

# ASMA BATOOL (PT)

(AHPC & PPTA registered  
physiotherapist)

## CONTACT

**Address:**  
House No# 2A/39, Alfalah society,  
shah Faisal colony, Karachi.

**CNIC:** 42101-0950457-4

**Phone:**  
03432029085 (PAK)  
03432029086 (PAK)

**Email:**  
[dr.asmabatoool95@gmail.com](mailto:dr.asmabatoool95@gmail.com)  
[asmabatoool.dpt@indus.edu.pk](mailto:asmabatoool.dpt@indus.edu.pk)

**LinkedIn:**  
[www.linkedin.com/in/dr-asma-  
batoool-pt-8b04081ab](https://www.linkedin.com/in/dr-asma-batoool-pt-8b04081ab)

**ORCID:**  
[orcid.org/0009-0005-4919-2714](https://orcid.org/0009-0005-4919-2714)

## LANGUAGES

Urdu  
English (IELTS band 7.5)

## REFERENCES

**Dr. Rabail Rani Soomro (PT)**  
MSAPT, PhD scholar  
**Designation:** AP (SIPM&R)  
**Contact:** +923341348099  
**E-mail:** [rabail.physio@gmail.com](mailto:rabail.physio@gmail.com)

**Dr. Aftab Ahmed Baig (PT)**  
MSAPT, PhD (Health, Physical  
Education and Sports Sciences)  
**Designation:** Associate Professor  
(Iqra University)  
**Contact:** +92300 2739920  
**E-mail:** [ab.dptm@gmail.com](mailto:ab.dptm@gmail.com)

## OBJECTIVE

Looking forward to working in your institute to capitalize on my knowledge and obtain a challenging position as deemed suitable to my skills, experience, and background, to help a successful organization or hospital expand further, and to help myself grow further professionally and technically to become an effective team player. I am a hardworking, confident, flexible, self-motivated, responsible, reliable, skilled individual with practical clinical skills and sufficient academic knowledge gained throughout my studies and previous work experiences.

## EDUCATION

2024 - Present  
**PhD Scholar** (physiotherapy), University of Karachi.

2019 -2023  
**Post-Graduation: MSAPT** (MS Advanced Physiotherapy), Institute of Physical Medicine & Rehabilitation, Dow University of Health Sciences

2013 - 2017  
**Graduation: DPT** (Doctor of Physical Therapy), Institute of Physical Medicine & Rehabilitation, Dow University of Health Sciences

June 2025 – September 2025  
**CRCP:** Clinical Research Certified Professional, Dow University of Health Sciences

## WORK EXPERIENCE

26<sup>th</sup> August 2024 – present  
**Lecturer/ Research supervisor**, Indus University

Nov 2023 – Oct 2025  
**Physical therapist**, Tahir Medical Centre

2022 - 2023  
**Lecturer**, Indus University

4<sup>th</sup> July 2018 – 3<sup>rd</sup> July 2019  
**Physical therapy house officer**, KM Ruth Pfau Civil Hospital & DOW University Hospital, Karachi.

## RESEARCH PUBLICATONS:

Comparing the effects of neck stabilization exercises versus dynamic exercises among patients having nonspecific neck pain with forward head posture- A RCT BMC Musculoskeletal Disorders. 2024 Sep 4;25(1):707. [ClinicalTrials.gov Identifier: NCT05298631](https://doi.org/10.1186/s13047-024-00631-1)

AWARENESS OF CARDIOPULMONARY FITNESS: A SURVEY AMONG

## ADDITIONAL SKILLS

BLS

Evidence-based practice

Database operation: **Microsoft**

**Office** Access

Statistical operation: **SPSS**,

Search the internet: review articles  
and research papers

## INTERPERSONAL SKILLS

- Fairly able to interact effectively with patients, families, colleagues, other health care professionals, and the community. As well as in patient/client and Patient's attendant counseling.
- Strong written and verbal communication skills.
- A professional attitude to promote the growth and development of the profession.

FINAL YEAR PHYSIOTHERAPY STUDENTS IN KARACHI. (2024). *Pakistan Journal of Rehabilitation*, 13(2), 42-51.

DOI:<https://doi.org/10.36283/pjr.zu.13.2/007>

Sarfaraz A, Batool A, Anjum O. Association between Forward Head Posture with Cognitive Dysfunction and Fatigue in Young Children. *Pakistan Journal of Physical Therapy (PJPT)*. 2025 Dec 30.

AWARENESS OF STANDARDIZED OUTCOME MEASURES FOR BALANCE: A SURVEY AMONG PHYSICAL THERAPISTS IN KARACHI. Vol. 14 No. 02 (2025): *Pakistan Journal of Rehabilitation*. DOI: <https://doi.org/10.36283/pjr.zu.14.2/009>

*Served as a peer reviewer for both national and international academic journals, evaluating manuscripts and contributing to the maintenance of high scholarly and publication standards.*

## PROFESSIONAL ELECTIVES EXPERIENCES

2014 / 2018 / 2021

During the study, I worked as a student of DPT multiple times in the medical ward, surgical ward, surgical ICU, peads ward, cardiothoracic surgical ward, obstetrics & gynecological wards, plastic surgery, ortho ward at **Civil Hospital Karachi**

2014 / 2018 / 2021

During my studies, I worked as a student of DPT multiple times in Peads Physical Therapy OPD, MSK OPD, neuromuscular Physical therapy OPD, and Prosthetics and Orthotics Department, and cardiac gym in the **INSTITUTE OF PHYSICAL MEDICINE & REHABILITATION, DUHS**

2018

During my studies, worked as a student of DPT for two months in **BURNS CENTRE, Karachi.**

November - 2017

During the study, for 1 month, worked as a student of DPT in the obstetrics & gynecological ward in **Dr. ZIAUDDIN HOSPITAL, Karachi.**

April - 2018

During the study, for 1 month, worked as a student of DPT in physical therapy OPD at **JINNAH POSTGRADUATE Medical Centre (JPMC), Karachi.**

2018

During the study, I worked as a student of DPT in the Neurosurgery ward at **TRAUMA CENTRE (SMBB), Karachi**

## **NON-ACADEMIC CREDENTIALS:**

Certified by 12<sup>th</sup> Neurology Certificate Course (January-March, 2016) held at Agha Khan University, Karachi.

Certified workshop on hands-on assessment and rehab in stroke patients (2016), held in IPM&R, DUHS.

Certified: conducting an intervention review module 1: introduction to conducting systematic reviews from Cochrane interactive learning.

Certified online courses: (Coursera)

- Human Anatomy and Physiology specialization (**Rice University**)
- Anatomy specialization. (**University of Michigan**)
- Understanding Clinical Research: Behind the Statistics (**University of Cape Town**)
- Preventing chronic pain: A human system approach (**University of Minnesota**)
- Understanding research methods (**University of London**)
- IELTS preparation specialization (**University of California, Irvine**)
- Adjective and adjective clauses, Tricky English grammar, Perfect tenses and modals. (**University of California, Irvine**)
- Autism spectrum disorder (**University of California, Davis**)
- Managing your health: role of physical therapy and exercise. (**University of Toronto**)
- Science of Exercise. (**University of Colorado Boulder**)
- Hacking exercise for health: the surprising new science of fitness. (**McMaster University**)
- Biohacking your brain's health. (**Emory University**)
- Extracellular vesicles in health and disease. (**University of California, Irvine**)
- Leading healthcare quality and safety. (**The George Washington University**)
- Mind control: managing your mental health in COVID-19. (**University of Toronto**)
- Myocardial infarction. (**University of Zurich**)
- Understanding and strengthening the health system. (**Johns Hopkins University**)
- Fundamentals of immunology: innate immunity and b-cell function. (**Rice University**)
- Clinical epidemiology. (**Utrecht University**)
- Vital Signs: Understanding What the Body Is Telling Us. (**University of Pennsylvania**)
- Science of training young athletes (**University of Florida**)
- Introduction to Systematic Review and Meta-Analysis. (**Johns Hopkins University**)
- Introduction to Healthcare. (**Stanford University**)
- The science of stem cells.