



Zulfiqar Ali

Musculoskeletal
Physical Therapist

Shenzhen, CN

+86 13037196162

l201822042@hust.edu.cn

researchgate (<https://www.researchgate.net/>)

LinkedIn ([linkedin.com/in/sayed-zulfiqar-ali-shah-0142b570/](https://www.linkedin.com/in/sayed-zulfiqar-ali-shah-0142b570/))

Summary

Ph.D. Rehabilitation Medicine & Physical Therapy, DHA & PPTA licensed rehabilitation specialist at Tongji Hospital with six years of versatile clinical, academic, and health research expertise. Strong background in treating musculoskeletal injuries, sports injuries, and ICU care. Skilled in Chinese acupuncture and cupping therapy. Excellent client-facing skills, extensive experience in designing and implementing research projects. Presently seeking a challenging and responsible position in rehabilitation medicine and physical therapy where my academic, research, and clinical skills, abilities, and potentials can be fully and effectively utilized with opportunities for growth and enhancement of knowledge. Trained in acupuncture, cupping therapy, and meniscus regeneration through stem cell therapy.

Work experience

Sports Physical Therapist

TopSupport International Sports Performance & Rehabilitation Center, Shenzhen, CN

2021-12-1 – present

Sport injuries management, national elite athlete training, strength & conditioning and performance enhancement.

Physical Therapist

Tongji Hospital of Tongji Medical College, Wuhan, CN

Physical Therapy services for patients with neuro-musculoskeletal problems. Trained in acupuncture, cupping therapy, and meniscus regeneration through stem cell therapy.

2018-9 –4 2021-12-31

Physical Therapist

Lady Reading Hospital, Peshawar, PK

Management of musculoskeletal, neurological, and congenital disorders in physical therapy OPD. Operation and safety assessment of physical therapy equipment. Daily ICU care and chest physiotherapy of patients in general ICU.

2017-8 –9 2018-4-8

Volunteer Physical Therapist

Al Noor Center for children

Arranging and managing autism student's gym activities.

2018-2-1 – 2018-3-1

Physical Therapist

Paraplegic Center, Peshawar, PK

Physical assessment and injury level identification of newly admitted spinal cord injury (SCI) patients. Daily bedside treatment, gym training, and community-based rehabilitation (CBR) of SCI Patients.

2017-2 –14 2017-8-8

2016-11-17 2017-2-9

Lecturer

Northwest Institute of Health Sciences, Peshawar, PK

Classroom teaching and clinical supervision of physical therapy students in tertiary care hospitals clinical rotations.

Coordinator Doctor of Physical Therapy Program

2015-3-3 2016-11-17

Rehman Medical Institute, Peshawar, PK

Classroom teaching and clinical supervision of physical therapy students in tertiary care hospitals. Served as a central point of administrative contact for all DPT students, and faculty. Updating and implementing recommended academic plans.

Teaching assistant

2014-3-1 2015-2-28

Khyber Medical University

Management of patients with neuromusculoskeletal disorders in university physical therapy OPD clinic. Classroom teaching and clinical supervision of physical therapy students in tertiary care hospitals.

Education

Ph.D.

2018-09 - 2021-07

Huazhong University of Science and Technology

Ph.D. Rehabilitation Medicine and Physical Therapy

M.S

2014-07 - 2017-07

Khyber Medical University

M.S Musculoskeletal physical therapy

Doctor of Physical Therapy

2009-01 - 2014-07

Khyber Medical University

Bachelor Doctor of Physical Therapy

Professional skills

Individualized physical therapy treatment plans	████████████████████
Manual Therapy & Sports Injuries management	████████████████████
Acupuncture & Cuppingtherapy	████████████████████
Students and trainees' clinical supervision & academics	████████████████████
Stem cell therapy	████████████████████
Tissues processing, Embedding, slicing in cryostat & microtome	████████████████████
Tissue staining, light, and confocal microscopy	████████████████████
PRISM, SPSS, STATA, Gpower	████████████████████
Image J, Adobe Illustrator,Photoshop	████████████████████
Microsoft Office programs	████████████████████

Research work and publications

Ph.D. Project:

Meniscus regeneration through human embryonic stem cells derived mesenchymal stem cells therapy in rabbit meniscus defect model: a safety and efficacy study

1. Mohamed, M.A., Ding, S., Ali Shah, S.Z., Li, R., Dirie, N.I., Cheng, C. and Wei, X., 2021. Comparative Evaluation of the Incidence of Postoperative Pulmonary Complications After Minimally Invasive Valve Surgery vs. Full Sternotomy: A Systematic Review and Meta-Analysis of Randomized Controlled Trials and Propensity Score-Matched Studies. *Front. Cardiovasc. Med.* 8: 724178. doi: 10.3389/fcvm.
2. Nasb M, Shah SZ, Chen H, Youssef AS, Li Z, Dayoub L, Noufal A, Allam AE, Hassaniem M, El Oumri AA, Chang KV. Constraint-Induced Movement Therapy Combined With Botulinum Toxin for Post-stroke Spasticity: A Systematic Review and Meta-Analysis. *Cureus.* 2021 Sep 1;13(9).
3. Liangjiang Huang, Qian Li, Sayed Zulfiqar Ali Shah, Mohammad Nasb, Chen Bin, Iftikhar Ali, Lingfeng Xie, Jifa Hu, Hong Chen. Ultra-short-wave diathermy shortens the course of moderate and severe COVID-19: a randomized controlled trial doi: <https://doi.org/10.1101/2021.01.28.21250163>
4. Shah, Sayed ZA, et al. "Movement is Improvement: The Therapeutic Effects of Exercise and General Physical Activity on Glycemic Control in Patients with Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." *Diabetes Therapy* (2021): 1-26.
5. Zhou, Jing, Yali Liu, and Sayed Zulfiqar Ali Shah. "Hypertrophic olivary degeneration following cerebral trauma: a rehabilitation perspective." *Journal of the Pakistan Medical Association*(2021): 1-9.
6. Khalid, S., Shah, S.Z.A., Khalil, A.A. and Ullah, I., 2021. Impact of musculoskeletal disorders on quality of life of patients visiting 3 tertiary care hospital . *Journal of the Pakistan Medical Association*, pp.1-11.
7. Gong, C., Zheng, X., Guo, F., Wang, Y., Zhang, S., Chen, J., Sun, X., Shah, S.Z.A., Zheng, Y., Li, X. and Yin, Y., 2021. Human spinal GABA neurons alleviate spasticity and improve locomotion in rats with spinal cord injury. *Cell reports*, 34(12), p.108889.
8. Sun XJ, Li MX, Gong CZ, Chen J, Nasb M, Shah SZ, Rehan M, Li YJ, Chen H. Temporal expression profiles of lncRNA and mRNA in human embryonic stem cell-derived motor neurons during differentiation. *PeerJ.* 2020 Nov 13;8:e10075.
9. Shah SZ, Nasb M, Lu M, Huang L, Wang Y, Chen H. Scaling the Need, Benefits, and Risks Associated with COVID-19 Acute and Postacute Care Rehabilitation: A Review. *Rehabilitation Research and Practice.* 2020 Aug 26;2020.
10. Nasb M, Shah ZA, Huang L, Li Q, Chen H. The curative effects of shortwave diathermy on treating Novel coronavirus (COVID-19) pneumonia: A structured summary of a study protocol for a randomised controlled trial. *Trials.* 2020 Dec;21(1):1-3.
11. The prevalence of shoulder pain in spinal cord injury patients using manual wheelchair in KPK (Khyber Pakhtunkhwa) Link: <http://jiimc.riphah.edu.pk/>
12. Supervision During Rehabilitation Program Following Anterior Cruciate Ligament Reconstruction: A Systematic Review of Literature
13. Shah, Sayed Zulfiqar Ali, Ilyas SM Rafiullah, and Syed Mohammad Ilyas. "Assessment of the quality of life of spinal cord injury patients in Peshawar." *Journal Pakistan Medical Association*3 (2017): 434-437.
14. Shah, Sayed Zulfiqar Ali, et al. "PREVALENCE OF WORK RELATED LOW BACK PAIN AMONG CLINICAL PHYSICAL THERAPISTS IN PAKISTAN." *Annals of Allied Health Sciences*1 (2016): 19-22.
15. Ullah U, Shah SZ. Effectiveness of Ponseti Technique in Children with Bilateral Neglected Clubfoot: A Case Report on a 7 Years Old Child. *Journal of Islamic International Medical College Quarterly.*:162.
16. Mohamed A. Mohamed, Shuai Ding, Sayed Z. Ali Shah, Rui Li, Najib . Diri, Cai Cheng, Xiang Wei. Comparative evaluation of the incidence of postoperative pulmonary complications after minimally invasive valve surgery versus full sternotomy: A systematic review and meta-analysis of randomized controlled trials and propensity score-matched studies. *Frontiers in Cardiovascular medicine.* 2021.

Awards

- Academic Excellence/ Outstanding Individuals Award: Huazhong University of Science and Technology
2020Award#D2021028
- Gold Medal: Huazhong University of Science and Technology 2nd International Students Dragon Boat Race

Language skills

English	
Chinese (Simplified)	
Urdu	
Pashto	
Arabic	

Professional memberships/License

- Dubai Health Authority (DHA) # DHA/LS/1612017/B78544 Pakistan
- Physical Therapy Association (PPTA) # K3440

References

Reference 1

Name: Hassan Higazi

Specialty: Immunology

Designation/ Institution: Ass. Prof Huazhong University of Science and Technology

contact:

Cell: +8613018046168

Email: hassanhigazi@hust.edu.cn

Reference 2

Name: Haider Darain

Specialty: Physical Therapy

Designation/institution: Director Institute of Physical Medicine and Rehabilitation Sciences, Khyber Medical University

contact:

Cell: +923419990915

Email: haider.kmu@hotmail.com