

Dr. Mian Waleed Ahmed

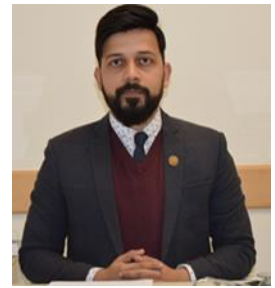
(DPT, MSSPT, CKTP, MSKUS, MPPTA)

Lecturer - DPT (Department Pharmaceutical Sciences)

PAF-IAST, Mang (Haripur)

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Education

MS-SPT: Riphah International University, Islamabad

Thesis: Effects of strength vs endurance training on muscle damage on gym athletes on caffeine supplementation

DPT: Hazara University, Mansehra

Thesis: prevalence of neck, shoulder, and low back pain in secondary school teachers in Abbottabad

Professional Experience

1: Teaching Experience:

- Lecturer in Pak Austria Fachhochschule, IAST -DPT Department, Mang, Haripur (September 2023 to till now)
- Lecturer in Hazara University DPT Department (August 2023 to November 2023).
- Acting HOD in Frontier Medical College DPT Department (March 2020 to December 2022)

2: Clinical Experience:

- Consultant Physiotherapist & Sports Rehab Specialist at Islamabad Specialist Clinic, Abbottabad (2022 to till now)
- Rehab Specialist at Pak Irish Rehab Center, Abbottabad (2019 till now)
- Clinical Physiotherapist at Ab Fitness First, Abbottabad (2021 to till now)
- Clinical incharge at Shahina Jamil Teaching Hospital, Abbottabad (March 2020 to December 2022)

Research Publications

1. Obaid, S., Mian Waleed Ahmed et al. (2022). "Compare Heart Rate Recovery and Cardiopulmonary Endurance of Badminton and Squash Player." 16(08): 484-484
2. Hira Naz1 , Ayesha Farrukh2 , Sana Sabir3 , Zahid Mehmood4 , Shumaila Tahreem5 , Mian Waleed Ahmed6 , Benish Shahzadi7 , Hafiz Ali Bin Asim8 . (2023). EFFECTS OF MANUAL THERAPY ALONE AND IN COMBINATION WITH THERAPEUTIC ULTRASOUND AMONG FEAMLE PATIENTS WITH CARPAL TUNNEL SYNDROME. Journal of Peoples University of Medical & Health Sciences Nawabshah. (JPUMHS), 13(2),
3. Younis A, Aslam F, Ilyas N, Shahid S, Ahmed M waleed, Ahmed M awais. Knowledge, Attitude and Barriers of Research Among Post-Graduate Physical Therapists. J Riphah Coll. Rehabili. sci. [Internet]. 2023Jul.5 [cited 2023Dec.13];11(02)
4. Mian Awais Ahmed, Mian Waleed Ahmed, Salma Khalil, Irij Javed Jadoon, Faryal Khalil, Saqlain, A., & Khadija Khalil. (2023). Prevalence of Neck, Shoulder and Low Back Pain between Secondary School Teachers of Age 25-45 Years in Mandian Abbottabad, Khyber Pakhtunkhwa, Pakistan. Journal of Women Medical and Dental College, 1(4).
5. Javed, A., Andama, G., Rehman, A. ., Ahmed, M. W. ., Ali, S. H., Ahmed, M. A., Bibi, M., & Khalid, A. (2023). Text Neck Syndrome and Associated Risk Factors: Prevalence in Medical Students: Text Neck Syndrome and Associated Risk Factors. *THE THERAPIST (Journal of Therapies & Rehabilitation Sciences)*, 4(03), 36-40. <https://doi.org/10.54393/tt.v4i03.167>