

Prof. Syed Abid Mehdi Kazmi

Clinical Group Head

AREAS OF EXPERTISE

Manual Therapy
Musculoskeletal
Neurological
LSVT-BIG
Orthopedics
Arthroplasty
Spinal Surgeries
Sports Injuries
Patient Care
Management

PROFESSIONAL

HCPC Registration
Member of Pakistan
Physiotherapy Society
Member Pakistan
Physiotherapy
Association (PPTA)

PERSONAL SKILLS

Professional Mannerisms
Patient Handling
Listening Skills

PERSONAL DETAILS

Syed Abid Mehdi Kazmi
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e-Jamal, Karachi,
Pakistan

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syedabidmehdi@gmail.com

D.O.B.:23/5/1973
Nationality: Pakistani

PERSONAL SUMMARY

A highly motivated and optimistic individual with excellent multi-tasking and organizational skills. Able to communicate efficiently with patients and care givers, to maximize the rehabilitation of the patients. Extraordinary client facing skills and the ability to work personally with other health care professionals to assess patient's needs and formulate suitable treatment procedure for them.

Looking forward to advance professionally and to make a noteworthy contribution in the field of physiotherapy.

WORK EXPERIENCE

ZIAUDDIN HOSPITAL – Karachi, Pakistan

CLINICAL GROUP HEAD DEPARTMENT OF REHABILITATION SCIENCES

December 2016 - Present

PROFESSOR

March 2021 -- Present

ASSISTANT EDITOR (PAKISTAN JOURNAL OF REHABILITATION)

January 2012 – Present

SECRETARY, DEPARTMENTAL REVIEW COMMITTEE ZCRS, ZU

2020 -- Present

ASSOCIATE PROFESSOR

December 2013 – Feb 2021

CLINICAL MANAGER PHYSIOTHERAPY

April 2005 – December 2013

Providing consultation along with managing clinical work and providing high standard physiotherapy services and research. Teaching, training and facilitating undergraduate and postgraduate students.

Tabarjal General Hospital – Kingdom of Saudi Arabia

SPECIALIST PHYSICAL THERAPIST September 2001 – April 2005

Ziauddin Hospital – Pakistan

SENIOR PHYSICAL THERAPIST October 1995 – September 2001

Clinical Duties:

- Worked in Ziauddin Rehabilitation center this center concerned in rehabilitating cases suffer from neurological disorders. This is an early intervention center for rehabilitation handicapped adults, children and high-risk infants.
- Solid understanding of genetic neurological and orthopedic disorders and related motor skills problems in affected children
- Assessed & treated adults as well as pediatric Neuro-disabilities like cerebral palsy, stroke and movement disorders.
- Successfully treated a wide range of spinal conditions, degenerative joint conditions, post-surgical cases, sports injury.
- Evaluated and implemented of Cardiac rehabilitation to post-surgery cardiac patients as wells as post-MI patients.

Admin Duties:

- Assessment, development and implementation of treatment plans including therapeutic exercise, manipulations and the use of electro-therapeutic and other mechanical equipment.
- Supervising and training of undergraduate, graduate students and recently qualified physiotherapists.
- Keeping up to date with new techniques and technologies available for treating patients.
- Liaising with other healthcare personnel to supply and receive relevant information about the background and progress of patients, as well as referring patients who require other specific medical attention.
- Clinical administration, management and audit.
- Developing and implementing standards and policies.

ACADEMIC QUALIFICATIONS

Certified in online LSVT-BIG[®] Training and Certification Workshop -October 2016

PhD in Physical Therapy

Ziauddin University 2020

Doctor of Physical Therapy (D-DPT)

University of Karachi 2013

Master of Physical Therapy (MPT)

Ziauddin University 2002

Additional Certificate Course (Physiotherapy)

University of Karachi 2001

Bachelor of Science – Physical Therapy (BScPT)

University of Karachi 1995

PUBLICATIONS/PATENT

1. The relationship among teenage psychiatric disorder and mental wellness as indication of general happiness in old age published in Turkish journal of physiotherapy and rehabilitation Feb 2022; 32 (3): 46032-36.
2. Impact of Resistance Training on FEV1 and Functional Exercise Capacity among COPD Patients: A Meta-analysis published in Journal of the College of Physicians and Surgeons Pakistan 2022, Vol. 32(01): 68-74
3. Current Approaches to Improve Balance in Down Syndrome Population-A Systematic Review published in journal of intellectual disability diagnosis and treatment, 30 Apr 2021.
4. Determining the likelihood of self designed questionnaire in diagnosis of lateral epicondylitis among recreational athletes published in international journal of scientific and engineering research. 2020
5. Effects of School based fitness training on body index of childhood obesity published in international journal of scientific & technology research (IJSTR) Dec 2020.
6. Effects and prevalence of shoulder pain among patients of Spinal cord injury. Published in European International Journal of Science and Technology, 9(10), 94-100. Oct 2020.
7. Physical therapist approach towards the management of low back pain among post – partum females: A perception-based Questionnaire of Current Clinical Practice. International Journal of Scientific & Engineering Research Volume 11, Issue 10, October-2020.
8. Efficacy of subcutaneous stimulation in individuals with grade 1 obesity. International Journal of Scientific & Engineering Research Volume 11, Issue 10, October-2020.
9. Impact of trunk rotation exercises on balance, cognition & physical performance in grade 3 Parkinson’s patient. INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES IAJPS 2020, 07 (10), 890-897.
10. Efficacy of manual therapy on size of cyst among unmarried females suffering from polycystic ovary syndrome. INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES IAJPS 2020, 07 (10), 882-889.
11. Effect of Aquatic exercises on balance and quality of life among cerebral palsy published in international journal of scientific & engineering research volume 11, issue 10, Oct 2020.
12. Determination of the factors influencing the outcome of hospitalization in patients suffering from liver cirrhosis. INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES IAJPS 2020, 07 (11), 42-46.
13. Visceral manipulation as a management option for low back pain, A randomized control trial. International journal of scientific & engineering research (IJSER). 06 Dec 2019.
14. Ultrasound Imaging as A Feedback Tool to Measure the Efficacy of Core Stability Exercises Vs Spinal Mobilization Technique in Patients with Low Back Pain. A Randomized Clinical Trial., Indo Am. J. P. Sci, 2019; 06(01).
15. Assessment of Lumber Multifidus and Transverse Abdominis Muscle Thickness or Cross-Sectional by Rehabilitative Ultrasound Imaging-A Meta-Analysis., Indo Am. J. P. Sci, 2019; 06(01).
16. Pre and post operative physiotherapy for patients after open-heart surgery. European International Journal of Science and Technology Vol. 6 No. 2 March 2017.
17. Special report- significance of trans-theoretical model. (PJR) Pakistan journal of rehabilitation 2016 volume 5 (issue 1).
18. The use of visceral mobilization therapy to relieve low back pain. (PJR) Pakistan Journal of Rehabilitation 2016 volume 5 (issue 2).
19. *Effects of Mobilization in Sub-acute and Chronic Frozen Shoulder Management.* European International Journal of Science and Technology (EIJST) – 2015

20. *Evaluate the effects of combination treatment of ultrasound and cold pack compared with exercise protocol in the treatment of knee osteoarthritis.* European International Journal of Science and Technology (EIJST) – 2015
21. *Incidence of sacroiliitis in females presenting with low back pain.* European International Journal of Science and Technology (EIJST) – 2015.
22. *Effect of Manual Lymphatic Drainage And Exercises In Post-Mastectomy Patients* Pakistan Journal of Rehabilitation (PJR) – 2014.
23. *Effectiveness of stretching exercises in comparison to kinesio taping for the cure of plantar fasciitis pain.* (PJR) Pakistan Journal of Rehabilitation 2014 volume 3 (issue 2).
24. *Relationship of fibromyalgia in housewife and working females of Karachi.* JPMA.2014; 64(5): pg 33.
25. *Comparative Study on the Efficacy of Maitland Technique (Grade IV) and Mulligan Technique, in the Treatment of Frozen Shoulder.* Pakistan Journal of Rehabilitation (PJR) – 2013.
26. *Editorial - Weight of Knowledge – A Concern for the Adolescent* Pakistan Journal of Rehabilitation (PJR) – 2013.
27. *Effects of low frequency Ultrasound compared to high frequency Ultrasound in knee osteoarthritis.* Pakistan Journal of Rehabilitation (PJR) – 2012
28. *Effectiveness of Lumbar manipulation (High Velocity Low Amplitude) for the treatment of low back pain in comparison to back stretching exercises.* Pakistan Journal of Rehabilitation (PJR) – 2012.
29. *Guidelines for the management of knee pain.* Pakistan Journal of Rehabilitation (PJR) – 2012.
30. *Immediate effects of spinal manipulation compared to Mulligan sustained natural apophyseal glide mobilization technique in cervical pain.* Pakistan Journal of Rehabilitation (PJR) – 2012.
31. *Editorial -* Pakistan Journal of Rehabilitation (PJR) – 2012.
32. **PATENT:** Mayo Fascial Release, SAM series: Oct 2016. Patent # 341/2016.
33. **PATENT:** Asim Hussain Neuroplasticity Box: 20th Feb 2018. Patent # 61/2018.

WORKSHOPS:

- *Attend OMTA 3rd international orthopaedic manual therapy congress, UK – 27 June 2020*
- *Participated in Hands on Dry Needling Workshop, UK – 12-15 March 2020*
- *Participated in Hands on OMTC Workshop, UK – July 2019*
- *Conducted Hands on Workshop on Manipulation (Cervical and Shoulder) – 2012*
- *Participated in Annual Symposium at Liaquat National Postgraduate Medical Center – 2000*
- *Participated in 6th Sports Medicine Association of Pakistan Scientific Congress – 1997*
- *Participated in Scientific session entitled “Prospects in Paraplegia” conducted at School of Physical Therapy, Liaquat National Hospital – 1996*
- *Certified in online LSVT-BIG[®] Training and Certification Workshop -October 2016.*
- *Certified in online LYMPHATIC DRAINAGE MASSAGE 14 CE CREDITS AWARDED[®] Training and Certification –SEP 2017*
- *Conducted Hands on Workshop on Liver mobilization. Ziauddin Hospital Clifton. Feb 2018.*
- *Facilitate the CPE workshop titled “Visceral mobilization Technique- a hands on workshop. At 3rd annual international conference on rehabilitation translational, clinical and research perspective. 23rd Feb 2018.*

KEY SKILLS AND COMPETENCIES

- Comprehensive skills in selection and application of internationally accepted manual techniques
- Competent in core research skills in physical therapy health sciences.
- Effective communication skills leading to structural diagnostic development and strategies of management.
- Efficient in planning and implementing short and long term management.
- Excellent knowledge in examination, reasoning and management of different musculoskeletal disorders.
- Key member in rehabilitation of post-surgical patients of arthroplasty, spinal surgery, replacement and reconstruction surgeries.
- Highly skilled in the effective and efficient in using all electrotherapy equipment and exercise modalities.