




# Zaina Qapooq

MRS .

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Dahiat al Aqsa, Amman, 11191, Jordan



## ABOUT ME

I am a committed, caring physiotherapist, researcher, and trainer with a great passion for guiding, inspiring, and treating people of all ages. I have previous experience supporting patients ranging from newborns with developmental problems to adults and geriatrics affected by different injuries and movement disorders with excellent communication skills, both written and verbal, and I enjoy teamwork.

## EDUCATION

Master of Science in Physical Therapy  
Jordan University of Science and Technology  
Ramtha, Jordan  
2021

I graduated with a distinction GPA in the first semester of the academic year 2020/2021, my master's thesis was specialized in studying the correlation of BMI and physical Fitness to the foot arch asymmetry among school-aged children in Jordan, with a sample of 437 students.

Bachelor of physiotherapy  
Jordan University of Jordan  
Amman, Jordan  
2009

I graduated with a GPA of 3.25/4.00.

## SKILLS

- Expert in volunteering projects managing
- Experienced in using different rehabilitation techniques and equipment
- Strong public speaker and trainer
- Excellent in team guidance
- Showing tolerance and patience when dealing with patients, relatives and careers
- In-depth knowledge of research processing
- Excellent in Problem solving
- Creative at Kids Story writing

## WORK EXPERIENCE

Physiotherapy Part Time Lecturer  
University of Jordan ,2022

Physiotherapy specialist  
Physio leaders Center/Amman, Jordan/ Jul 2021-March 2022  
Physiotherapy specialist

Teaching Assistant  
Jordan university of science and technology/Ramtha, Jordan /Feb 2019-Jun 2020  
Teaching assistant for theoretical lectures for undergraduate physical therapy students.

Clinical Supervisor  
King Abdullah University Hospital/Ramtha, Jordan/Feb 2019-Jun 2020  
Supervisor of Clinical Physiotherapy Courses for Orthopedics, Neurology, and Pediatrics courses.

Private Physiotherapy Sessions  
freelancer/Amman, Jordan/Apr 2015-Aug 2018  
Dealt with patients with disc diseases, multiple sclerosis, strokes, and neuropathy. pediatric with cerebral palsy and delayed motor development

Physiotherapy specialist  
Al-Imtiaz center/Dammam, Saudi Arabia/Aug 2013-Mar 2014  
Physiotherapy specialist.

Physiotherapy Specialist  
Arab City for Comprehensive Care /Amman, Jordan/Apr 2012-Apr 2013  
Physiotherapy specialist

Physiotherapy specialist  
Al Kinde pediatric rehabilitation center/Amman, Jordan /Mar 2010-Mar 2011  
Physiotherapy specialist

## COURSES

- Use of Modern Teaching Methods and Educational Technology in teaching and learning for practicing Academic Profession, 30 Hours  
Center of Consultation, University of Jordan. /June 2022.
- Digital tools for the scientific researcher  
IFAD platform / On 1<sup>st</sup> of May 2022.
- Cupping Therapy  
Samir AL Hilo, MD/Jul 2021-/Aug 2021.
- Field Guide to Psychological Education, 25 Hours  
Edraak platform/Dec 2020
- Biopsychosocial Approach; Balance & Pelvic Floor  
Jordanian Physiotherapy Society/Aug 2019
- Trauma Informed Physiotherapy Interventions, 8 Hours  
Jordanian Physiotherapy Society/Aug 2019
- Trauma and Chronic Pain, 8 HoursJordanian society of Jordan/Jul 2019
- Training of Trainers (TOT), 70 Hours.  
Global Academy of Training and Consulting. Yousef Saadeh/Jan 2016
- McKenzie Method for Back Pain and Neck Pain, 8 Hours  
Center of Consultation, University of Jordan. /Mar 2009
- Arthritis Self- Management Program, 3 Hours  
Jordanian Physiotherapy Society/May 2009
- Injection and first aids, 10 Hours  
Club of care and health education. /Feb 2009