


CURRICULAM VITAE

Personal Details

Name	PROF. (DR.) ABDUR RAHEEM KHAN	
Father's Name	Mohammad Umar Khan	
Date of Birth	23/08/1982	
Nationality	Indian	
Marital status	Single	
Sex	Male	
Languages known	English, Hindi and Urdu	

Personal Contact Details

<i>Address</i>	<i>Address</i>	<i>E- mail</i>	<i>Contact No.</i>
Mailing Address	Head Physiotherapy, IIAHS&R, Integral University, Dasauli, Kursi, Road, Lucknow-226026.	abdul.fortis@gmail.com abdurraheem@iul.ac.in	+919616739965 +919844115980
Permanent Address	Qazipur Kalan, NashemanHata, Post Sadar P.S Tiwaripur, Gorakhpur U.P India 273001	ark5980@gmail.com	

Work Experience

- From **01-02-2022** working as a **Professor and Head** Department of Physiotherapy IIMS&R Integral university Lucknow U.P India
- From **01-10-18** to **31-01-2022** worked as **Associate Professor** at Department of Physiotherapy IIMS&R Integral university Lucknow U.P India.
- From **26-08-2016** to **30-09-2018** worked as **Assistant Professor** at Department of Physiotherapy IIMS&R Integral university Lucknow U.P India.
- From **20-08-2009** to **25-08-2016** worked as **Assistant Professor and Consultant Physiotherapist** at Pacific College of Physiotherapy (Deen dayal upadhyia University) Gorakhpur U.P India.
- From **2007 (July)** to **2009 (July)** Educational leave for Higher Education (M.P.T).
- From **20-04-2005** to **30-07-2007** worked as **Demonstrator and Clinical Physiotherapist** at Pacific College of Physiotherapy (Deen dayal upadhyia University) Gorakhpur U.P India

Academic Qualification

<i>Qualification</i>	<i>Period</i>	<i>Subject/ Specialization</i>
PhD	2013-2019	Physiotherapy
MPT	2007-2009	Orthopaedics
BPT	2000-2004	Physiotherapy
XII	1999	PCB
X	1997	Science

Research Guide

Awarded PhD under supervision one
Under supervision ongoing PhD: 8
PhD Thesis evaluated: 4
Master thesis guided under supervision: 42
Bachelor thesis guided under supervision. More than 100

Member of board-Curriculum Deigned

Design curriculum BPT for Atal Bihari Vajpayee Medical University Lucknow
Design curriculum MPT (Musculoskeletal) for Atal Bihari Vajpayee Medical University Lucknow
Design curriculum MPT (Neurology) for Atal Bihari Vajpayee Medical University Lucknow
Design curriculum MPT (Cardiopulmonary) for Atal Bihari Vajpayee Medical University Lucknow
Design curriculum MPT (Sports) for Atal Bihari Vajpayee Medical University Lucknow

Design curriculum MPT (Obstetrics and Gynecology) for Atal Bihari Vajpayee Medical University Lucknow
Design curriculum BPT and MPT for Integral University Lucknow
BOS Member DDU university Gorakhpur
BOS Member UPUMS Saifai
BOS Member Atal Bihari Medical University Lucknow
BOS Member PP Savani university Gujrat

Research Work / Dissertation work during study

<i>Period</i>	<i>Topics</i>
<i>2013-19 (PhD)</i>	Validity and Intra Rater reliability of smart phone application in the measurement of cervical ROM
<i>2007-09 (MPT)</i>	Efficacy of postural training and home exercise program in combination with ultrasound in managing temporomandibular joint disorders.

Publication/Patents

1. Efficacy of core strengthening and intensive dynamic back exercises on pain, muscle endurance, and functional disability in patients with chronic non-specific low back pain: A randomized comparative. <i>Journal of Clinical Medicine</i> . 2024; 13(2):475.
2. A Study on the Correlation of Various Factors in Patients with Severe Traumatic Brain Injuries. <i>Cureus</i> . 2024;16(6): e61877
3. Effect of Electromagnetic Field Therapy in chronic respiratory disease: A systematic Review. <i>Physiotherapy Quarterly</i> . 2024;32(2):19–24.
4. Reliability and Validity of Smartphone Goniometer Application for Measuring Quadriceps Angle. <i>International Journal of Therapy and Rehabilitation</i> . 2024; 31(2).
5. Predicting Mechanical Neck Pain Intensity in Computer Professionals using Machine Learning: Identification and Correlation of Key Features. <i>Frontiers in Public Health</i> . 2024 Mar 21; 12:1307592.
6. Cervical Health Parameters in Car Drivers: Assessing the Influence of Driving on Neck Pain, Mobility, Proprioception and Cranio Vertebral Angle. <i>Journal of Multidisciplinary Healthcare</i> . 2024; 17:2013-2020
7. Prevalence and contributing factors of neck and low back pain among university students during examination periods: A survey-based study at Jazan University.2024 (Accepted), <i>Saudi Journal of Sports Medicine</i>
8. Factors predicting non-adherence to treatment recommendations for patients with chronic low back pain in India: A cross-sectional survey. 2024 (Accepted)
9. Prevalence of Forward Head Posture among Car and Bike Drivers and its relation with Neck and Cardiopulmonary health parameters- A Cross-Sectional Study. 2024 (Accepted)
10. A study to assess the knowledge of Radiotherapy students about Interventional Radiology Procedure. <i>Journal of Xidian University</i> . 2024; 18(1): 908-913.
11. A Study of Severe Traumatic Brain Injury At A Tertiary Care Center. <i>Journal of Advanced Zoology</i> , 44(5), 472–479. https://doi.org/10.53555/jaz.v44i5.2967
12. Utility of Opportunistic Infections, Joints' Involvement and Accuracy of Various Screening Tests to Diagnose Rheumatoid Arthritis Patients. <i>Medicina (Kaunas)</i> . 2023;59(2):367.
13. Test-retest reliability and validity of cervical range of motion measurement using a smartphone clinometer among individuals with and without neck pain. <i>International journal of therapy and Rehabilitation</i> . 2023; 30(2).
14. Postural correction for neck pain in computer and smartphone users- A Narrative Review. <i>Journal of Clinical & Diagnostic Research</i> . 2023; 17(5): YE01 - YE05.
15. Effectiveness of motor control exercise, aerobic walking, and muscle strengthening programs in improving outcomes in a subgroup of population with chronic low back pain positive for central sensitization: a study protocol for a randomized controlled trial. <i>Trials</i> . 2023;24(1):319.
16. Effects of Whole-Body Stretching Exercise during Lunch Break for Reducing Musculoskeletal Pain and Physical Exertion among Healthcare Professionals. <i>Medicina (Kaunas)</i> . 2023;59(5):910.
17. Effectiveness of Epley-Canalith Repositioning Procedure versus Vestibular Rehabilitation Therapy in

Diabetic Patients with Posterior Benign Paroxysmal Positional Vertigo: A Randomized Trial. <i>Life (Basel)</i> . 2023;13(5):1169.
18. ICF based assessment and physiotherapeutic intervention for patellofemoral pain and muscle performance deficits. A case study. <i>Journal of Clinical & Diagnostic Research</i> . 2023,17(6): YD10 – YD12
19. A survey of Indian physiotherapists' clinical practice patterns and adherence to clinical guidelines in the management of patients with acute low back pain. <i>Musculoskeletal Care</i> . 2023;21(2):478-490.
20. Management of Rotator Cuff Injury with Physiotherapy in Pre- and Post-surgery: An Overview. <i>International Journal of Orthopedic Nursing and Practices</i> . 2023. 1(1): 6-13
21. Prevalence of Neck Pain in Car and Bike Drivers: A Comprehensive Review of Primary, Secondary and Tertiary Care. <i>Journal of Clinical & Diagnostic Research</i> . 2023,17(7):YE05-YE09.
22. Role of sensory stimulation to improve consciousness matrix among traumatic brain injury patient: A Narrative Review <i>Eur. Chem. Bull</i> . 2023,12(Special Issue 7), 4507-4526
23. The Relationship of forward head posture with neck pain and disability among university students- A correlation study <i>Eur. Chem. Bull</i> . 2023,12(10), 6441-6456.
24. Assessment of Risk Factors and the Relationship between Hypothyroidism with Hypertension in Diabetes Mellitus Patients: A Cross-Sectional Community-Based Study. <i>Journal of Personalized Medicine</i> . 2023; 13(8):1231.
25. Effects of a program consisting of strain/counterstrain technique, phonophoresis, heat therapy, and stretching in patients with temporomandibular joint dysfunction: A pilot study. <i>Medicine (Baltimore)</i> . 2023;102(32): e34569.
26. Effect of Exercise on Regulation of Adipokine and Sedentary Lifestyle Disease: A Narrative Review. <i>Indian Journal of Physical therapy and Research</i> . 2023. 5(1): 24-31.
27. Normative values of the range of motion of movements at the wrist joint for hockey players: a cross-sectional study. <i>Medicina dello Sport</i> . <i>Medicina dello Sport</i> 2023;76(3):418-28
28. Prescription of therapeutic exercise for chronic low back pain management: a narrative review. <i>Bull Fac Phys Ther</i> . 2023; 28, 47.
29. Decoding the impact of driving postures: Comparing neck pain, mobility, proprioception in car and bike drivers with and without Forward Head Posture. <i>Journal of Transport & Health</i> . 2023; 33:101719.
30. Neck Health Metrics and Quality of Life: A Comparative Study in Bike Drivers with and without Neck Pain, <i>Journal of Multidisciplinary Healthcare</i> . 2023; 16: 3575-3584
31. Synergistic Benefits of Motor Control Exercises and Balance Training in Sacroiliac Joint Dysfunction: A Randomized Controlled Trial. <i>Life</i> . 2023; 13(12):2258.
32. The Association of Psychological Variants with Back Pain, Muscle Endurance, and Functional Limitations in an Individual with Chronic Back Pain. <i>J Pers Med</i> . 2023;13(12):1671.
33. Early Physiotherapy improves consciousness level in severe traumatic brain injury. <i>Journal of Chemical Health Risks</i> . 2023; 13(6): 1156-1163.
34. Assessing the impact of Physical Activity on Bone Density, Cardiopulmonary Function and Metabolic Health in Stroke Survivors <i>Medicine (Baltimore)</i> . 2023;102(49): e36541
35. Efficacy of cervical mobilization with post isometric relaxation in managing mechanical neck pain, ROM, and functional limitations associated with myofascial trigger points. <i>Medicine (Baltimore)</i> . 2023;102(52): e36710.
36. Clinimetric properties of a smartphone application to measure the Craniovertebral Angle in different age groups and positions. <i>Heliyon</i> . 9 (2023) e19336.
37. Home-based Physiotherapy Interventions Guided by ICF: Assessing their Impact of Quality of Life in Palliative care for Rheumatoid Arthritis Patients- A pilot study. <i>Physiotherapy Quarterly</i> . 2023 (Accepted)
38. Comparison of Effect of McKenzie Exercises with or without Theraband in Patient with Sub Acute Non-Specific Low Back Pain. <i>International Journal of Health Sciences and Research</i> 2022 12(12): 30-41.
39. Effect of Exercises on Central and Endocrine System for Pain Modulation in Primary Dysmenorrhea. <i>J Lifestyle Med</i> . 2022;12(1):15-25
40. Prevalence of Stress among Undergraduate Physiotherapy Students. <i>International journal of scientific Research</i> . 2022; 11(2):68-69.
41. Six Minutes' Walk Test in Acute Myocardial Infarction Patients: <i>International journal of scientific Research</i> . 2022; 11(1):58-60.
42. A comparative study of two manual techniques on triceps surae muscle flexibility in working females wearing high heels. <i>International journal of current research and review</i> . 2021; 13(14): 28-34.
43. Effect of N-95 Mask on Headache among Healthcare Workers in Phase-II of Covid Pandemic's <i>Journal</i>

of Advance Research in Medical Science and Research Technology. 2021; 8(4): 1-6.
44. Efficacy of Ischemic compression techniques and home exercise programme in combination with US among computer users with upper Trapezius Myofascial pain: International journal of health sciences and research. 2020; 10 (6): 62-67.
45. Comparative effectiveness of integrated neuromuscular inhibition techniques and ischemic compression technique in managing upper Trapezius Myofascial trigger point pain in computer professionals: International journal of recent scientific research. 2020; 10:546-551 2019 CODEN: IJRSPF (USA)
46. To see the effectiveness of kinesio taping and patellar correction in patella femoral pain syndrome: Int. J Recent. Sci. Res. 2016; 7(3): 9798-9785.
47. Effect of Trunk stabilization exercises using a gym ball with or without electromyography- biofeedback in patients with chronic low back pain: Physikalische Medizin. 2016; 26: 79-83.
48. Role of scapular posture on cervical rotation range of motion measurement with smart phone in healthy young adult: Int. J. Recent Sci. Res. 2015; 7(8)

Patents

1. Method and process to improve the digital education system. Application No. 202211042293. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
2. Image registration and recognition of brain images captured using multiple modalities for early detection. Application No. 202211042584. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
3. Machine learning and artificial intelligence based on feedback system for educational institutions. Application No. 202211042296. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
4. Women entrepreneurship challenges, planning and strategy for sustainable growth in India. Application No. 202211042576. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
5. An Emulsion for Cardiac Protection. Application No. 202211015128. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
6. Development of an IoT based health monitoring system for e-health. Application No. 202211048060. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
7. IOT Based patients monitoring system using sensors to detect, analyze and monitor two primary vital signs. Application No. 202211048061. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
8. IoT Based remote patient health monitoring system. Application No. 202211048059. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
9. IOT based wearable device to monitor the signs of quarantined remote patients of COVID-19. Application No. 202211048063. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
10. IOT-Based health monitoring & automated predictive system to confront COVID-19. Application No. 202211048062. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
11. Ambulatory assistive device for visually impaired person using artificial intelligence with assistance in map navigation. Application No. 202211027079. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
12. A system for predicting extubation outcome by physiotherapists in the adult intensive care unit (Ein System zur vorhersage des Extubationsergebnisses durch Physiotherapeuten auf der Intensivstation fur Erwachsene). Application No. 202022106247. Patent Published, The patent office Journal, Ministry of Commerce and Industry, Government of India.
13. Sensor Based wearable device for measuring and recording cervicocephalic proprioception. Design No. 6318124. Patent Published, The patent office, Intellectual Property Office. Government of UK.

Book Chapter

Challenges and Opportunities for applying HMI to Development of skills in Healthcare Education. Wiley-Scrivener Publisher ISBN No. 9781394199914

Medicina
Peer J
Sensor
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Journal of Lifestyle Medicine
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International Journal of Therapy and Rehabilitation
Physiotherapy Quarterly
International Journal of Physiotherapy
Iranian Journal of Medical Sciences
Journal of Pain Research
Diagnostics
Scientific Reports
Plosone
Journal of Clinical Medecine

Award and Recognition

1. Awarded as Excellence in Research at International Conference, Jyotirao Phule, Subharti College of Physiotherapy, Swami Vivekanand Sybharti University, Meerut in 2023.
2. Awarded for Academic Excellence in Field of Physiotherapy, at 4th National Conference of Physiotherapy, Lucknow in 2022.
3. Awarded for Academic Excellence in Field of Physiotherapy, at National Congress of Physical Therapy, Ghaziabad in 2015.

Objective/Strength Skill

For a challenging career in academic and clinical position in the department of physiotherapy and rehabilitation and to dedicate myself and my professional skills towards the organization to produce results for its betterment and growth.

Ability to assess, examination, evaluation and provide evidence-based physiotherapy procedural interventional protocols for patients with musculoskeletal dysfunction, sports injuries, reconstructive and replacement procedures.

Expertise in teaching & provide treatment in the form manual therapy, therapeutic exercises, special techniques, patient and care taker education.

Has taken active part in case presentations, seminars and clinical discussions involving patients with musculoskeletal disorders

Ability to plan the treatment protocol as per the individual's requirement in health promotion and fitness management and geriatric care.

Has good interpersonal skills and gets along well with patients, peers and superiors.

Has good skills of communication and able to work as a supervisor.

Key Expertise

Expert in assessing, managing, and rehabilitating neuromusculoskeletal dysfunctions using evidence-based

physiotherapeutic interventions. Skilled in therapeutic modalities, manual therapy, therapeutic exercises, special techniques, joint dysfunction treatments, as well as fracture and geriatric rehabilitation

Computer skills

Good knowledge of computer applications (MS-WORD, MS-EXCELL, MS-POWERPOINT, MS-ACCESS, INTERNET)

<i>S.No.</i>	<i>ATTENDED AS A SHORT-TERM COURSE</i>
1.	Attended one day work shop on cupping therapy 2 November 2019, at Integral University Lucknow.
2.	Attended short term course CALEM on Academic leadership 8 April 2019 to 11 April 2019, at Integral University Lucknow.
3.	Attended short term course on “Following the Research Workflow using Elsevier’s Tools” held on 6 March 2018, at Integral University Lucknow.
4.	Attended short term course CALEM on Academic leadership 7 September 2018 to 13 September 2018, at Integral University Lucknow.
5.	Attended one day Workshop on ICF model 23rd November 2018, at department of Physiotherapy, IIMS&R, Integral University Lucknow.
6.	Attended short term course CALEM on Academic leadership 11 January 2017 to 17 January 2017, at Integral University Lucknow.
7.	Attended two-day Workshop on Manual therapy and Taping technique on Knee and Ankle dysfunction, on 22nd & 23rd November 2014, at department of Physiotherapy, IIMS&R, Integral University Lucknow.
8.	Attended two-day Workshop on MET for spine and Pelvic Complex, on 26th & 27th November 2014, at department of Physiotherapy, IIMS&R, Integral University Lucknow.
9.	Attended one day Workshop on Manual therapy of Cyriax technique and its application, 21st November 2014, at department of Physiotherapy, IIMS&R, Integral University Lucknow.
10.	Attended “Sports Medicine” workshop conducted by ALI IRANI in 2008 at Jamia Hamdard, New Delhi.
11.	Conference of Physiotherapy service welfare entitled “Role of Physiotherapy and occupational Therapy in Health Care System” in 2003 at Lucknow.
12.	Attended International Conference at Jyotirao Phule, Subharti College of Physiotherapy, Swami Vivekanand Sybharti University, Meerut in 2023.

<i>S.No.</i>	<i>INVITED LECTURE</i>
1.	Physiotherapy in a home for aged geriatric care Chhatrapati Shahu Ji Maharaj University
2.	Palliative care physiotherapy Chhatrapati Shahu Ji Maharaj University
3.	Functional diagnosis in physiotherapy practice at Teerthankar Mahaveer University Moradabad U.P India
4.	Role of musculoskeletal imaging in physiotherapy practice at Teerthankar Mahaveer University Moradabad U.P India
5.	Guest lecture “Radio imaging study for physiotherapist” at Pacific college of medical sciences Gorakhpur U.P India

<i>S.No.</i>	<i>EXAMINER</i>
1.	Chhatrapati Shahu Ji Maharaj University Kanpur U.P India
2.	DDU University Gorakhpur U.P India
3.	Teerthankar Mahaveer University Moradabad U.P India
4.	UPUMS Saifai U.P India
5.	Doon PG College Dehradun, India
6.	Datta Meghe University Wardha Maharashtra
7.	Shakuntala Devi Rehabilitation University Lucknow India
8.	MMU Mullana Ambala

9.	Era University, Lucknow
10.	Rama University, Kanpur
11.	Galgotias University, Greater Noida

Professional Registration and License Exam

<i>S.No.</i>	<i>Membership Bodies</i>	<i>Registration No:</i>
1.	U.P State Medical Faculty Registration Number	BPT/948
2.	Saudi License Exam for Physical therapy Specialist Pass	Grade 73 percent
3.	DHA Eligibility letter Ref No. DHA/LS/1122016/564755	LS/1122016/564755

References

Dr. Jasmine Anandabai Dean Allied Health Science Subharti University, Meerut, U.P India Phone: +919811220770. +919639010018	Prof. (Dr.) Ashfaque Khan Director, IIAHSR, Integral University, Lucknow. U.P. India. Phone: +91941577190	Dr. Syed Habib Chairman, Pacific group of Medical Sciences, Gorakhpur, U.P. Phone: +919839073807
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Date:

Place: Lucknow

ABDUR RAHEEM KHAN