

Prof. Dr Furqan Ahmed Siddiqi (Physical Therapist)

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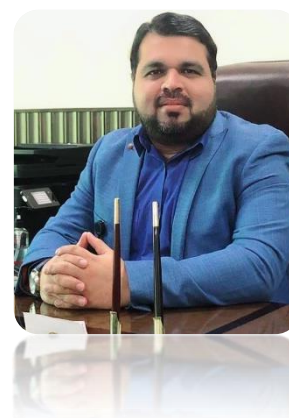
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CAREER HIGHLIGHTS:

- Expert professional researcher and a skilled physical therapist with 17 years of rich and versatile experience, having Doctorate (PhD) in Rehabilitation Sciences with special interests in neurological physical therapy.
- Publications in top notch research journals with national and international repute having impact factor.
- Keynote speaker during various national and international conferences and workshops
- HEC approved researcher and PhD supervisor.
- Editor in Chief of Foundation University Journal of Rehabilitation Sciences (FUJRS)
- Successfully supervised various post-graduate research projects.
- Productive administrator at Foundation University Institute of Rehabilitation Sciences under the position of Dean.
- Member National Curriculum Review Committee (NCRC) Higher Education Commission.

EDUCATIONAL QUALIFICATION:

PhD – Rehabilitation Sciences (Neuro PT) <i>Isra University, Islamabad</i>	2019
PGD – Teaching Methodology and Professional Ethics <i>Riphah International University, Islamabad</i>	2012
Post Professional – Doctor of Physical Therapy <i>Riphah International University, Islamabad</i>	2009
Bachelor of Science in Physical Therapy <i>University of Punjab – School of Physical Therapy, Lahore</i>	2004

SPECIAL QUALIFICATION:

Lead Auditor

SGS (Société Générale de Surveillance) – United Kingdom

EMPLOYMENT HISTORY:

Dean / Principal, Professor, Foundation University Institute of Rehabilitation Sciences – Islamabad
(19th December 2019 – till date)

- Authoritative for approving faculty hiring, overseeing budget, fundraising, setting academic rules and policies, developing academic programs, and performing other higher administrative functions of DPT.
- Involve in Top Management Planning and implementation AND Responsible for the overall academic's activities of the institute.
- Teaching of the Major courses to the students of MSPT and DPT.

Associate Dean / Associate Professor, Foundation University Institute of Rehabilitation Sciences – Islamabad
(15th July 2014 – 19th December 2019)

- Responsible for the overall academic activities of the institute.
- Responsible for the overall administrative activities of the institute.
- Teaching of the Major subjects of DPT.
- Involve in Top Management Planning and implementation.

Assistant Professor, Riphah International University – Islamabad
(January 2011 – 14th July 2014)

- Teaching graduate and undergraduate courses in the DPT program.
- Be enthusiastic in giving evidence-based teaching especially in the areas of cardiopulmonary, gender health care and integumentary physical therapy.
- Actively participate in the research-oriented tasks of the university.
- To liaise with other disciplines involved and ensure effective communication and reporting as part of a multidisciplinary team.
- To maintain accurate, comprehensive, and up-to-date documentation in line with legal and departmental requirements and to communicate assessment and treatment results to the appropriate disciplines in the form of reports and letters.

Physiotherapist, Fauji Foundation Hospital – Rawalpindi

(July 2008 – January 2011)

- Provides physiotherapy assessment, documents evaluations outcomes, findings, diagnosis and planning of Physiotherapy Treatment for patients in Physiotherapy O.P.D and in various indoors like Neurology, Neurosurgery, Orthopedic surgery, Chest Medicine, and Cardiac surgery, Medical and Surgical units, ICUs, CCUs, doing chest physiotherapy in the admitted patients and assisting patients with joint and spinal problems, especially following surgery, helping patients' rehabilitation following accidents, injury and strokes i.e. maintaining ROM, measuring Muscle power and endurance and their development, teaching bed mobility, transfers, postural drainage and breathing exercises etc.
- Conducts developmental testing and identifies areas of developmental concern and evaluates clients for orthotic needs, mold for orthotics and modify orthotics as necessary.
- Ordering equipment required for patient discharge such as wheelchairs, and ambulation devices based on careful evaluation. Training in safe positioning of premature infants & children with special needs, wheelchair mobility education and transfer training.
- Responsible for maintaining good working relationships with coworkers, facilitating teamwork and demonstrates sensitivity to cross cultural issues.
- Advises patients and family members in methods that facilitate a capacity for self-care and independence.
- Provides patients and their families in home programs to achieve a comprehensive rehabilitative potential.

Physiotherapist / Lecturer, Pakistan Institute of Medical Sciences – Islamabad

(December 2005 – June 2008)

- My principal role and specialty was to provide targeted Neuro-Musculoskeletal Assessment, Treatment, Line Assessments and return to work planning of patients in order that an absence has been prevented or an individual been able to return to work quicker.
- Assessment, evaluation, diagnosis, and planning of Physiotherapy Treatment for patients in Physiotherapy O.P.D and in various indoors like Neurosurgery, Orthopedic, Chest Medicine, and Cardiac surgery, Medical and Surgical units on call.
- To participate in specialized Multidisciplinary Assessment Clinics e.g., Complex Disability Clinics; Complex Wheelchair–Posture and Seating Clinics; Orthotics Clinics, offering expert physiotherapeutic opinion.
- To liaise with other disciplines involved and ensure effective communication and reporting as part of a multidisciplinary team.
- To maintain accurate, comprehensive, and up-to-date documentation in line with legal and departmental requirements and to communicate assessment and treatment results to the appropriate disciplines in the form of reports and letters.

One-year clinical practice, Mayo Hospital – Lahore

(January 2004 – November 2005)

- My principal role and specialty was to provide targeted Neuro-Musculoskeletal Assessment, Treatment, Line Assessments and return to work planning of patients in order that an absence has been prevented or an individual been able to return to work quicker.
- Assessment, evaluation, diagnosis, and planning of Physiotherapy Treatment for patients in Physiotherapy O.P.D and in various indoors like Neurosurgery, Orthopedic, Chest Medicine, and Cardiac surgery, Medical and Surgical units on call.
- To participate in specialized Multidisciplinary Assessment Clinics e.g., Complex Disability Clinics; Complex Wheelchair–Posture and Seating Clinics; Orthotics Clinics, offering expert physiotherapeutic opinion.
- To liaise with other disciplines involved and ensure effective communication and reporting as part of a multidisciplinary team.
- To maintain accurate, comprehensive, and up-to-date documentation in line with legal and departmental requirements and to communicate assessment and treatment results to the appropriate disciplines in the form of reports and letters.

RESEARCH PUBLICATIONS:

1. Letter to editor, ‘The obesity epidemic: Call for Physical Activity & Exercise’.
In press in Journal of the College of Physicians and Surgeons Pakistan: JCPSP.
2. Original article, ‘Dose response relationship of incentive spirometer on lung compliance among post coronary artery bypass grafting patients’.
In press in Rawal Medical Journal: RMJ,
3. Osama M, Babur MN, Siddiqi FA. Walking related performance fatigability in persons with knee osteoarthritis; an important yet neglected outcome. JPMA. The Journal of the Pakistan Medical Association. 2021 May;71(5):1513-4.
4. Siddiqi FA, Azeem ME, Elderly and Balance Rehabilitation Current Dynamics and Future Possibilities for Pakistan. FUJRS Vol 01, Issue 01, Jan 2021.
5. Khan FM, Karamat A, Asim M, Haye M, Azim ME, Siddiqui FA. Frequency of Lower Back Pain among Middle-Aged Women in Twin Cities; A Cross Sectional Study. Journal Riphah College of Rehabilitation Sciences. 2020 Jul 10;8(01): S15-8.
6. Siddiqi FA. Advances in Neurorehabilitation; Application of Virtual Reality in Geriatric Rehabilitation. Journal Riphah College of Rehabilitation Sciences. 2019 Nov 10;7(2):39-41.
7. Bashir S, Siddiqi FA, Baig M, Bashir EA, Azim ME, Tariq MI. Effect of chest physical therapy with early mobilization on post-operative pulmonary complications in upper abdominal surgeries. Rawal Medical Journal. 2019;44(1):99-105.

8. Murad S, Siddiqi FA, Tariq MI, Butt MW. Effects of Cardiovascular Conditioning Exercises on Quality of Life in Patients with Dilated Cardiomyopathy in Pakistan. *Journal of Ayub Medical College Abbottabad*. 2019 Nov 30;31(4 Sup):651-5.
9. Awan MM, Qureshi S, Tariq H, Siddiqi FA. Effects of cardiopulmonary conditioning on body mass index, physical activity and general psychological health of young adults. *Pakistan Heart Journal*. 2019 Oct 26;52(3).
10. Siddiqi FA, Azim ME, Babur MN, Osama M, Waheed A, Memon AR. Psychological stress and satisfaction with life among physical therapy students of Rawalpindi/Islamabad, Pakistan. *JPMA*. 2019 Jul;69(7):973-5.
11. Siddiqi FA, Masood T, Osama M, Azim ME, Babur MN. Common balance measures and fall risk scores among older adults in Pakistan: Normative values and correlation. *JPMA*. 2019 Feb.
12. Siddiqi FA, Masood T. Training on Biodex balance system improves balance and mobility in the elderly. *JPMA. The Journal of the Pakistan Medical Association*. 2018 Nov;68(11):1655-9.
13. Khan SB, Tassadaq N, Siddiqi FA, Yaqoob MF, Chaudary EA, Shafi H. Impact of social media on attitudes and professional growth of physical therapy students of Foundation University, Islamabad, Pakistan. *Rawal Medical Journal*. 2018 Jul 1;43(3):494-7.
14. Bashir s, naweed f, cheema sa, hussain s, siddiqi fa, amjad i, kiani sk. Geriatric population; effectiveness of physical activity on quality of life in geriatric population. *Professional medical journal*. 2018 oct 1;25(10).
15. Siddiqi FA, Masood T, Azim ME, Malik AN, Babur MN. Training reduces fall risk and improves mobility among elderly: a randomized controlled trial. *Rawal Medical Journal*. 2018;43(4):677-81
16. Malik AN, Amjad I, Babur MN, Siddiqi FA, Rasul HN. Rehabilitation Professional Attitude Towards Persons with Disability. *Journal of Islamic International Medical College Quarterly*.118. 2018
17. Siddiqi FA, Masood T. Effects of dynamic stability training on balance in healthy older adults. *International Journal of Rehabilitation Sciences (IJRS)*. 2017 Sep 20;5(02):31-6.
18. Akram S. Effectiveness of Grade 1 and 2 Joint Mobilizations with Non Steroidal Anti Inflammatory Drugs (NSAIDS) in Comparison with NSAIDS alone in Pain Management of Knee Osteoarthritis. *Journal of Rawalpindi Medical College*. 2017 Sep 30;21(3):257-61.
19. Tariq MI, Khan AA, Khalid Z, Farheen H, Siddiqi FA, Amjad I. Effect of Early ≤ 3 Mets (Metabolic Equivalent of Tasks) of Physical Activity on Patient's Outcome after Cardiac Surgery. *Journal of the College of Physicians and Surgeons Pakistan*. 2017 Aug 1;27(8):490-4.

20. Siddiqi FA, Masood T. Effects of dynamic posturographic balance training versus conventional balance training on mobility and balance in elderly. *Rawal Medical Journal*. 2017;42(4):522-7.
21. Aftab A, Siddiqi FA, Babur MN, Memon AR. Risk factors in the development of knee osteoarthritis: A case-control study. *International Journal of Rehabilitation Sciences (IJRS)*. 2017 Sep 27;4(01):7-10.
22. Malik AN, Anwar S, Siddiqi FA. Research barriers and facilitators of physical therapists of Pakistan. *Rawal Medical Journal*. 2016;41(3):369-72.
23. Memon AR, Sahibzada NM, Azim ME, Siddiqi FA. Physical therapy as a profession and its educational development in Pakistan. *JPMA. The Journal of the Pakistan Medical Association*. 2016 Nov;66(11):1472-4.
24. Siddiqi FA, Masood T. Effects of dynamic stability training on balance in healthy older adults. 2016
25. Ghous M, Gul S, Siddiqi FA, Pervaiz S, Bano S. Depression; Prevalence among amputees. *The Professional Medical Journal*. 2015 Feb 10;22(02):263-6.
26. Sheraz S, Siddiqi FA, Zaidi SA, Amjad I. Blood gases and oxygen saturation response to active cycle of breathing techniques in COPD patients during phase I of cardiac rehabilitation. *Rawal Medical Journal*. 2015 Jul 1;40(3):259-62.
27. Shafi H, Siddiqi FA, Mustaghas Z. Effect of aerobic exercise on low density lipoprotein in Pakistani patients. *Rawal Medical Journal*. 2015;40(2):162-3.
28. Siddiqi FA, Frequency of obesity among teenagers published in *FUMJ*: 2015; 2(1): 21-25.
29. Khan MR, Shafi H, Amjad I, Siddiqi FA. Efficacy of cervical spine mobilization versus peripheral nerve slider techniques (neurodynamics) in cervicobrachial pain syndrome. *Journal of international inovative medical council*. 2015;10(4):473-9.
30. Aftab A, Siddiqi FA, Babur MN, Memon AR. Risk factors in the development of knee osteoarthritis: A case-control study. *Int J Rehabil Sci*. 2015;4:7-10.
31. Siddiqi FA, Yasmeen R, Khan A. The relationship between physical activity levels, sleep habits and academic performance in Physical Therapy students of Rawalpindi and Islamabad. *JIMC* April 2014 9(1): 28-32.
32. Naz S, Siddiqi FA, Ikram S. Effectiveness of the incentive spirometry in preventing post-operative pulmonary complications after laparotomy. *Rawal Medical Journal*. 2014 Jul;39(3).
33. Shakil-ur-Rehman S, Rehman M, Siddique FA, Khan A, Sibtain F. The efficacy of Rib Cage Mobilization on lung function in COPD patients. *Rawal Medical Journal*. 2013 Jan;38(1):36-9.

34. Malik AN, ur Rasul HN, Siddiqi FA. Cross sectional survey of prevalence of low back pain in forward bend sitting posture. Rawal Medical Journal. 2013;38(3):253-5.
35. Akram L, Siddiqui FA, Amjad I, Malik AN. Clinical practice pattern in final year Physical Therapy students of Pakistan in 2012. Rawal Medical Journal. 2013;38(3):298-300.
36. Akram L, Malik AN, Siddiqi FA, Amjad I. The preferred academic and clinical specialty of final year student of Physical Therapy. Rawal Medical Journal. 2013;38(3):301-4.
37. Arooj A, Malik AN, Siddiqi FA. Professional and personal attitude of physical therapy students towards disabled persons. Rawal Medical Journal. 2013;38(4):332-4.
38. Khan A, Malik AN, Siddiqi FA. Effects of physiotherapy in combination with intraarticular steroid injections compare with intraarticular injections alone for the treatment of Rotator Cuff Syndrome. IJCRB. 2012: 4(4): 55-67.
39. Sibtain F, Khan A, Siddiqi FA. Effects of postural drainage physical therapy techniques on management of pneumonia. Rawal Medical Journal. 2012 Jul;37(3).

MS/ MPHIL/ PPDPT SUPERVISION

1. Effects of cardiovascular conditioning exercises on quality of life in patients with dilated cardiomyopathy in Pakistan.
2. Effect of chest physical therapy with early mobilization on post-operative pulmonary complication in upper abdominal surgeries.
3. Effects of Short-term practice of fast deep breathing exercise on parasympathetic functions in trans-femoral and trans-tibial amputation patients.
4. Effectiveness of ventilatory muscle training in improving quality of life in patients with copd.
5. Effects of cardiopulmonary conditioning on BMI, physical activity, and general psychological health of young adults.
6. Dose response relationship of incentive spirometer on lungs compliance.
7. Effect of pre extubation manual hyperinflation technique vs regular extubation after sternotomy.
8. Effectiveness of graded resisted training in combination with aerobics (supervised treadmill training) in patients with fibromyalgia.
9. To compare the proprioceptive balance exercises and strengthening exercises in the management of early osteoarthritis of knee joint.
10. The role of parent's education in physical disabled children.
11. Impact of postural awareness program in the reduction of backache incidence among the banker's community of Rawalpindi/Islamabad.

12. Effectiveness of neural mobilization in lumbar radiculopathy.
13. Effects of prophylactic chest physiotherapy in laparotomy.
14. Constrains to physical therapists in rehabilitation research.
15. Impact of Postural awareness program in the reduction of backache incidence among the banker community of Rawalpindi/ Islamabad.
16. Effectiveness of active abdominal contractions to improve abdominal distention after CABG.
17. Blood gases and oxygen saturation response to active cycle of breathing techniques (ACBTs) in COPD patients during phase 1 of cardiac rehabilitation program after open heart surgery.
18. Cross sectional survey on common musculoskeletal complication in dynamic versus sedentary lifestyle women in third trimester of pregnancy.
19. Risk factors in the development of knee osteoarthritis-case control study.

PHD SUPERVISION/ COSUPERVISION

1. Effects of FIFA 11+ with and without dynamic core stability on balance and dynamic knee valgus in amateur soccer players at risk of anterior cruciate ligament injury.
2. Effect of virtual reality-based exercise regime on postural stability and gait dynamics.
3. Walking fatigability and effects of Creatine and Glucosamine/ Chondroitin Sulfate co-supplementation in addition to exercise and physical therapy in knee osteoarthritis.
4. Age bias on biopsychosocial factors in persons with non-specific low back pain.
5. Effects of inspiratory muscle training on balance ability and quality of life of diabetes mellitus patients.
6. Effects of lower limb positive pressure on balance of community dwelling older adults.
7. Effect of high intensity aerobic & resistance interval training on body composition, visceral adiposity, and myocardial function in overweight & obese adults.
8. Effects of high intensity multi-modal exercise training on bone mineral density and functional performance in postmenopausal women.
9. Effects of rotational split belt treadmill on gait and balance in stroke patients.

KEYNOTE ADDRESSES

- Immersive virtual reality for memory rehabilitation: Is it the way forward? At the occasion of Asian-Oceanian Society of Neuroradiology and Head & Neck Radiology: AOCNR 2021.

- Multidisciplinary team a patient centered approach at the occasion of International Conference on Rehabilitation Sciences: ICRS2017.
- Lower Limb Deformities organized by National Institute of Special Education Government of Pakistan.

RESEARCH PRESENTATIONS:

- Oral paper presentation in 3rd International Conference on Rehabilitation Sciences.
Title: “Body composition profiling and obesity analysis of healthy adults: A cross - sectional study”, May 2021, Lahore.
- Paper presentation in International Conference on Medical Education (ICME2013) Mauritius.
Title: “The relationship between physical activity levels, sleep habits and academic performance in Physical Therapy students of Rawalpindi and Islamabad” published in the proceedings of JIIMC April 2014 9(1): 28-32.
- Association of Perceived Stress level (PSS), Quality of life and Coping Strategies in Physical therapy students of Rawalpindi/Islamabad Pakistan. Accepted in International Conference on Medical Education (ICME 2015) Istanbul Turkey.

WORKSHOPS ATTENDED

- Spinal Cord Injury Rehabilitation Training by Swiss Paraplegic Centre Nottwil
- Psychological Rehabilitation of the Disabled by WHO
- Physiotherapy Management of People with spinal cord injuries by University of Sydney Australia
- Strategic Vision Workshop by Riphah International University
- Endnote and Bibliography made easy by Riphah International University
- Manual Therapy of Cervical Spine by HEC
- Neurodynamics by Riphah International University
- Clinical Decision Making and Differential Diagnosis in Physical Therapy by Riphah International University

WORKSHOPS ORGANIZED

- Physical Therapy in Emergency Care
- Cyriax Manual Therapy
- Rehabilitation Research
- Bobath Concept in Rehabilitation
- Cardiac Rehabilitation
- Paradigm Shift in Physical Therapy
- Physical Therapy in Obstetrics Conditions

AREAS OF SPECIAL INTERESTS:

- Neurological disorders and rehabilitation.
- Musculoskeletal disorders and rehabilitation.
- Cardiopulmonary Physical Therapy
- Sports Injuries and Soft Tissue Injuries.

MEMBERSHIPS:

- Pakistan Physical Therapy Association (PPTA)

REFERENCES:

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