

Nimrah Afzal

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Education

THE UNIVERSITY OF LAHORE

Doctor of Physical Therapy. GPA [3.87]

Thesis: Prevalence of Glenohumeral Internal Rotation Deficit in Volleyball Players

Awards: Bronze Medalist

Lahore, Pakistan

2018-2023

ASAS INTERNATIONAL ACADEMY

A-Levels: Biology, Chemistry, Physics. [BBB]

Islamabad, Pakistan

2017 – 2017

AL AIN JUNIORS SCHOOL

IGCSE: Information Technology, English, Mathematics, Biology, Chemistry, Physics [3A + 3A*]

AS-Levels: Biology, Chemistry, Physics, Mathematics [BBCC]

Al Ain, United Arab Emirates

2003-2016

Experience

MYSEEMA

Social Media Manager

Dallas, TX (Remote)

March 2022 - July 2022

- Spearheaded social media strategies to promote MySeema's mission of aiding immigrants and settlers in navigating the US healthcare system, enhancing their understanding of healthcare options, and educating them on previously unfamiliar alternatives.
- Created engaging and informative infographics to visually represent essential healthcare topics, simplifying complex concepts and empowering users to make informed decisions about their health and pre-existing conditions.
- Curated and shared user testimonials that highlighted MySeema's positive impact, building trust and credibility among the target audience.

AWAN PHYSIOTHERAPY AND HEALTH CLINIC

Intern

Islamabad, Pakistan

September 2021 - November 2021

- Delivered home-based treatment to a caseload of three patients. Conducted comprehensive assessments, devised personalized treatment plans, and monitored progress to facilitate optimal patient recovery and well-being.
- Worked closely with patients in a clinical setting, providing one-on-one care under the supervision and guidance of a senior physiotherapist. Assisted in executing treatment plans, administering therapeutic exercises, and ensuring the comfort and safety of clients.
- Demonstrated strong organizational skills by maintaining a detailed finance sheet to record expenses related to patient care. Ensured transparent and accurate tracking of financial transactions, contributing to efficient budget management.

ISLAMABAD PHYSIOCURE

Intern

Islamabad, Pakistan

July 2021 - August 2021

- Applied treatment protocols established by the senior physical therapist to ensure the consistent and effective delivery of therapeutic interventions to patients.
- Maintained precise and up-to-date records of each patient's progress and complaints. Regularly communicated changes in patient condition or treatment needs to the healthcare team to facilitate informed decision-making and adjustments to treatment plans.

SUBJECT EXPERT WRITERS

Academic Content Writer

Islamabad, Pakistan (Remote)

August 2019 - January 2020

- Collaborated with academic professionals to oversee assignments and submissions. Offered valuable feedback and constructive critiques to students, fostering their growth and understanding of course material.
- Assisted in educating students on proper referencing methods and tools, emphasizing the importance of giving credit to original sources.

Nimrah Afzal

- Guided students in the correct utilization of citation styles such as APA (American Psychological Association) and MLA (Modern Language Association).

Awards & Honors

Bronze Medalist The University of Lahore	Lahore, Pakistan 2023
Top 3 – Merit Based Scholarship The University of Lahore	Lahore, Pakistan July 2020 – 2023

Publications

Submitted:

- **Nimrah Afzal**, Ishaq Ahmed, Saania Kanwal Khanzada, Faryal Zaidi, Shagufta Arif, Syeda Rubab Naqvi - Comparative Analysis of Anatomical and Pathological Glenohumeral Internal Rotation Deficit Among Volleyball Players: A Cross-Sectional Study – *International Journal of Sports Physical Therapy*.

Leadership & Activities

DAST-E-SHIFA Social Media Manager	Islamabad, Pakistan March 2019 – Current
TRP (Sirat-ul-Mustaqeem) General Member	Islamabad, Pakistan July 2020 – Current
Rotaract Club of Rawalpindi City Vice President • Previous roles: Secretary (2022-2023) & Director Public Relations (2021-2022)	Rawalpindi, Pakistan April 2021 – Current
DPTPAKISTAN Board of Directors	Islamabad, Pakistan December 2021 – Current
The University of Lahore Class Representative	Lahore, Pakistan October 2018 – August 2023