017; 6(3):121-124

Arsh, A., Darain, H., Haq, Z., Zeb, A., Ali, I., Ilyas, I. Epidemiology of spinal cord injuries due to bomb blast attacks, managed at paraplegic centre Peshawar, Pakistan: a nine years retrospective study. *Khyber Medical University Journal.* 2017; 9(2):55-59

Arsh, A., Darain, H., Rahman, G., Farooqi, S., and Darain, H. Consequences of Traumatic Spinal cord injury in pregnant women who sustained the injury during pregnancy. *Spinal Cord Series and Cases.*

Gilani, Z., Darain, H., Aziz, S., Orakzai, M., Raheem, L, and Jabeen, M. Prevalence of Urinary Incontinence in Post-Partum Females in Hayatabad, Peshawar. *Journal of Islamic International Medical College.* 2017; 12(2):106-110

Darain, H., Ullah, I., Muhammad, D., Ibrar, M., Long-Term Challenges to Patients with Spinal Cord Injuries. *Phys Med Rehab Kuror.* 2017; 27(3):160-163

Darain, H., Ilyas, S., Zeb, A., Ullah, I., and Muhammad, D. Epidemiology of spinal cord injury in Pakistan: A retrospective study. *Phys Med Rehab Kuror.* 2017;27(2):106-109

Faheem, M., Darain, H., Arsh, A., Ibrar, M. Management of Fistula-In-Ano: A local Experience. *Journal of Islamabad Medical and Dental college.* 2017; 6(1):27-30

Ali, S., Sajjad, A., Ullah, K., and Darain, H. Effects of the lumbar stabilization exercises on pain, range of motion and functional disability in the management of chronic low back pain. *The Professional Medical Journal.* 2017;24(4):526-533

Gul, S., and Darain, H. Challenges to physical therapy in Pakistan. *Ann Allied Health Sci.*2017;3(1): 1

Imtiaz, K., Khan, WA., Ullah, G., Yousafzai, Y., and Darain, H. Systematic review on prevalence of cerebral palsy. *Ann Allied Health Sci.*2017;3(1):3-7

Kashif, M., Darain, H., Sharif, F., Jameel, M., Majeed, S., and Ullah, I. Association between low back pain and prolonged standing in university teachers. *Ann Allied Health Sci.*2017;3(1): 8-13

Zeb, A., Ali, W., Darain, H., and Rahman, M. Prevalence of work-related musculoskeletal disorders among physicians, surgeons and dentists at tertiary care hospitals of Peshawar. *Ann Allied Health Sci.*2017;3(1): 27-31

Rahman, G., Farooqi, S., and Darain, H. The effectiveness of constraint induced movement therapy and conventional therapy in improving motor functions of upper limb in patients with stroke. *Journal of Islamic International Medical College.* 2017;12(1):3-7

2016

Shehzad, M., Darain, H., Shaukat, A. and Ullah, S. Balance problems in geriatric population: a population-based survey. *Journal of Islamabad Medical and Dental college.*2016;5(4):195-197

Arsh, A., Darain, H., Zeb, A., Ilyas, S. Prevalence of pressure ulcers in Patients with spinal cord injury; A retrospective study. *Pakistan Journal of Neurological Sciences.* 2016;11(4):16-20

Arsh, A., Darain, H., Zeb, A., Ilyas, S. Epidemiology and Prevalence of Deep Venous Thrombosis in Patients with Spinal Cord Injury. *Pakistan Journal of Neurological Sciences.*2016;11(4):22-25

Farooq, N., Darain, H., Ain, Q., and Ullah, S. Awareness about the signs, symptoms and the risk factors of stroke in patients with stroke: A multicentre study. *Pakistan Journal of Neurological Sciences.* 2016;11(3):9-12

Darain, H., Shah, S., Muhammad, F., and Al-Kitani. Supervision during Rehabilitation Programme Following Anterior Cruciate Ligament Reconstruction: A Systematic Review of Literature. *Phys Med Rehab Kuror.* 2016;26(2):225-229

Al-kitani, A., Darain, H., and Ullah, I. Effects of imagery on acute injury recovery. *Ann Allied Health Sci.*2016;2(1):10-14

Darain, H. Physical Therapy development and responsibilities of a students studying physical therapy. *Ann Allied Health Sci.*2016;2(1):1

Kashif, M., Darain, H., Islam, S., Javed, S., and Irshad, S. Entrepreneurial aptitude among the university students of MBBS, BDS and DPT. *Indian Journal of Physiotherapy and Occupational Therapy.*2016;10(1):66-70

2015

Sah, S., Siddiqui, M. and Darain, H. Effect of Progressive Resistive Exercise Training to Improving Mobility and Functional Ability of middle adulthood Patients Chronic Kidney Disease. *Saudi Journal of Kidney Diseases and Transplantation.* 2015;26(5):912-923

Shah, Z., Darain, H. Association of age, weight and gender with work related low back pain among clinical physical therapists in Pakistan. *International Journal of Medicine and Allied Health Sciences.* 2015;7(1):622-626

Osama, M., Jan, M. and Darain, H. A randomized controlled trial comparing the effects of rest breaks and exercise breaks in reducing musculoskeletal discomfort in static workstation office workers. *Ann Allied Health Sci.*2015;1(2): 30-34

Zeb, A., Ilyas, A., Kashif, M., Kompal, R., Darain, H. and Bahadar, S. Knowledge and attitude on pressure ulcer prevention among nurses working in neurological departments in tertiary care hospitals of Peshawar: a multicentre study. *Ann Allied Health Sci.*2015;1(2):49-53

Kashif, M., Darain, H., Gulraiz., Parveen, T., Kiran, N., Quratulain. 2015. Prevalence of Cervical Pain & its contributing factors in Bank Officers. *Int J Medicine and Allied Health Sciences.* 2015;6(1):1-5

Rehman, AU., Siddiqui, MA., Ashraff, S., and Darain, H. Assessment and management technique of practitioners: exploring clinical reasoning in the context of the individual patient. *European Journal for Person Centered Healthcare.* 2015; 3(2):145-150

Darain, H., 2015. Physical therapy development in Pakistan: a 'paradigm shift'. *Annals of Allied Health Sciences.* 2015; 1(1):1,2

Darain, H., Alkitani, A., Kashif, M., El-ziq, N., Ghani, J., and Ibrar, M. A multidisciplinary approach to disability rehabilitation; A Case Report of Person with Disability. *European Journal for Person Centered Healthcare.*2015;3(2):249-252

Rehman, A., Siddiqui, A., and Darain, H. Measurement of changes in the oxygenation of quadriceps muscles during the voluntary and involuntary fatigue test in normal healthy sedentary subjects. *Journal of Human Sport and Exercise.* 2015;10(4):867-883

Darain, H., Alkitani, A., Yates, C., Bailey, A., Roberts, S., Coutts, F., and Gleeson, N. Antecedent anterior cruciate ligament reconstruction surgery and optimal duration of supervised physiotherapy: A case report. *Journal of Back and musculoskeletal Rehabilitation.* 2015;8(4):877-883

2013

Gleeson, N., Eston, R., Minshull, C., Bailey, A., Al-Kitani, A., Darain, H., Yates, C., Rees, D.

Effects of antecedent flexibility conditioning on neuromuscular and sensorimotor performance during exercise-induced muscle damage. *Journal of Exercise Science & Fitness.* 2013;11(2):107-117

Darain, H., Alkitani, A., Kashif, M., and El-ziq, N. The Role of Resource Information Centres in the Community Based Rehabilitation Framework. *Disability, CBR and inclusive development.* 2013;24(3): 131-139

Memberships

| | |
|-----------------|--|
| 2020 to present | Chairman Human Resource Development Committee Khyber Medical University |
| 2020 to present | Chairman Harassment Committee Khyber Medical University, Peshawar |
| 2019 to present | Member of Pakistan Association of Medical Editors |
| 2019 to present | Member of transport committee Khyber Medical Committee |
| 2019 to 2022 | Board of Trustee Benevolent fund Khyber Medical University, Peshawar |
| 2019 to present | Syndicate member Khyber Medical University, Peshawar |
| 2018 to present | Chairman Inspection Committee Khyber Medical University Peshawar |
| 2018 to present | Member cum secretary Board Faculty of Allied Health Sciences |
| 2017 to present | Member program Advisor Committee for Allied Health Sciences University of Sargodha |
| 2017 to present | Member Board of Studies Riphah International University Faisalabad Campus |

2016 to 2020 Convener Board of Studies Institute of Physical Medicine and Rehabilitation
2016 to present Chief Editor 'Annals of Allied Health Sciences'
2019 to present Editor-in-Chief Rehman Journal of Health Sciences
2015 to present Member Pakistan Physical Therapy Association
2015 to 2020 Board of Directors Pakistan Physical Therapy Association
2015 to present Member Academic Council Khyber Medical University, Peshawar
2016 to present Chairman Graduate Committee Institute of Physical Medicine and Rehabilitation
2016 to 2017 Member Statuary Committee Khyber Medical University, Peshawar
2016 to 2017 Member of Technical Committee Khyber Medical University, Peshawar
2016 to present Member of National Curriculum Revision Committee, Higher Education Commission Pakistan
2015 to 2020 Member Advanced Studies and Research Board Khyber Medical University, Peshawar

Invited speaker

Keynote speaker at 1st conference; Quality of Physical Therapy education in Pakistan; Raising the bar
Keynote speaker at 4th International conference on Rehabilitation Sciences Zia Uddin Medical University 2018
Keynote speech at first Medical Education Conference The University of Faisalabad 2017
Keynote speaker at Second International Conference of Rehabilitation arranged by Riphah International University, Islamabad 2017
Keynote speaker at International conference arranged by Isra University, Islamabad 2016
keynote speaker on musculoskeletal conditions during 2nd Rehabilitation Conference at Islamabad in 2015
Keynote speaker on 'cutting edge' during 7th Health conference at Khyber Medical University, Peshawar in 2015
Keynote speaker on 'development of physical therapy in Pakistan' during 2nd international conference

References

Prof Nigel Gleeson

Professor Physical Therapy and Rehabilitation
Queen Margaret University, Edinburgh
ngleeson@qmu.edu.pk

Dr Mohammad Bin Afsar Jan

Principal
Rehman College of Rehabilitation Sciences
Rehman Medical Institute, Peshawar
afsar.jan@rmi.edu.pk

Dr Irfanullah (PT)

Director
Institute of Physical medicine and Rehabilitation
Khyber Medical University, Peshawar
irfandpt@yahoo.com

