

**Name** **PROF. DR. HAIDER DARAIN**

**Address** Khyber Medical University, Peshawar  
Institute of Physical Medicine & Rehabilitation  
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**Nationality** Pakistani

**Education**

**2015** **PhD (Physical Therapy)**  
Queen Margaret University, Edinburgh, UK  
'The role of the external factors on anterior cruciate ligament rehabilitation'

**2005** **Master of Science (Health and Physical Education)**  
Karachi University, Karachi, Pakistan

**2003** **Bachelor of Science (Physical Therapy)**  
Karachi University, Karachi, Pakistan

**Appointments**

**2019 to present** **Professor**  
Institute of Physical Medicine and Rehabilitation Khyber Medical University  
Peshawar Pakistan

**2016 to present** **Director/principal**  
Institute of Physical Medicine and Rehabilitation Khyber Medical University  
Peshawar Pakistan

**2015 to 2019** **Assistant Professor**  
Institute of Physical Medicine and Rehabilitation Khyber Medical University  
Peshawar Pakistan

**2015-2016** **Coordinator DPT program**  
Institute of Physical Medicine and Rehabilitation Khyber Medical University  
Peshawar Pakistan

**2009 to 2015** **Lecturer**  
Institute of Physical Medicine and Rehabilitation Khyber Medical University  
Peshawar Pakistan

**2007 to 2009** **Centre Manager for Community Based Rehabilitation Programmes**  
Handicap International

**2005 to 2007** **Physiotherapist**  
Federal Govt. Services Hospital Islamabad Ministry of Health Pakistan

**2004 to 2005** **Lecturer**  
Baqai Institute of Physical therapy and Rehabilitation Medicine Baqai Medical  
University, Karachi

**2003 to 2004**                      **Physiotherapist**  
Al-Umeed Rehabilitation Association Karachi

**PhD**                      **Thesis**      **Dr. Hafiz Muhammad Manan Haider Khan; Comparison of isometric and**  
**Evaluated**              **and**              **isokinetic strength training effects on physical performance in athletes with**  
**Examined:**                           **knee pain**

**Dr. Waqar Ahmad Awan, Isra University Islamabad; Role of physiotherapy in management of constipation in children with cerebral palsy**

**Dr. Nazia Mumtaz, Isra University Islamabad; An exploration of multi-level barriers to neonatal hearing screening in Pakistan**

**Prof. Dr. Arshad Nawaz Malik, Isra University Islamabad; Effects of virtual reality training on mobility in stroke**

**Prof. Dr. Muhammad Naveed Babur, Isra University Islamabad; Perception of rehabilitation professional towards multi-disciplinary team approach in stroke rehabilitation**

**Prof. Dr. Ashfaq Ahmad, University of Lahore; The effectiveness of routine physical therapy with and without low level laser therapy in the treatment of patients with partial tear of supra-spinatous tendon; A single blinded randomised controlled clinical trial**

**Prof. Dr. Shakeel Ur Rahman, University of Lahore; Effects of supervised structured aerobic exercise training programme on the patients with type 2 diabetes mellitus as compared with routine medical management; A randomised controlled trial**

**Dr. Muhammad Nazim Frooq, University of Lahore; The effects of mobilisation and routine physiotherapy compared to routine physiotherapy alone on pain, disability, neck range of motion and neck muscles endurance in patients with chronic mechanical neck pain: A double randomised controlled clinical trial**

**Achievements:**

**2010**                      Won PhD scholarship fully funded by Higher Education Commission, Pakistan under the project 'Development of Khyber Medical University, Peshawar'

**2005**                      Got second position MSc (Health and Physical Education) from University of Karachi

**Grants:**

**2016**                      Start-up research grant funded by Higher Education Commission, Pakistan on 'The effects of exercises on glycaemic control in patients with Diabetes Mellitus' (0.5 million rupees)

Worked as CoPI on project 'Quality of Life in diabetic population of Khyber Pakhtunkhwa' funded by Higher Education Commission, Pakistan (0.5 million rupees)

**Memberships:**

**2019 to 2022**                      Board of Trustee Benevolent fund Khyber Medical University, Peshawar

**2019 to present**                      Syndicate member Khyber Medical University, Peshawar

**2018 to present** Chairman Inspection Committee Khyber Medical University Peshawar

**2018 to present** Member cum secretary Board Faculty of Allied Health Sciences

**2017 to present** Member program Advisor Committee for Allied Health Sciences University of Sargodha

**2017 to present** Member Board of Studies Riphah International University Faisalabad Campus

**2016 to present** Convener Board of Studies Institute of Physical Medicine and Rehabilitation

**2016 to present** Chief Editor 'Annals of Allied Health Sciences'

**2015 to present** Member Pakistan Physical Therapy Association

**2015 to 2017** Board of Directors Pakistan Physical Therapy Association

**2015 to 2018** Member Academic Council Khyber Medical University, Peshawar

**2016 to present** Chairman Graduate Committee Institute of Physical Medicine and Rehabilitation

**2016 to 2017** Member Statuary Committee Khyber Medical University, Peshawar

**2016 to 2017** Member of Technical Committee Khyber Medical University, Peshawar

**2016 to present** Member of National Curriculum Revision Committee, Higher Education Commission Pakistan

**2015 to present** Member Advanced Studies and Research Board Khyber Medical University, Peshawar

**Publications:**

**2019** **Kashif, M., Jones, S., Darain, H., Iram, H., Raqib, A., Butt, AA.** Factors influencing the community integration of patients following traumatic spinal cord injury: a systematic review. *J Pakistan Medical Association* 2019; 69(9):1336-42.(in press)

**2018** **Nadeem, I., Kashif, M., Mushtaq, S., Hussai, R., Naseem, N., Darain, H. Khan, D.** High Heels and Low Back Pain in Young Female Students. *International Journal of Pathology* 2018; 16(2):90-94.

**Sharifullah, M., Sajjad, AG., Mubeen, A., Tariq, I., Khan, A., Darain, H.** Comparison of sustained pressure versus ischemic compression on trigger points in chronic myofascial pain management. *Khyber Medical University Journal* 2018; 10(2):66-70.

**Darain, H., Arsh, A., Zeb, A., Ilyas, SM., Muhammad, D., Khan, MN.** Epidemiology, Clinical Features and Consequences Of Spinal Cord Injury In Children. *Journal of the College of Physicians and Surgeons Pakistan.* 2018; 28(7): 532-535

**2017** **Muhammad, D., Aurangzeb, M., Khan, M., Darain, H., Ali, S., Iqbal, Z.** Knowledge, attitude and practices regarding household waste management among residents of rural Peshawar, Pakistan. *Journal of Saidu Medical College* 2017;7(2):117-121

**Arsh, A., Ali, A., Ullah, I., Darain, H., Khan, A., Zaidi, M., Shah, I.** Body mass index in medical students and its association with gender and academic year. *Pakistan Journal of Physiology.* 2017 vol. 13 No. 3 pp 18-21

**Basry, R., Ali, A., Ullah, S., Naseem, M., Darain, H., Haq, Z.** Effects of circuit class versus individual task specific training on balance in post-stroke patients. *Journal of Dow University of Health Sciences.* 2017 vol. 11 No. 3 pp 97-102

**Arsh, A., Darain, H., Muhammad, D., Khan, M., Ilyas, S., Zeb, A., Khalid, S.** Factors responsible for readmissions to rehabilitation centre following spinal cord injury. *Journal Khyber College of Dentistry.* 2017 vol. 7 no. 2 PP 60-65

- Khan, A., Shoib, M., Khan, J., Darain, H., Arsh, A.** Outcomes of chipping method in complex non-union of long bones. *Journal of Islamabad Medical and Dental College*. 2017 vol. 6 no.3 pp 121-124
- Arsh, A., Darain, H., Haq, Z., Zeb, A., Ali, I., Ilyas, I.** Epidemiology of spinal cord injuries due to bomb blast attacks, managed at paraplegic centre Peshawar, Pakistan: a nine years retrospective study. *Khyber Medical University Journal*. 2017 vol. 9 no.2
- Arsh, A., Darain, H., Rahman, G., Farooqi, S., and Darain, H.** Consequences of Traumatic Spinal cord injury in pregnant women who sustained the injury during pregnancy. *Spinal Cord Series and Cases*.
- Gilani, Z., Darain, H., Aziz, S., Orakzai, M., Raheem, L, and Jabeen, M.** Prevalence of Urinary Incontinence in Post-Partum Females in Hayatabad, Peshawar. *Journal of Islamic International Medical College*. 2017 vol. 12. no. 2, pp.106-110
- Darain, H., Ullah, I., Muhammad, D., Ibrar, M.,** Long-Term Challenges to Patients with Spinal Cord Injuries. *Phys Med Rehab Kuror*. 2017, vol. 27, no. 3 pp.160-163
- Darain, H., Ilyas, S., Zeb, A., Ullah, I., and Muhammad, D.** Epidemiology of spinal cord injury in Pakistan: A retrospective study. *Phys Med Rehab Kuror*. 2017, vol. 27, no. 2 pp.106-109
- Faheem, M., Darain, H., Arsh, A., Ibrar, M.** Management of Fistula-In-Ano: A local Experience. 2017. *Journal of Islamabad Medical and Dental college*. vol. 6. no. 1 page. 27-30
- Ali, S., Sajjad, A., Ullah, K., and Darain, H.** Effects of the lumbar stabilization exercises on pain, range of motion and functional disability in the management of chronic low back pain. 2017. *The Professional Medical Journal*. vol. 24. no. 4 page. 526-533
- Gul, S., and Darain, H.** Challenges to physical therapy in Pakistan. *Ann Allied Health Sci*.2017, vol. 3, no. 1, pp. 1 ISSN: 2414-2433
- Imtiaz, K., Khan, WA., Ullah, G., Yousafzai, Y., and Darain, H.** Systematic review on prevalence of cerebral palsy. *Ann Allied Health Sci*.2017, vol. 3, no. 1, pp. 3-7
- Kashif, M., Darain, H., Sharif, F., Jameel, M., Majeed, S., and Ullah, I.** Association between low back pain and prolonged standing in university teachers. *Ann Allied Health Sci*.2017, vol. 3, no. 1, pp. 8-13
- Zeb, A., Ali, W., Darain, H., and Rahman, M.** Prevalence of work-related musculoskeletal disorders among physicians, surgeons and dentists at tertiary care hospitals of Peshawar. *Ann Allied Health Sci*.2017, vol. 3, no. 1, pp. 27-31 ISSN: 2414-2433

**Rahman, G., Farooqi, S., and Darain, H.** The effectiveness of constraint induced movement therapy and conventional therapy in improving motor functions of upper limb in patients with stroke. *Journal of Islamic International Medical College*. 2017 vol. 12. no. 1, pp. 3-7

**2016**

**Shehzad, M., Darain, H., Shaukat, A. and Ullah, S.** Balance problems in geriatric population: a population-based survey. *Journal of Islamabad Medical and Dental college*. vol. 5. no. 4, pp. 195-197

**Arsh, A., Darain, H., Zeb, A., Ilyas, S.** Prevalence of pressure sores in patients with spinal cord injury; A cross sectional survey. *Pakistan Journal of Neurological Sciences*. vol. 11. no. 4, pp. 37-41

**Arsh, A., Darain, H., Zeb, A., Ilyas, S.** Epidemiology and Prevalence of Deep Venous Thrombosis in Patients with Spinal Cord Injury. *Pakistan Journal of Neurological Sciences*. vol. 11. no. 4, pp. 42-45

**Farooq, N., Darain, H., Ain, Q., and Ullah, S.** Awareness about the signs, symptoms and the risk factors of stroke in patients with stroke: A multicentre study. *Pakistan Journal of Neurological Sciences*. vol. 11. no. 3, pp. 19-22

**Darain, H., Shah, S., Muhammad, F., and Al-Kitani.** Supervision during Rehabilitation Programme Following Anterior Cruciate Ligament Reconstruction: A Systematic Review of Literature. *Phys Med Rehab Kuror*. 2016, vol. 26, no. 2 pp.225-229

**Al-kitani, A., Darain, H., and Ullah, I.** Effects of imagery on acute injury recovery. *Ann Allied Health Sci*.2016, vol. 2, no. 1, pp. 10-14

**Darain, H.** Physical Therapy development and responsibilities of a students studying physical therapy. *Ann Allied Health Sci*.2016, vol. 2, no. 1, pp. 1 ISSN: 2414-2433

**Kashif, M., Darain, H., Islam, S., Javed, S., and Irshad, S.** Entrepreneurial aptitude among the university students of MBBS, BDS and DPT. *Indian J Physio Occup Ther*.2016, vol. 10, issue.01, pp. 66-70

**2015**

**Sah, S., Siddiqui, M., Ashraf, S., and Darain, H.** Effect of Progressive Resistive Exercise Training to Improving Mobility and Functional Ability of middle adulthood Patients Chronic Kidney Disease. *Saudi J Kidney Dis Transpl*. 2015, vol. 26, pp. 912-923

**Shah, Z., Darain, H.** Association of age, weight and gender with work related low back pain among clinical physical therapists in Pakistan. *Int J Medicine and Allied Health Sciences*. 2015, vol. 6, pp. 622-626 E-ISSN: 2348-3229

**Osama, M., Jan, M. and Darain, H.** A randomized controlled trial comparing the effects of rest breaks and exercise breaks in reducing musculoskeletal discomfort in static workstation office workers. *Ann Allied Health Sci*.2015, vol. 1, no. 2, pp. 30-34

**Zeb, A., Ilyas, A., Kashif, M., Kompal, R., Darain, H. and Bahadar, S.**

Knowledge and attitude on pressure ulcer prevention among nurses working in neurological departments in tertiary care hospitals of Peshawar: a multicentre study. *Ann Allied Health Sci.* 2015, vol. 1, no. 2 pp.49-53

**Kashif, M., Darain, H., Gulraiz., Parveen, T., Kiran, N. , Quratulain.** 2015. Prevalence of Cervical Pain & its contributing factors in Bank Officers. *Int J Medicine and Allied Health Sciences.* 2015, vol. 4, pp. 428-433

**Rehman, A., Siddiqui, M., Ashraff, S., Sajjad, A., and Darain, H.,** 2015. Assessment and Management Technique of Practitioners: Exploring Clinical Reasoning. *European Journal for Person Centered Healthcare.* 2015, vol. 3, no. 2, pp. 145-150

**Darain, H.,** 2015. Physical therapy development in Pakistan: a 'paradigm shift'. *Annals of Allied Health Sciences.* 2015, vol. 1, no. 1, pp.1,2

**Darain, H., Alkitani, A., Kashif, M., El-ziq, N., Ghani, J., and Ibrar, M.** A multidisciplinary approach to disability rehabilitation; A Case Report of Person with Disability. *European Journal for Person Centered Healthcare.* 2015, vol. 3, no. 2, pp. 249-252

**Rehman, A., Siddiqui, A., and Darain, H.** Measurement of changes in the oxygenation of quadriceps muscles during the voluntary and involuntary fatigue test in normal healthy sedentary subjects. *Journal of Human Sport and Exercise.* 2015, vol. 10, no. 4

**2014** **Darain, H., Alkitani, A., Yates, C., Bailey, A., Roberts, S., Coutts, F., and Gleeson, N.** Antecedent anterior cruciate ligament reconstruction surgery and optimal duration of supervised physiotherapy: A case report. *Journal of Back and musculoskeletal Rehabilitation.* 2014, vol. 8, no 4, pp. 877-882

**2013** **Gleeson, N., Eston, R., Minshull, C., Bailey, A., Al-Kitani, A., Darain, H., Yates, C., Rees, D.** Effects of antecedent flexibility conditioning on neuromuscular and sensorimotor performance during exercise-induced muscle damage. *Journal of Exercise Science & Fitness.* 2013, vol.11, pp.107-117

**Darain, H., Alkitani, A., Kashif, M., and El-ziq, N.** The Role of Resource Information Centres in the Community Based Rehabilitation Framework. *Disability, CBR and inclusive development.* 2013, vol. 24, no. 3, pp. 131-138

#### **INVITED SPEAKER**

Keynote speaker at 4<sup>th</sup> International conference on Rehabilitation Sciences Zia Uddin Medical University, Karachi 2018

Keynote speech at first Medical Education Conference The University of Faisalabad 2017

Keynote speaker at Second International Conference of Rehabilitation arranged by Riphah International University, Islamabad 2017

Keynote speaker at International conference arranged by Isra University,

Islamabad 2016

keynote speaker on musculoskeletal conditions during 2<sup>nd</sup> Rehabilitation Conference at Islamabad in 2015

Keynote speaker on 'cutting edge' during 7<sup>th</sup> Health conference at Khyber Medical University, Peshawar in 2015

Keynote speaker on 'development of physical therapy in Pakistan' during 2<sup>nd</sup> international conference

**Workshops  
attended**

- Workshop on introduction to SPSS
- Workshop on advance SPSS
- Workshop on Endnote
- Workshop on Systematic review
- Workshop on medical writing
- One-week short course on facilitated learning and teaching from Queen Margaret University Edinburgh, Scotland.
- Research skills training from Queen Margaret University Edinburgh, Scotland.
- Search strategy in medical research from Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, England.
- Four weeks short course in proprioceptive neuromuscular facilitation.
- Seventeen days course in general fitness & athletics.
- Four-day workshop on paediatric neurological condition including cerebral palsy.
- Three-week training on hydrotherapy, sensory integration, vocational training, activity analysis, early detection and intervention in cerebral palsy.
- Two-day workshop on holistic approach to disability and accessibility.
- Seven-day refresher course on occupational therapy and physiotherapy
- Four-day workshop on a multi-disciplinary approach to spinal cord injuries rehabilitation.
- Three-week rehabilitation training course for health professional working on spinal cord injuries.
- Four-week workshop on community-based rehabilitation.
- One-week workshop on social mobilization.
- Two-day workshop on biomedical ethics.
- One day workshop on medical writing
- Three days training on accessibility.
- One-week training on training of trainer.
- Three-day training on sub grants.
- One-day workshop on time management.
- One-day training on disaster preparedness.
- Two-day training on proposal writing