



# Arsalan Tariq

**Date of birth:** 18/04/1994 | **Nationality:** Pakistani | **Gender:** Male | **Phone number:** (+39) 3336872456 (Mobile) |  
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## ● ABOUT ME

I have experience as a healthcare worker and am ready to advance in my field by earning a Ph.D. My experience in the medical field has spurred my enthusiasm for research and improving healthcare procedures. I am dedicated to enhancing patient care and want to contribute to the advancement of healthcare. My ambition is to work in healthcare research and education and have a significant impact on the sector.

## ● EDUCATION AND TRAINING

15/10/2021 – 25/07/2023 ROMA, Italy

**MASTERS IN PHYSICAL ACTIVITY AND HEALTH PROMOTION** University of Rome tor vergata

**Address** Via Cracovia, 50, , 00133, ROMA, Italy | **Website** <https://en.uniroma2.it/> | **Field of study** Health and welfare |

**Final grade** 110/110 |

**Thesis** Effect of High-Intensity Strength Training on Knee Pain and Knee Joint Compressive Forces among Adults with Knee Osteoarthritis

30/08/2014 – 29/08/2019 Lahore , Pakistan

**DOCTOR OF PHYSICAL THERAPY** The University of Lahore

**Address** 1-Km, Defence Road, Bhupatian Chowk, Off Raiwind Road, Lahore, 54590, Lahore , Pakistan |

**Website** <https://uol.edu.pk/> | **Field of study** Therapy and rehabilitation |

**Thesis** Association between Anterior Cruciate Ligament Reconstruction Surgery and Health Related Quality of Life Among Football Players

## ● WORK EXPERIENCE

29/02/2020 – 28/06/2021 Quetta, Pakistan

**PHYSICAL THERAPY LECTURER** UNIVERSITY OF BALOCHISTAN

Arranged syllabus, develop schedule, and determine reading list for varied courses simultaneously  
Gave presentations on multiple topics to students using PowerPoint and Google Classroom technology.  
Handled challenging situations with ease  
Delivered exceptional level of service to students by listening to concerns and answering questions  
Supervised research projects and analyze data. Maintain excellent attendance record, consistently arriving to work on time.  
Developed and maintained courteous and effective working relationships with students as well as with colleagues.

06/08/2019 – 08/08/2020 Quetta, Pakistan

**PHYSICAL THERAPIST** BOLAN MEDICAL COMPLEX

Designed the physiotherapy treatment plans based on diagnosis  
Helped patients to improve functional mobility by prescribing appropriate interventions  
Educated patients and families on conditions, treatment and home exercises  
Gave public talks on importance of health education, specific disease prevention and treatment strategies  
Communicated with Physician and other health care professionals regarding the patients problem, needs and conditions  
Examined the body disorders by using various techniques of inspections, test and diagnostic images

07/03/2018 – 15/06/2018 Lahore , Pakistan

## PHYSICAL THERAPIST MANSOORAH HOSPITAL

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Taught patients how to live within limits of capabilities and celebrated success

Evaluated and treated wide range of conditions including chronic and acute pain

Planned and administered range of treatments and therapeutics exercise programs

13/12/2022 – 12/01/2023 Roma, Italy

## INTERN CUS TOR VERGATA

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### ● LANGUAGE SKILLS

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Mother tongue(s): **PANJABI; PUNJABI**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C1	C1	C1	C1	C1
<b>DUTCH</b>	A2	A2	A2	A2	A2
<b>ITALIAN</b>	A2	A2	A2	A1	A2

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

### ● DIGITAL SKILLS

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Microsoft Office | Google Docs | Social Media | SPSS Statistical Tool | LinkedIn | Stata expert

### ● ADDITIONAL INFORMATION

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#### PUBLICATIONS

[Association between ACL reconstruction and Health related quality of life among football players](#) – 2023

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Arsalan Tariq, Journal of physical education and sports management

**Association between Achilles tendon injury and daily activities performance in athletes and non-athletes after 1 month of injury**

– 2023

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Pakistan journal of health sciences

#### CONFERENCES AND SEMINARS

05/06/2018 – 08/06/2018 – Lahore, Pakistan

**Role of physiotherapy in critical care units a practical approach**

06/07/2018 – 06/07/2018 – Lahore , Pakistan

**Technology intervention in neurorehabilitation**

10/09/2019 – 10/09/2019 – Quetta, Pakistan

**Yoga and physiotherapy**

#### RECOMMENDATIONS

**Prof. Salvatore A. Cassarino** Research Supervisor

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My supervisor for masters thesis

**Email** [cassarino@med.uniroma2.it](mailto:cassarino@med.uniroma2.it) | **Phone** (+39) 3356851304

**Prof Paula Sinibaldi** Degree Coordinator

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Degree coordinator and professor

**Email** [paola.sinibaldi@uniroma2.it](mailto:paola.sinibaldi@uniroma2.it) | **Phone** (+39) 0672596504

**Manuel Onorati** Internship supervisor CUS tor vergata

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Supervisor during my period of internship in CUS tor vergata

CUS Tor Vergata is an organization that hires trainers and physical therapists to aid in the rehabilitation of athletes and players, ensuring their optimal recovery and performance.

**Email** [manuel.onorati@uniroma2.it](mailto:manuel.onorati@uniroma2.it) | **Phone** (+39) 3284134074

**Dr Fahad Tanveer** supervisor

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Supervisor of my bachelor thesis

**Email** [Fahad.tanveer@uipt.uol.edu.pk](mailto:Fahad.tanveer@uipt.uol.edu.pk) | **Phone** (+92) 3314193741

## PROJECTS

05/02/2023 – CURRENT

**The Role of Physical Activity as Conservative Treatment for Hip and Knee Osteoarthritis in Older People**

18/06/2021 – 16/09/2021

**PATIENT SATISFACTION WITH PHYSIOTHERAPY SERVICES**

19/04/2020 – 18/07/2020

**FACTORS RELATED TO STRESS AMONG PHYSICAL THERAPY STUDENTS**

08/01/2019 – 10/05/2019

**Association between ACL reconstruction and Health related quality of life among football players**

10/08/2019 – 14/11/2019

**DISABILITIES ASSOCIATED WITH LOW BACK PAIN AMONG RICKSHAW DRIVERS**

15/09/2018 – 17/12/2018

**To determine the effects and risk factors of Achilles tendon injuries in athletes and non-athletes**

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