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**Dr. Aatik Arsh (PT) Gold Medalist**

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| **PERSONAL DATA** | |
| Name | **Aatik Arsh** |
| Father Name | **Arsh-Ul-Akbar** |
| Date of Birth | **7th July 1992** |
| Gender | **Male** |
| Religion | **Islam** |
| Nationality | **Pakistani** |
| CNIC No. | **16101-3659906-3** |
| Marital Status | **Married** |
| Domicile | **Mardan (KPK)** |

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| **EDUCATION** | | | | |
| **Qualification** | **Board/university** | **Year** | **Marks:CGPA** | ***%age*** |
| SSC | B.I.S.E Mardan | 2008 | 633/900 | 70% |
| HSSC | B.I.S.E Mardan | 2009 | 852/1100 | 77% |
| Doctor of  physical therapy | Khyber Medical  University | 2014 | 5670/6900: 3.82/4.00 | 82% |
| MS Physical Therapy | Khyber Medical  University | 2017 | 1182/1500: 3.21/4.00 | 78% |
| Ph.D. Physical Therapy | University of Lahore, Lahore | 2018 | In Process | |

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| **ACHIEVEMENTS:** |
| * Received president Gold medal from Ex. President of Pakistan Mr. Asif Ali Zardari on 22nd February 2012. * Received Gold medal from Ex. Governor KPK Mr. Iqbal Zaffar Jhagra on 30th April 2018. * Over all 1st Position in MS Physical Therapy Session 2015-2017 (Postgraduate studies). * Over all 2nd position in Khyber medical university DPT session 2010-2014 (Undergraduate studies). * Received certificate of excellence from Ex. Chief Minister KPK Mr. Amir Haider Khan Hoti on 8th march 2012. * Received certificate of excellence from Ex. Health Minister KPK Mr. Shehram Khan Tarakai on 12th May 2013. * Received best scout award from DCO Mardan in 2008. |

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| **EXPERIENCE** |
| * Working as a Lecturer (Full time) at Institute of Physical Medical and Rehabilitation (IPM&R) Khyber Medical University Peshawar from 7th May 2019till date. * Working as a Managing Editor (Part time) at Annals of Allied Health Sciences, a representative journal of Khyber Medical University Peshawar from January 2017 till date. * Worked as a Physical therapist (Full time) at Paraplegic center, Peshawar from 1st June 2016 to 6th May 2019. * Worked as lecturer (Full time) at NCS education system from 21st March 2016 to 31st May 2016. * Worked as teaching assistant (Full time) at IPM&R Khyber Medical University Pakistan from 13th march 2015 to 13th march 2016. |

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| **RESEARCH PUBLICATIONS** | | | | | |
| S# | Title of Research Paper | Name of Journal | Publication/  Acceptance  year | Principal/  Co-author with S.No. of author | Impact Factor of the Journal |
| 1 | Shoulder Pain and Disability among Post mastectomy patients | Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin | 2019 | Principal  author | 0.321 |
| 2 | Epidemiology, Clinical Features and Consequences of Spinal Cord Injury in Children | Journal of the College of Physicians and Surgeons Pakistan | 2018 | Co-author  (2nd) | 0.439  HEC W category Journal |
| 3 | Effectiveness of transcutaneous electrical nerve stimulation in management of neuropathic pain in patients with post traumatic incomplete spinal cord injuries | Pakistan Journal of Medical Sciences | 2108 | Co-author  (2nd) +  Corresponding author | 0.719  HEC W category Journal |
| 4 | Spinal cord injury due to fall from electricity poles after electrocution | Pakistan Journal of Medical Sciences | 2019 | Co-author  (2nd) +  Corresponding author | 0.719  HEC W category Journal |
| 5 | A randomized control trial comparing the effects of motor relearning program and mirror therapy for improving upper limb motor functions in stroke patients | Journal of Pakistan Medical Association | 2019 | Co-author  (2nd) +  Corresponding author | 0.718  HEC W category Journal |
| 6 | Upper Back Pain among Physical Therapy Students and Its association with Gender, Body Mass Index, Study Hours and Use of cell Phones | Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin | 2019 | Co-author  (2nd) +  Corresponding author | 0.321 |
| 7 | Consequences of traumatic spinal cord injury during pregnancy in Pakistan | Spinal Cord series and cases | 2017 | Principal  author |  |
| 8 | Traumatic Spinal injury during pregnancy: A  systematic review | Spinal Cord | 2109  (Under consideration) | Principal  author | 1.936 |
| 9 | Comparing the Effectiveness of Kaltenborn Mobilization with Thermotherapy versus Kaltenborn Mobilization Alone In Patients With Frozen Shoulder (adhesive capsulitis); A Randomized Control Trial | Journal of Pakistan Medical Association | 2109  (Accepted) | Co-author  (2nd) +  Corresponding author | 0.718  HEC W category Journal |
| 10 | Effectiveness of cervical along with thoracic manual therapy in the management of non-specific neck pain | Journal of Pakistan Medical Association | 2019  (Accepted) | Principal  Author | 0.718  HEC W category Journal |
| 11 | Comparison of dual task specific training and conventional treatment in ambulation of patients with chronic stroke: A Randomized Controlled Trial | Journal of Pakistan Medical Association | 2019  (Accepted) | Co-author  (2nd) +  Corresponding author | 0.718  HEC W category Journal |
| 12 | Comparing the effectiveness of Mulligan mobilization versus Cyriax approach in the management of patients with subacute lateral epicondylitis: A Randomized Control trial | Journal of Pakistan Medical Association | 2019  (Accepted) | Co-author  (2nd) +  Corresponding author | 0.718  HEC W category Journal |
| 13 | Employment of Person with disability in Government  departments in Khyber Pakhtunkhwa Pakistan | Pakistan Journal of Medical Sciences | 2109  (Accepted) | Principal author | 0.719  HEC W category Journal |
| 14 | The Prevalence of Musculoskeletal Disorders and Work-Station  Evaluation in Bank Employees | Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin | 2019 | Co-author  (3rd) | 0.321 |
| 15 | 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 | Principal  author | HEC Y category Journal |
| 16 | Functional recovery in patients withpost-traumatic spinal cord injuries:An outcome of gross mobility, atParaplegic Center Peshawar, Pakistan | Khyber Medical University Journal | 2019 | Co-author  (2nd) +  Corresponding author | HEC Y category Journal |
| 17 | Body mass index in medical students and its association with gender and academic year | Pakistan Journal of Physiology | 2017 | Principal  author | HEC X category Journal |
| 18 | Neck Pain & disability among school teachers and its association with Gender, Body Mass index, Classes per week and method of lecture delivery | Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin | 2019  (Accepted) | Principal  Author | 0.321 |
| 19 | Prevalence of shoulder pain and adhesive capsulitis in post mastectomy patient | Journal of Medical Sciences | 2018 | Co-author  (2nd) | HEC Y category Journal |
| 20 | Frequency and Associated Factors of Knee and Low Back Pain among Adults with Pes Planus | Journal of the Dow University of Health Sciences | 2108 | Co-author (2nd) +  Corresponding author | HEC Z category Journal |
| 21 | Prevalence of pressure ulcers in patients with spinal cord injury; a retrospective study | Pakistan Journal of neurological sciences | 2016 | Principal  author | HEC Z category Journal |
| 18 | Epidemiology and Prevalence of Deep Venous Thrombosis in Patients with Spinal Cord Injury | Pakistan Journal of neurological sciences | 2016 | Principal  author | HEC Z category Journal |
| 20 | Factors responsible for Readmissions to rehabilitation center following Spinal cord injury in Pakistan | Journal of Khyber College of Dentistry | 2017 | Principal  author | HEC Z category Journal |
| 21 | Effectiveness of Chest Physical Therapy in Improving Quality of Life and Reducing Patient Hospital Stay in Chronic Obstructive Pulmonary Disease | Journal of the Dow University of Health Sciences | 2108 | Co-author (2nd) +  Corresponding author | HEC Z category Journal |
| 22 | Management of Fistula-In-Ano: A local Experience | Journal of Islamabad Medical and Dental college | 2017 | Co-author  (3rd) | HEC Z category Journal |
| 23 | Outcome of Chipping Method in Complex Non-Union of Long Bones | Journal of Islamabad Medical and Dental college | 2017 | Co-author  (5th) | HEC Z category Journal |
| 24 | Non Traumatic Spinal Cord injury in Khyber Pakhtunkhwa Pakistan;Epidemiology, Clinical Characteristics and Complications | Journal of Saidu Medical College | 2019 | Co-author  (2nd) |  |
| 25 | Prevalence of low back pain among DPT students in Peshawar | The South Asian Journal of Medicine | 2016 | Principal  author | HEC Z category Journal |
| 26 | Physical therapy modalities used by physical therapists in the management of chronic low back pain in Khyber Pakhtunkhwa | The South Asian Journal of Medicine | 2016 | Principal  author | HEC Z category Journal |