

Nagham Ramez Tarhini

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Professional Summary

Licensed Physiotherapist with strong clinical experience in musculoskeletal, neurological, pediatric, geriatric, sports injury, and post-operative rehabilitation. Dedicated to evidence-based, patient-centered care, with a particular passion for sports injury prevention and rehabilitation. Committed to physiotherapy education, patient empowerment, and advancing community health awareness.

Academic Background

2021-2025

Bachelor's Degree in Physiotherapy (BSc in Physiotherapy)

Islamic University of Lebanon – Tyre

GPA: 73/100

- Capstone project: “The Association Between Regular Participation in Aerobic Exercise and Memory Among University Students”.

Clinical Experience

2024 – Present

Al-Dweir Medical Dispensary

- Provide community-based physiotherapy care.

2022 – 2025 (Training & Transition)

Hadi Tarhini Clinic – Nabatieh- Completed extensive physiotherapy training under supervision.

- Progressed to working independently, specializing in managing musculoskeletal and neurological conditions for female patients.

- Conducted detailed assessments, rehabilitation planning, and ongoing follow-up.

2022 – 2025

Home Physiotherapy Sessions with Hadi Tarhini

- Delivered private, home-based physiotherapy sessions, ensuring personalized care and functional rehabilitation in patients’ environments.

2022 – 2024

Governmental Hospital – Nabatieh

- Completed over two years of hands-on physiotherapy training.
- Assisted in diverse inpatient and outpatient cases, including orthopedic, neuro, and ICU rehabilitation.
- Transitioned to providing independent physiotherapy support within the hospital setting.

Al-Jarha Association – Nabatieh | Training Period

- Engaged in physiotherapy training, focusing on community rehabilitation services.

Al-Ghassaniye Health Center | Training Period

- Participated in clinical training, managing musculoskeletal and neurological cases in a community setting.

Dr. Mahdi El Zein Clinic – Beirut | Training Period

- Gained specialized exposure to orthopedic physiotherapy during clinical placement.

Dr. Samah Kawtharani Clinic – Nabatieh | Training Period

- Developed skills in musculoskeletal and pediatric rehabilitation under close mentorship.

Dr. Khadija Fahous Clinic – Nabatieh | Training Period

- Assisted in assessment and treatment planning for a broad range of patients, focusing on functional recovery.

Academic & Teaching Experience

- Provided instructional sessions at the Education Center in Ebba, delivering educational support to students across various subjects.
- Conducted private sessions for Grade 6, 7, and 8 students, with a primary focus on Biology, reinforcing advanced concepts to enhance academic performance.

Workshops and Seminars

2025- Dr. Mahdy El Zein

- Non-operative ACL injury management
- Shoulder pain in weightlifting
- Exercise prescription for physiotherapists
- Muscles and Tendons Injuries Rehabilitation

2023- Dr. Ibrahim Hamdoun

Strength and Conditioning for Martial Artists

Skills

- Advanced Physical Assessment & Rehab Planning
- Manual Therapy | Exercise Prescription | Neuro Rehab
- Public Health Education | Community Engagement
- Team Collaboration | Patient-Centered Care
- Languages: Arabic (Native), English (C1)

Research, Writing & Publications

- Published Arabic articles in Egypt and Syria (2023).
- 1st Place Winner – Arabic Writing Competition (Egypt)

Personal Interests

- continuing education in sports physiotherapy and manual therapy
- Passionate about mentoring and physiotherapy awareness in rural areas.
- Keen on integrating research and clinical practice.