

Umer Sheikh
PhD Researcher
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Umer Sheikh is a clinical academic who combines working as a specialist extended scope physiotherapy practitioner with research and teaching responsibilities. He graduated with BSc Physiotherapy Degree from the University of Punjab in 2004. His early career was spent at Ghurki Trust Teaching Hospital (GTTH) in Lahore. During this time, he built up a range of teaching and research experience and he soon realised that his passion lay in Neuromusculoskeletal Physiotherapy. He did his MSc in Adapted Physical Activity (2007-2008) on the prestigious Erasmus Mundus Scholarship. He was awarded an International Scholarship to complete MSc Advancing Physiotherapy at Sheffield Hallam University (Part Time 2008-2010).

He has worked in clinical practice for over 12 years in various roles ranging from consultant physiotherapist to Clinical lead. He strives for excellence to inform and improve the clinical effectiveness and quality of care. He is currently working with award-winning MSK service.

He is pursuing his PhD (Part Time) from University of Southampton. He is affiliated with the Active Living Technologies Research group of the Faculty of Health Sciences in University of Southampton and Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis . His PhD research is aimed at developing a stratified care pathway for people with early OA of the hip and knee and to develop a simple, rapid screening tool for use in the clinic to stratify patients for the type of conservative care.

Umer Sheikh Interests include neuromusculoskeletal motor control exercises, uses of movement screening tools and musculoskeletal ultrasound imaging to improve body function in various population, aiming to keep people as active as possible for as long as possible