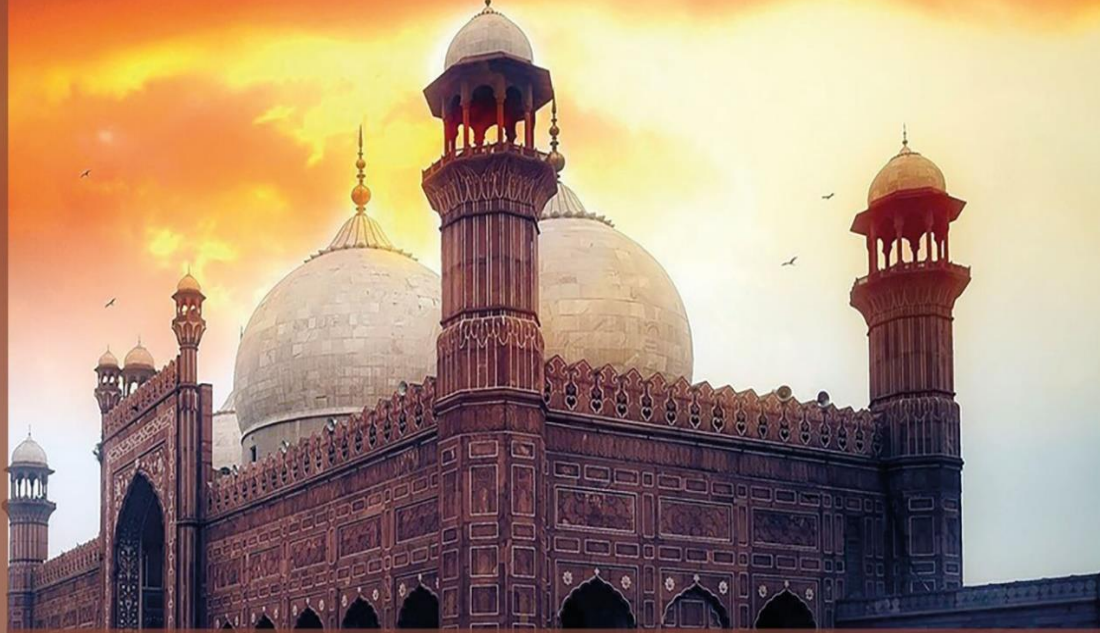




3RD INTERNATIONAL CONFERENCE ON REHABILITATION SCIENCES (ICRS)

27th - 30th May, 2021

First time in Pakistan
Virtual 3D E-Conference



INNOVATIONS IN REHABILITATION TECHNOLOGY & RESEARCH



SCIENTIFIC PROGRAM

27th - 30th May 2021

Virtual 3D E-Conference

ORGANIZED BY



ENDORSED BY

COLLABORATORS



PRE-CONFERENCE WORKSHOPS (NATIONAL)
CONFERENCE DAY-1: THURSDAY - MAY 27, 2021

Time	Sr. No.	Topic	Resource Person	Moderator
10:00 am - 01:00 pm	PCW-01	Principles of management of tone disorders in cerebral palsy	Qamar Mehmood	Fareeha Kousar
	PCW-02	Novel Manual Therapy techniques for Pre-habilitation and Rehabilitation and Shoulder pathology	Keramat Ullah	Muhammad Atif Javed
	PCW-03	Advanced clinical reasoning skills in the assessment of Musculoskeletal disorders	Muhammad Kashif	Aqsa Ilyas
	PCW-04	Knee joint pain: A novel way to classify	Muhammad Waseem Javaid	Sidra Shafique
	PCW-05	Orthopedic Manipulative Physical Therapy of Lumbar Spine "Cyriax Approach"	Abdul Ghafoor Sajjad	Muhammad SanaUllah
	PCW-06	Shoulder throwing injuries: Assessment & Management	Muhammad Bin Afsar Jan	Adeela Arif
	PCW-07	Management and treatment Therapies of Aphasia	Muhammad Sikandar Ghayas Khan	Ghazal Awais
	PCW-08	Hands on assessment of Adult Neurogenic communication disorders through BDAE	Humaira Shamim Kiyani	Anum Ashraf
	PCW-09	A Roadway to research data management	Rabiya Noor	Zainab Hassan
	PCW-10	Use of spider cage in Rehabilitation of Cerebral Palsy	Farjad Afzal	Misbah Waris
	PCW-11	Assessment and management of acquired cognitive linguistic deficits	Faiza Badar	Fazaila Ehsan
	PCW-12	Hands on Practice: Management of Autism spectrum disorder for pre-school children	Nayab Iftikhar	Shabnum Malik
	PCW-13	Cardiac rehabilitation	Sumaiyah Obaid	Quratulain

PRE-CONFERENCE WORKSHOPS (INTERNATIONAL)
CONFERENCE DAY-2: FRIDAY- MAY 28, 2021

Time	Sr. No.	Topic	Resource Person	Moderator
10:00 am - 1:00 pm	PCW-01	Samples of tissue specific assessment and psychosocial aspects, soft tissue therapy, dynamic joint mobilization and segmentally specific manipulation techniques, examples of segmental stabilization techniques through individually dosed exercises	Ola Grimsby & Alec Kay	Naveed Anwar
	PCW-02	Streamlining Assessment and Intervention for Children's Speech Sound Disorders	Caroline Margaret Wallace Bowen	Nameeka Shahid
	PCW-03	Women's Health Physiotherapy: Evidence Based Obstetrical Complex Case Evaluation and Management	Lori Marie Walton	Rabiya Noor
	PCW-04	Motor control training for low back and pelvic pain: Assessment, training and integration with pain neuroscience	Paul Hodges	Muhammad Hashim
	PCW-05	Assessment and treatment of low back pain	Habiba Thawer	Wajeaha
	PCW-06	Tele-rehabilitation	Nada Signal	Tehreem Mukhtar
	PCW-07	Physical therapy for the jaw pain and dysfunction	Hamayun Zafar	Sana Hafeez
	PCW-08	Is there any chance for transforming/modifying the nonfunctional CNS circuits into the functional ones? Neural Plasticity concept, intervention to improve function, balance and walking	Mohammad Reza Hadian	Binash Afzal
	PCW-09	Management of Cervical Radiculopathy	Kornelia Kulig & Michael Anderson	Saima Zahid
3:00 pm - 5:00 pm	PCW-10	Early childhood stuttering therapy: A Practical approach	J. Scott Yaruss	Fazaila Ehsan
2:00 pm - 5:00 pm	PCW-11	Early Intervention for children with Developmental neurological Disabilities	Yvonne Frizzel	Fareeha Kousar

CONFERENCE DAY-3: SATURDAY - MAY 29, 2021

SESSION-I

INAUGURAL SESSION

Timing: 09:00 AM - 10:00 AM

Moderator: Nameeka Shahid

National Anthem	09:00 am - 09:05 am
Recitation of the Holy Quran	09:05 am - 09:10 am
Welcome Address by Dean FRAHS	09:10 am - 09:20 am
Address by the Vice Chancellor	09:20 am - 09:30 am
Address by the Chancellor	09:30 am - 09:40 am
Address by the Guest Of Honor	09:40 am - 09:50 am
Address by the Chief Guest	09:50 am - 10:00 am

Break (10:00 am - 10:30 am)

Session-II: (Plenary-I)

10:30 AM - 01:30 PM

Chairperson: Syed Amir Gilani

Co-chair: Furqan Ahmed Siddiqui

Moderator: Saima Zahid

Key Note-1	Ola Grimsby & Thomas Mollsen	Current research and clinical outcomes on the effects of high velocity short amplitude thrust techniques on inhibition and facilitation of motor reflexes.	10:30 am- 11:00 am
Key Note-2	Kornelia Kulig	Lessons from studying persons with recurrent symptoms	11:00 am- 11:30am
Key Note-3	Hamayun Zafar	Interrelationship between the jaw sensorimotor system and general motor performance in health, disease and rehabilitation	11:30 am-12:00pm
Key Note-4	Caroline Bowen	Honing information and research literacy in an era of misinformation	12:00 pm-12:30pm
Key Note-5	Shane Patman	Rehabilitation for those with Long COVID	12:30 pm- 1:00pm
Key Note-6	Anja Lowit	Assessment and treatment of Progressive Dysarthria	1:00pm-1:30pm

Prayer Break (1:30 pm - 2:00 pm)

Session-III: (Plenary-II)

02:00 PM - 05:30 PM

Chairperson: Qamar Mehmood

Co-chair: Keramat Ullah

Moderator: Wajeeha

Key Note-1	Mohammad Reza Hadian	Role of activity in neuro rehabilitation, reality or myth? Basic concepts and clinical application.	02:00 pm- 2:30 pm
Key Note-2	Lori Marie Walton	Impact of toxic stress on maternal and fetal cognitive and physical outcomes and health related quality of life for global, vulnerable populations of women and children	02:30 pm-3:00 pm
Key Note-3	Denise Taylor	Use of NMES and FES in rehabilitation	03:00 pm-3:30 pm
Key Note-4	Nada Signal	Tele rehabilitation	03:30 pm-4:00 pm
Key Note-5	Ilyas Syed	The history and current status of comprehensive Physical Rehabilitation services in Pakistan	4:00 pm-4:30 pm
Key Note-6	Imran Amjad	Exercises improve cognitive functions, slowness and complexity of EEG in patients with mild cognitive impairment	04:30 pm-5:00 pm
Key Note-7	Ayesha Kamal Butt	A Decade of Speech, Language and Swallowing Research at Riphah	05:00 pm-5:30 pm

Closing of Day 3

CONFERENCE DAY-4: SUNDAY - MAY 30, 2021 SESSION IV - ORAL PAPER PRESENTATION

THEME	SESSION	TIME	CHAIR	CO-CHAIR	MODERATOR
NEUROMUSCULAR PHYSICAL THERAPY	SESSION I	8:00 AM - 10:00 AM	Qamar Mehmood	Hafiz Ijaz Ahmed	Sumera Abdul Hameed
	SESSION II		Muhammad Bin Afsar Jan	Pirzada Khatak	Aqsa Illyas
	SESSION III		Umoal Bunin	Binash Afzal	Misbah Waris
MUSCULOSKELETAL PHYSICAL THERAPY	SESSION I		Ashfaq Ahmad	Muhammad Affan Iqbal	Sana Hafeez
	SESSION II		Behrouz Attarbashi Moghadam	Ahsan Javed	Muhammad Sanaullah
	SESSION III		Waqar Ahmad Awan	Faiza Shareef	Muhammad Atif Javed
	SESSION IV		Muhammad Salman Bashir	Arooj Raza	Khurram Sarfraz
CARDIOPULMONARY PHYSICAL THERAPY	SESSION I		Furqan Ahmed Siddiqui	Humaira Irum	Quratulain
WOMEN HEALTH PHYSICAL THERAPY	SESSION I		Rabiya Noor	Fareeha Amjad	Zainab Hassan
SPEECH LANGUAGE PATHOLOGY	SESSION I		Nazia Mumtaz	Irum Nawaz	Fazaila Ehsan
	SESSION II		Ayesha Kamal Butt	Raffa Mubeen	Shabnum Noor
SPORTS PHYSICAL THERAPY	SESSION I		Keramat Ullah	Muhammad Kashif	Muhammad Hashim
REHAB EDUCATION	SESSION I		Arshad Nawaz Malik	Mehwish Niaz	Safia Firdous
	SESSION II		Raheela Yasmin	Muhammad Sikander Ghayas Khan	Tehreem Mukhtar

NEUROREHABILITATION PHYSICAL THERAPY

SESSION I STROKE PHYSICAL REHABILITATION

Sr.No	Presentation Title	Presenter	Timing
1	Effects of X-Box Kinect training in subjects with stroke	Nasir Sultan	8.00 am - 8:10 am
2	Comparison Of Constraint-Induced Movement Therapy vs Traditional Rehabilitation Therapy To Improve Upper Limb Function In Hemiplegic Acute And Sub-acute Stroke Patients	Sadaf Waris	8:10 am - 8:20 am
3	Role of balance training on vestibular function and proprioception feedback in chronic stroke Patients	Asia Bashir	8:20 am - 8:30 am
4	Effects of Virtual Reality in Adhesive Capsulitis on Pain, Range of Motion and Function	Sana Anayat Bajwa	8:30 am - 8:40 am
5	Financial Burden associated with stroke rehabilitation	Rimsha Khan	8:40 am - 8:50 am
6	Comparison of sit to stand pattern in subacute and chronic stroke survivors	Sumaira Yasmeen	8:50 am - 9:00 am
7	Effects of mirror therapy and constrained induced movement therapy for upper limb rehabilitation among chronic stroke patients	Saifa Zia	9:00 am - 9:10 am
8	Effects of mime therapy and kabat technique to improve the facial symmetry and reducing synkinesis in the patients with bell's palsy	Sana Riaz	9:10 am - 9.20 am
DISCUSSION SESSION			9:20 am - 10:00 am
SESSION II NEURO REHABILITATION IN AGING			
1	Wii Fit exer-gaming; A tool to improve balance and gait in elderly population	Kiran Khushnood	8.00 am - 8:10 am
2	Effects of Supervised BRACE (Balance, Resistance, Aerobic, Cognitive Exercises) protocol on mobility in elderly with fall risk	Umme Habiba	8:10 am - 8:20 am

3	Two Point Discrimination Threshold Values and its relation with Age and Gender	Ghazal Jamshaid	8:20 am - 8:30 am
4	Association Between Physical Activity And Balance Impairments In Diabetic Patients	Sundus hassan	8:30 am - 8:40 am
5	Comparison Of Kitchen Sink Balance Exercises And Traditional Exercises For Balance In Elderly	Mirza Obaid Baig	8:40 am - 8:50 am
6	Effects of elastic band resistance exercises on balance and mobility in elderly people	Mehroz Imtiaz	8:50 am - 9:00 am
7	Comparative Effect of Aerobic and Strength Training Exercises for Restless Leg Syndrome in Diabetic Patients	Fizah Mahnoor Khan	9:00 am - 9:10 am
8	Effect of physical-cognitive dual task training on balance outcome and quality of life in older adults: A randomized control trial	Hira Jabeen	9:10 am - 9.20 am
DISCUSSION SESSION			9:20 am-10:00 am
SESSION III PEDIATRIC NEURO REHABILITATION			
1	Effects of task-oriented training on walking in children with cerebral palsy	Nazish Rafique	8.00 am - 8:10 am
2	Effects Of Gaze Stability Exercises with Proprioception Training To Improve Gait And Functional Independence In Cerebellar Ataxia	Tehreem Mukhtar	8:10 am - 8:20 am
3	Effects of Virtual Reality Training with Sensory Integration on Gross Motor Functions of Lower Limb In Spastic	Sannia Batool	8:20 am - 8:30 am
4	Usage of outcome measuring tools and treatment protocols of bells palsy by physical therapists	Afreen Qadir	8:30 am - 8:40 am
5	Comparison of static cycle and treadmill training on gait parameters in the children with down syndrome	Faisal Ghafoor	8:40 am - 8:50 am
6	Effects of sensory stimulation training on gross motor abilities in hemiplegic cerebral palsy	Maria Razzaq	8:50 am - 9:00 am
DISCUSSION SESSION			9:00 am -10:00 am

MUSCULOSKELETAL PHYSICAL THERAPY

SESSION I MECHANOTHERAPY OF SPINE

Sr.No	Presentation Title	Presenter	Timing
1	Effect of spinal decompression with and without ELDOA in patients of lumbar disc protrusion	Kinza Anwar	8.00 am - 8:10 am
2	Effects of muscle energy technique and mobilization with movement in patients with anterior innominate iliosacral dysfunction	Hira Akram	8:10 am - 8:20 am
3	Role of manual mobilization in reducing sign and symptoms of non-specific neck pain	Ambreen Iqbal	8:20 am - 8:30 am
4	Effect of core stability exercises using swiss ball and conventional physiotherapy in reducing pain and improving function among patients with non-specific low back pain	Sara Mumtaz	8:30 am - 8:40 am
5	Effects of muscle energy technique and static stretching of piriformis and iliopsoas in females with coccydynia	Wajeeha Zia	8:40 am - 8:50 am
6	Effects of non-pain contingent spine rehabilitation therapy in chronic low back pain	Maria Khaild	8:50 am - 9:00 am
7	Effects of Supervised Passive Mobilization and Exercise Plan versus Self-Mobilization and Home Exercise Plan in Patients Non-Specific Chronic Neck Pain	Nimra Azhar	9:00 am - 9:10 am
8	Effectiveness of mechanical traction in supine versus prone lying position for lumbosacral radiculopathy	Rehan Ramzan Khan	9:10 am - 9.20 am
DISCUSSION SESSION			9:20 am - 10:00 am

SESSION II			
REHABILITATION APPROACHES IN ARTHROPATHIES			
1	Amniotic fluid application in knee osteoarthritis with intra articular injections	Syeda Ambrin Naz	8.00 am - 8:10 am
2	Comparison of muscle energy technique versus kinesio taping technique to reduce pain and improve lower limb functional activity in patients with plantar fasciitis	Fatima Tariq	8:10 am - 8:20 am
3	Compare the effectiveness of Kaltenborn joint mobilization technique versus muscle energy technique on pain, mobility and instability in Patients with Shoulder Adhesive Capsulitis	Farjad Afzal	8:20 am - 8:30 am
4	Comparison of the effect of pre- and post-operative physical therapy versus post-operative alone on pain and recovery of function after total knee arthroplasty	Salwa Atta	8:30 am - 8:40 am
5	The effects of shoulder mobilization following suprascapular nerve block in adhesive capsulitis	Wajeeha Irfan Qureshi	8:40 am - 8:50 am
6	Assessment of temporomandibular joint dysfunction in patients referred for third molar extraction	Mushayada Zahra	8:50 am - 9:00 am
7	Effect of Knee Joint Mobilization on Hamstring Muscle Length	Saira Waqqar	9:00 am - 9:10 am
DISCUSSION SESSION			9:10 am - 10:00 am
SESSION III			
EXERCISE THERAPY IN MUSCULOSKELETAL PATHOLOGIES			
1	Effect of progressive resistive training on movement and functional capacity in breast cancer patients	Maham Javaid	8.00 am - 8:10 am
2	Comparison of post-isometric relaxation of quadriceps and core stability exercises in vertical jump performance	Hina Shafi	8:10 am - 8:20 am
3	Prevalence of upper trapezius tightness due to poor posture among university students of Lahore City, Pakistan	Amna Rauf	8:20 am - 8:30 am
4	Immediate and short term effects of Muscle Energy Technique (MET) on isometric muscle strength in mechanical neck pain	Muhammad Osama	8:30 am - 8:40 am
5	Prevalence of work related musculoskeletal disorders among ceramic industry workers	Amon	8:40 am - 8:50 am
6	Effects of Cervical Spine mobility on cardiovascular and respiratory outcomes in young adults	Zoya Mehmood	8:50 am - 9:00 am
7	Effects of Mulligan's mobilization with movement on first rib to reduce pain and improve cervical rotation in mechanical neck dysfunction	Irfan Ahmad	9:00 am - 9:10 am
8	Work related musculoskeletal disorders among nurses in Lahore	Warda Saeed	9:20 am - 9:30 am
DISCUSSION SESSION			9:30 am - 10:00 am
SESSION IV			
WORK BASED MUSCULOSKELTAL REHABILITATION			
1	Prevalence of Trapezius Trigger Points in Young Healthy Individuals	Maria Khalid	8.00 am - 8:10 am
2	Comparison of effects of spinal mobilization with leg movement (SMWLM) and neural mobilization in subjects with lumbar radiculopathy	Muhammad Zeeshan	8:10 am - 8:20 am
3	Prevalence of Musculoskeletal Pain in Cooking Professionals of Ethnic and Fast Food Restaurants	Abdul Mueed	8:20 am - 8:30 am
4	An evaluation of Phantom pain among traumatic lower limb amputees in Lahore	Maha Aslam	8:30 am - 8:40 am
5	Effects of elastic band exercises on physical performance in community dwelling elderly with locomotive syndrome	Sania Anwar	8:40 am - 8:50 am
6	Association of daily physical activity and body composition with locomotive syndrome in community dwelling elderly	Tayyaba Raza	8:50 am - 9:00 am
7	Effects of Supervised Passive Mobilization and Exercise Plan versus Self-Mobilization and Home Exercise Plan in Patients Non-Specific Chronic Neck Pain	Muhammad Hashim Ghouri	9:00 am - 9:10 am
8	Prevalence of low back pain due to hamstring tightness among undergraduate female students	Sajida Bibi	9:20 am - 9:30 am
DISCUSSION SESSION			9:30 am - 10:00 am

CARDIOPULMONARY PHYSICAL THERAPY

SESSION I

Sr.No	Presentation Title	Presenter	Timing
1	Effects of HIIT on cardiorespiratory fitness, psychological status and quality of life in pre and stage-1 hypertensives	Huda	8:00 am - 8:10 am
2	Effect of respiratory muscle exercises on hypertension among hypertensive subjects	Tahir Ramzan	8:10 am - 8:20 am
3	Assessment of cardio-respiratory fitness of doctor of physical therapy students: a cross-sectional survey	Yakoot Saleemi	8:20 am - 8:30 am
4	Impact of diabetes on physical function in older people	Ayesha Sadiq	8:30 am - 8:40 am
5	Comparison of calisthenics and endurance training for improving pulmonary functions in patients with chronic obstructive pulmonary disease	Suman Sheraz	8:40 am - 8:50 am
6	Body composition profiling and obesity analysis of healthy adults: A cross - sectional study	Zara Khalid	8:50 am - 9:00 am
7	Effect of respiratory muscles training on cardiopulmonary parameters and quality of life in patients with dilated cardiomyopathy	Hanifa Suleman	9:00 am - 9:10 am
8	Effects of blow bottle exercise along with arm ergometry among emphysema patients- pilot randomize control trial	Mashaal	9:20 am - 9:30 am
9	Effects of short term practice of fast deep breathing exercise on parasympathetic functions in trans-femoral and trans-tibial amputation patients	Sana Bashir	9:30 am - 9:40 am
10	Assessment of functional ability in children during 6-minute walk test	Fouzia Batool	9:40 am - 9:50 am
DISCUSSION SESSION			9:50 am - 10:00 am

WOMEN HEALTH PHYSICAL THERAPY

SESSION I

Sr.No	Presentation Title	Presenter	Timing
1	Assessment of risk factors for the polycystic ovarian syndrome among undergraduate Doctor of Physical Therapy students	Anfal Zahra	8:00 am - 8:10 am
2	Prevalence of dysmenorrhea and its effect on quality of life among a group of female university students	Rabia Majeed	8:10 am - 8:20 am
3	Frequency of Anorexia Nervosa Among Female University Students	Asma Ghafoor	8:20 am - 8:30 am
4	Hand grip Strength of dominant hand during 4 phases of Menstrual cycle	Farwa batool	8:30 am - 8:40 am
5	Normative data of hand grip strength in females with dominant and non-dominant hand	Sana Arif	8:40 am - 8:50 am
6	Association of body mass index with depression among female university student	Nayyab	8:50 am - 9:00 am
7	Prevalence of urinary incontinence after vaginal deliveries and caesarean section in rural areas and urban areas	Eisha Amin	9:00 am - 9:10 am
8	Effects of pelvic floor exercises with and without stabilization exercises in multigravida females with postpartum pelvic girdle pain	Munaza Arwa	9:20 am - 9:30 am
DISCUSSION SESSION			9:30 am - 10:00 am

SPEECH LANGUAGE PATHOLOGY

SESSION I EXPLORING MULTIPLE DOMAINS IN SPEECH & LANGUAGE PATHOLOGY

Sr.No	Presentation Title	Presenter	Timing
1	Ascertaining the effects of Photovoice as an expressive therapy on the verbal skills of patients with communication disorders: an examination of the patients of Dysarthria & Aphasia"	Sana Mukhtar	8.00 am - 8:10 am
2	Prevalence Rate of Speech Sound Errors in School-Age Children	Raheela Khatoon	8:10 am - 8:20 am
3	Effectiveness of Vocal Hygiene Training to Reduce Symptoms of Voice Disorders and Improve Voice Quality among professionals	Anam Jamil	8:20 am - 8:30 am
4	Vocal tract discomfort in patients with different types of voice disorders	Saffa Nawaz	8:30 am - 8:40 am
5	The Comparison of Social Quality of Life of Children and Adolescents with Cleft Lip and/or Palate	Mahnour Mansoor	8:40 am - 8:50 am
6	Adherence of primary care givers to post stroke dysphagia recommendation: In Pakistan	Rimsha Shakeel	8:50 am - 9:00 am
7	A pilot study; General public awareness about audiology profession, hearing and hearing health in Pakistan	Hina Sultana	9:00 am - 9:10 am
8	Methods used by Speech Language Pathologists as therapy for Swallowing Disorders in adult population.	Rabia Zubair	9:20 am - 9:30 am
DISCUSSION SESSION			9:30 am - 10:00 am

SESSION II SERVICE DELIVERY VIA TELEREHABILITATION IN SPEECH & LANGUAGE PATHOLOGY

1	Knowledge & Perception of Health Professionals regarding role of Speech Therapists	Mehwish Zikria	8.00 am - 8:10 am
2	Speech language pathologist's satisfaction and competence with tele practice services in Pakistan	Sidra Akram	8:10 am - 8:20 am
3	Entrepreneurship Challenges Faced by Speech and Language Pathologists	Ellaha Jamali	8:20 am - 8:30 am
4	The parental awareness and involvement in the speech-language therapeutic interventions of hearing-impaired children	Bareera Saeed	8:30 am - 8:40 am
5	Psychological factors associated in parenting autistic and hearing-impaired children	Naima Farooq	8:40 am - 8:50 am
6	Parental Satisfaction about the behaviors of children with autism spectrum disorder following dietary intervention program	Samia Kanwal	8:50 am - 9:00 am
DISCUSSION SESSION			9:00 am - 10:00 am

SPORTS PHYSICAL THERAPY

SESSION I

Sr.No	Presentation Title	Presenter	Timing
1	Level of fitness and frequency of injuries among different sports players	Irum Nosheen	8.00 am - 8:10 am
2	Frequency of functional limitation among football players suffering from Ankle sprain	Komal Ahmad	8:10 am - 8:20 am
3	Frequency of kinesiophobia and health related quality of life among athletes with chronic ankle instability	Rikza Riaz	8:20 am - 8:30 am
4	The effect of varying thicknesses of adipose tissue on the ability of neuromuscular electrical stimulation to aid recovery from exercise induced muscle damage	Ayaman Qazi	8:30 am - 8:40 am
5	Effects of weighted rope jump training on physical fitness in Taekwondo athletes	Fatima Iftikhar	8:40 am - 8:50 am
6	Correlation between disordered eating behavior and anxiety among young female marathon runners	Sahar Fatima	8:50 am - 9:00 am
7	Effects of core stabilization training program on core endurance and dynamic balance in young martial arts students: A randomized controlled trial	Aroofa Jaffar	9:00 am - 9:10 am

8	Effect of seated and standing cold water immersion on recovery from exercise-induced muscle damage	Ayaman Qazi	9:20 am - 9:30 am
9	Effects of dose response of Nordic hamstring exercise on muscle performance in athletes	Aisha Razzaq	9:30 am - 9:40 am
10	Comparison of body fat % in cricket, hockey and football athletes in Lahore	Shaheer Haider	9:40 am - 9:50 am
DISCUSSION SESSION			9:50 am - 10:00 am

REHAB EDUCATION

Session I

Sr.No	Presentation Title	Presenter	Timing
1	Comparative cross-sectional survey: prevalence of postural biomechanical awareness among male & female paramedical staff during patient transfer	Ayesha Sadiq	8:00 am - 8:10 am
2	Evidence based practice: a survey of physical therapists' current practice	Qurba Kiran	8:10 am - 8:20 am
3	Socioeconomic factors and health risk behaviors among university students in Hyderabad	Muhammad Ahmed Qureshi	8:20 am - 8:30 am
4	Attitude of caregivers of burn children towards physiotherapy treatment	Rabia Murtaza	8:30 am - 8:40 am
5	Assessment of depression and quality of life in patients with chronic low back pain	Ameena Amjad	8:40 am - 8:50 am
6	Role of pneumatic compression therapy in lymphedema treatment of limbs	Sana Chaudary	8:50 am - 9:00 am
DISCUSSION SESSION			9:00 am - 10:00 am

SESSION II

1	Level of professionalism among postgraduate physical therapy students of RCRS, Lahore	Asma Wadood	8:00 am - 8:10 am
2	A scoping review of the different interventions and classifications used in the management of neck pain	Iqra Ishaq	8:10 am - 8:20 am
3	Factors correlated with adherence to homebased exercise program in the patient of non-specific low back pain: a prospective observational study	Maria Amjad	8:20 am - 8:30 am
4	Prevalence of anxiety & depression among university Students with neck pain	Noor Amjad	8:30 am - 8:40 am
5	Effect of online education and COVID19 pandemic on student psychology and learning	Haris Nisar	8:40 am - 8:50 am
6	Quality of life and physical barriers among females with hypothyroidism, a cross-sectional survey	Fatima Saleem	8:50 am - 9:00 am
DISCUSSION SESSION			9:00 am - 10:00 am

CONFERENCE DAY-4: SUNDAY - MAY 30, 2021 SESSION IV - POSTER PAPER PRESENTATION

THEME	TIME	CHAIR	CO-CHAIR	MODERATOR
NEUROMUSCULAR PHYSICAL THERAPY	8:00 AM - 10:00 AM	Syed Asad Ullah Arslan	Saima Zahid	Fareeha Kousar
MUSCULOSKELETAL PHYSICAL THERAPY		Abdul Ghafoor Sajjad	Naveed Anwar	Muzna Munir
CARDIOPULMONARY PHYSICAL THERAPY		Maryum Shabbir	Sumaiyah Obaid	Madiha Younas
WOMEN HEALTH PHYSICAL THERAPY		Huma Riaz	Somia Naz	Hafiza Neelum
SPEECH LANGUAGE PATHOLOGY		Humaira Shamim Kiyani	Nameeka Shahid	Anum Ashraf
SPORTS PHYSICAL THERAPY		Haider Darain	Saad Rauf	Sidra Shafique
REHAB EDUCATION		Shaukat Ali	Subbayl Sheikh	Zeest Hashmi

NEUROMUSCULAR PHYSICAL THERAPY

1	Risk of carpal tunnel syndrome among female beauticians in Lahore	Sadaf Alvi
2	Frequency of neurological disorders at helping hand institute of rehabilitation sciences Mansehra, A Retrospective Study	Seerat Rashid
3	Prevalence of cerebral palsy due to hospital based delivery in Hazara division	Nimra Ilyas
4	Frequency of cervical spondylosis in diabetics	Sammiya Siddique Malik
5	Mother's quality of life of spastic cerebral palsy children aged 6-15 years	Amna Abdul Hameed
6	Prevalence of phantom pain and sensation in post lower limb amputee patients, A Cross Sectional Survey	Aqdas Karamat
7	Prevalence of vestibular deficit in healthy females during menstruation and normal days	Muqadas Imran
8	Prevalence of consanguinity and its risk association with cerebral palsy	Aqdas Waheed
9	Effects of oscillation on balance performance, freezing of gait and rigidity in deep brain stimulation patient	Taimur ul Hassan
10	Normative data of balance assessment in middle and older age adults	Hadia Tariq
11	Prevalence of Academic Stress Among Day Scholar And Hostelite Students; A Cross Sectional Study	Rikza
12	Physical Health Condition of Neonates in Punjab, Pakistan	Khazima Asif
13	Effectiveness of treadmill training with resistive training for balance improvement vs. virtual reality balance training in elderly patients	Fizah Mahnoor
14	Effects of task oriented balance training with sensory integration in post stroke patients	Sohail Iqbal
15	Level of impairment and disability after stroke	Kaynat Mehrban
16	Association of Polypharmacy and fall risk in type 2 diabetic patients	Mashar Hayat Khan
17	Effect of treadmill training on dynamic balance in children with cerebral palsy	Amna Iram

MUSCULOSKELETAL PHYSICAL THERAPY

1	Prevalence of carpal tunnel syndrome (CTS) in the rickshaw drivers of Sargodha	Usman Khalid
2	Comparative study of risk of locomotive syndrome in knee osteoarthritic and healthy elderly females	Fizah Mahnoor khan
3	Frequency of De Quervain's Tenosynovitis in computer users	Mubeen Ilyas
4	Association of neck pain in tie-wearing and non-tie wearing computer users	Maryam Afzal
5	Impact of different types of headscarves on cervical spine mobility in undergraduate girls	Sana Gohar

6	Prevalence of musculoskeletal pain and associated factors among physiotherapy students in University of Lahore.	Asifa quratulaein
7	Effectiveness of compression mobilization in cartilage growth in knee osteoarthritis patients.	Jaweria Syed
8	Correlation between stress, study, clinical hours and musculoskeletal pain among nursing students in University of Lahore.	Asifa quratulaein
9	Effects of ELDOA in patients with cervical disc protrusion	Rabia Afzal
10	Effectiveness of muscle energy techniques compared to static stretching in patients of non-specific neck pain	Narmeen Haseeb
11	Lower Limbs Functional Disability Among Patients of Lumbar Radiculopathy	Mahreen Aslam
12	Prevalence of Foot Pain In working and non-working Females Due To Different Foot Wears	Hira Majeed
13	Prevalence of Wrist Pain Among Hairdressers	Rikza Riaz
14	Effects of instrument assisted soft tissue mobilization and myofascial release technique among patients with chronic heel pain	Omer Arshad
15	Incidence of club foot in male and female child	Ambreen Iqbal
16	Frequency of trapezius trigger points and forward head posture in tailors	Asma Arif
17	Frequency of plantar fasciitis among make-up artist	Asma Gafoor
18	Effects of open and close kinetic chain exercise program of vastus medialis obliquus (VMO) in patients with osteoarthritic knee	Anum Rafique
19	Comparison of mobilization with movement and mulligan knee taping on patellofemoral pain syndrome	Mubara Rehman
20	Outcome of core stability exercises and endurance training to reduce pain and disability in patients with mechanical low back pain	Javairia Khan
21	Impact Of Critical Components Of Home-office On Ergonomics Of Workers During COVID-19 Pandemic	Rabiah Najm
22	Effects of Hip and Hip Core Muscles Strengthening Versus Knee Muscle Strengthening for the Management of Anterior Knee pain	Luqman Ali
23	Comparison Of Active Release And Post Isometric Relaxation Techniques On Functional Performance In Patients With Chronic Lateral Epicondylitis	Ans Hanif
24	Incidence of Lower Back Pain Among University Teachers of Lahore	Adil Munir
25	Waist Circumference Verses Body Mass Index In Association With Low Back Pain In Elderly Population	Khurram Sarfraz
26	Prevalence of low back pain among computer using adults during lockdown	Nouman Pervaiz
27	Compare the effect of Positional release technique and Ischemic compression on pain and Headache disability in cervicogenic headache	Sidra Munir

CARDIOPULMONARY PHYSICAL THERAPY

1	Frequency and risk factors of delirium after open heart surgery	Suman Sheraz
2	Effects of upper limb ergometer on pulmonary function among patients with spinal cord injury	Iqbal Tariq
3	Stress as a major risk factor of cerebral palsy in Hazara division	Anam Habib
4	Association of sleep disorder with gross motor function among children with cerebral palsy	Shahbaz Ahmad
5	Effect of mirror therapy versus repetitive facilitation exercise on upper limb function in post stroke patient	Saba Karamat
6	Comparison of vestibular impairments among travellers of public and private transport	Ruqia Ikram
7	Normative Data of Functional Reach Test in Young Adults of Lahore.	Sheeza Aleen
8	Association of level of physical activity with vestibular function in older adults	Shafaq Altaf
9	Use of graded repetitive arm supplementary program (GRASP) interventions: A cross sectional study on Physiotherapists	Memona Azhar

WOMEN HEALTH PHYSICAL THERAPY

1	Frequency of stress urinary incontinence in active women attending gyms	Tayyaba Akbar
2	Association between premenstrual syndrome and quality of life among hostelites and day scholars	Rikza Riaz
3	Relationship between knowledge on menstruation and menstrual hygiene practice among female university students	Hafiza Neelum
4	Menstrual distress among school and college students	Maria Abbas
5	The impact of gym activities on primary dysmenorrhea among young girls	Javeria Rizvi
6	The prevalence of lumbopelvic pain in 3 rd trimester among pregnant females in the district Lahore	Hiba Imran

SPEECH LANGUAGE PATHOLOGY

1	Mental attitudes of face book users on life orientation test-revised scale among university students	Faiza Arshad
2	Frequency of communication disorders in geriatric population in twin cities	Fouzia Durrani
3	The relationship between stuttering severity in children and speaking rates of their primary caregivers	Fareeha bukhari
4	Awareness and knowledge of autism spectrum disorder among primary school teachers of Kasur	Asra Roheen
5	Perception of burden and stress among mothers of autistic children in special education centers	Tanveer Fatima
6	To explore the readiness of speech and language pathologists regarding telepractice in Pakistan.	Nimra Zubair
7	Parental well-being of individual with Autism	Shumaila Safdar
8	Development of urdu articulation screening software	Sabiha Zahid

SPORTS PHYSICAL THERAPY

1	Prevalence of Patellofemoral Pain Syndrome in Athletes	Qurat Ul Ain Naveed
2	Prevalence of disordered eating among young male and female athletes of University of Lahore	Sahar Fatima
3	The effects of Cyriax Manipulation on cervical disco genic problems	Aisha Razzaq
4	Prevalence of musculoskeletal disorders among manual workers in railway workshops Lahore	Aqsa Irshad
5	Frequency Of Musculoskeletal Pain Among Pakistan Air Force Pilots	Komal Malik
6	Association of sleep quality with musculoskeletal discomfort among young adults	Zoya Mehmood
7	Normative data for the lower extremity functional scale in young adult healthy population	Ayesha Arooj
8	Prevalence of Neck and Shoulder pain among Undergraduate Medical students	Samia Imtiaz

REHAB EDUCATION

1	Prevalence of burnout syndrome among physiotherapists	Wajeaha
2	Practitioner and organizational barriers to evidence base practice of physical therapist	Rabia Majeed
3	Nicotine dependance and causes of smoking among medical college students of Lahore (a cross-sectional survey)	Shazal Nazeer
4	Association of smartphone addiction with satisfaction of life among students of medical colleges in Lahore	M. Adil
5	Effect of short duration meditation on negative emotional states of students taking viva exams	Muhammad Ashar Rafi
6	Awareness and attitude of media workers towards mental health illness	Farheen Amna Fareed
7	Prevalence of physical activity, sedentary screen Time during 2019 novel corona virus (COVID-19) outbreak among population in Lahore: A Cross-Sectional Survey	Syeda Nimra Javaid
8	Self-perception of weight appropriateness in physical therapy students of RCRS Lahore	Abdullah Nawaz
9	Physiotherapist demonstrate explicit weight stigma cross sectional survey in Lahore	Maria Mustafa

Session-V: (Plenary-III)
Timing: 10:00 am -01:30 pm

Chairperson: Ashfaq Ahmad

Co-chair: Muhammad Nazim Farooq

Moderator: Maryam Shabbir

Key Note-1	Paul Hodges	Motor Control and musculoskeletal pain: tailoring treatment to individuals	10:00 am-10:30 am
Key Note-2	Charlotte Hager	Assessment of sensorimotor control and consequences after anterior cruciate ligament injury	10:30 am-11:00 am
Key Note-3	Habiba Thawer	Efficacy and effectiveness of Tele-Rehab and its impact on patient care in the context of current pandemic	11:00 am-11:30 am
Key Note-4	Yvonne Frizzell	Early recognition of atypical neurological development. What skills do we need to promote early referral for early interventions?	11:30 am-12:00 pm
Key Note-5	Anderson Oliveira	High density EMG in dynamic contractions: Perspectives for Physiotherapy and Neurorehabilitation	12:00 pm-12:30 pm
Key Note-6	Douglene Jackson	Framework across disciplines for Tele-health intervention	12:30 pm -1:00 pm
Conclusion by the Chair / Co-chair & Question Answer Session			1:00 pm-1:30 pm
Prayer Break (1:30 pm - 2:00 pm)			

Session-VI: (Plenary-IV)
Timing: 2:00 pm -05:30pm

Chairperson: Muhammad Bin Afsar Jan

Co-chair: Muhammad Kashif

Moderator: Hira Jabeen

Key Note-1	Sadeeq Ali	Comparative study between dermo, pelite, and seal-in x5 liners: effect on patient's satisfaction and perceived problems	2:00 pm-2:30 pm
Key Note-2	Raheela Yasmin	Blended Learning Approach to teaching in COVID Era; What & How?	2:30 pm-3:00 pm
Key Note-3	Julie Reeve	Prehabilitation: What, when and how?	3:00 pm-3:30 pm
Key Note-4	Imran Khan Niazi	Interprofessional collaboration for stroke rehab: Tale of three profession	3:30 pm-4:00 pm
Key Note-5	Muhammad Shafique	Robotic Arm for Amputees: Enabling patients to perform essential tasks	4:00 pm-4:30 pm
Key Note-6	Nazia Mumtaz	Fear driven futuristic patterns of online academics in Pakistan during COVID-19 Era	4:30 pm-5:00pm
Conclusion by the Chair / Co-chair & Question Answer Session			5:00 pm-5:30 pm
Break (5:30 pm - 6:00 pm)			

Session VII
CLOSING SESSION
Timing: 06:00 PM - 07:00 PM

Moderator: Rabiya Noor

Summary of the Conference by Dean FRAHS	6:00 pm-6:10 pm
Vote of thanks by Vice Chancellor	6:10 pm-6:20 pm
Vote of thanks by Chancellor	6:20 pm-6:30pm
Views & Suggestions	6:30 pm-6:40 pm
Speech by Guest Of Honor	6:40 pm-6:50 pm
Speech by the chief Guest	6:50 pm-7:00 pm
Closing of Conference 7:00 pm	

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