



# Omar M. Smairat

Physical Therapist

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## Objective

Compassionate and results-oriented Physical Therapist with extensive experience in rehabilitation, injury prevention, and enhancing patient mobility. Adept at developing and implementing personalized treatment plans that utilize evidence-based practices to optimize recovery outcomes. Seeking to contribute my expertise in physical therapy to a dynamic healthcare team, dedicated to improving the quality of life for patients through innovative rehabilitation strategies and comprehensive care.

## Education

- **Master's degree in Athletic Therapy (Musculoskeletal and Sports Injuries).**  
The University of Jordan | 2022 – 2024 | GPA: 3.85 Excellent
- **Bachelor's Degree in Physical Therapy.**  
The Hashemite University | 2017-2021 | GPA: 3.24 Very Good

## Special Experience – Seasonal Employment

### Athletic Therapist (Sport Physiotherapist)

Multiple Sports Organizations in Amman, Jordan | 2022 – Present

- Enhanced athlete performance through tailored rehabilitation programs across various sports, **including football, wrestling, gymnastics, rugby, Taekwondo and more.**
- Provided emergency care during matches and competitions, ensuring athlete safety and prompt treatment of injuries.
- Implemented injury prevention strategies, reducing injury rates through evidence-based practices.
- Developed normative databases for assessments, conducted health assessments, and designed individualized prevention and reconditioning programs to optimize athlete recovery.
- Collaborated with coaching staff and athletes to ensure comprehensive care and promote overall athlete well-being.

## Professional Experience

**Physiotherapist** | Comfort Time Physical Therapy Center in Amman, Jordan | Sep 2024 – Present

- Musculoskeletal and Sports injuries specialist.
- Delivered comprehensive assessment and treatment plans for patients with musculoskeletal and sports injuries.
- Implemented evidence-based rehabilitation programs tailored to individual patient needs.

- Specialized in injury prevention strategies, manual therapy, and return-to-play protocols.
- Collaborated with multidisciplinary teams to optimize patient recovery and performance.
- Provided patient education on injury prevention, exercise programs, and long-term management.

**Physiotherapist** | The Jordanian Hashemite Fund for Human Development | Mar 2022 – Jan 2025

- Led the coordination of rehabilitation units in Jordan, enhancing healthcare delivery in collaboration with UNHCR.
- Applied advanced physical therapy techniques, significantly boosting patients' functional abilities.
- Provided psychosocial support for refugees, aiding their mental health and social reintegration.
- Conducted health education workshops, raising awareness among staff and communities.
- Improved patient outcomes through multidisciplinary teamwork and integrated care.
- Guided physiotherapy staff, ensuring best practices in treatment.
- Secured funding for rehabilitation projects, supporting sustainable initiatives.
- Delivered emergency care to trauma-affected individuals, enhancing recovery.
- Combined physical therapy with mental health support, empowering vulnerable populations.

**Physiotherapist** | Ultimate Solution Physiotherapy Center | Jul 2021 – Mar 2022

- Treated orthopedic and neurological conditions, enhancing patients' mobility.
- Developed rehabilitation plans for pre-/post-operation, post-COVID, and spinal disorders.
- Led outpatient sessions with advanced manual therapy techniques.
- Applied evidence-based practices for tailored therapeutic interventions.
- Worked with a multidisciplinary team to improve patient recovery.

## Courses and Certifications

- **Injury Prevention and Exercise Rehabilitation**, Jordanian Athletic Therapy Association (JATA) | 2024
- **Athletic Therapy: Ethics and Proficiency**, Jordanian Athletic Therapy Association (JATA) | 2024
- **Athletic Sports Taping (Rigid Tape)**, Jordanian Athletic Therapy Association (JATA) | 2024
- **Physiotherapy Pain School for Trauma-Affected Population**, Danish Institute Against Torture | 2024
- **ACL Rehabilitation and RTP Criteria**, Jordanian Athletic Therapy Association (JATA) | 2023
- **Knee and Ankle Proprioception**, Jordanian Athletic Therapy Association (JATA) | 2023
- **Best Interest Procedure (BIP)**, United Nations High Commissioner for Refugees (UNHCR) | 2022
- **Certified Duty to Respond Provider**, International Trauma Life Support (ITLS), (US) | 2022
- **Certified Athletic Therapist (ATC)**, Jordanian Athletic Therapy Association (JATA) | 2022
- **Medical Kinesiology Taping Concept Course Level 2 (MTC-2)**, Thysol-Netherlands | 2022
- **Medical Kinesiology Taping Concept Course Level 1 (MTC-1)**, Thysol-Netherlands | 2022
- **Certified Dry Needling Practitioner (CDNP)**, Primephysio United Kingdom (UK) | 2022
- **Shoulder Joint Assessment and Treatment**, Jordanian Physical Therapy Society | 2021

- **Static and Functional Cupping Therapy**, FASIQ-Netherlands, 2021
- **Fascia Treatment Concept Course (IASTM Tools and Flossing Technique)**, FASIQ-Netherlands | 2021
- **McKenzie Course**, The Hashemite University | 2021
- **Physiotherapy in Spinal Cord Injuries (SCI)**, Jordanian Physical Therapy Society | 2021
- **Mulligan Concept**, The Hashemite University | 2020
- **Sports Injuries Imaging (Musculoskeletal Radiology)**, Jordanian Society of Radiographers | 2019

## Skills

### Technical Skills:

- **Injury Prevention:** Expertise in strategies to prevent injuries and minimize re-injury in athletes.
- **Sports Taping:** Proficient in rigid and kinesiology taping for recovery and performance
- **Reconditioning Programs:** Skilled in creating rehabilitation & reconditioning programs.
- **Dry Needling:** Certified in dry needling techniques for effective pain management.
- **Cupping Therapy:** Proficient in cupping methods to aid muscle recovery.
- **Emergency Response:** Trained to manage acute injuries in various sports settings.
- **Behavioral Health:** Knowledgeable in addressing athletes' mental health and promoting well-being.
- **Nutritional Guidance:** Able to provide dietary recommendations to enhance athletic performance.
- **Psychological Preparation:** Implementing mental strategies for high-level athletes during competitions.

### Soft Skills:

- **Effective Communication:** Strong interpersonal skills for engaging with athletes and teams.
- **Leadership:** Proven ability to lead and motivate teams in clinical and athletic environments.
- **Team Collaboration:** Effective teamwork skills in multidisciplinary settings.
- **Problem Solving:** Quick and effective in addressing clinical challenges and athlete needs.
- **Detail-Oriented:** Meticulous in patient care, documentation, and treatment plans.
- **Time Management:** Efficient in managing the workload and meeting deadlines.
- **Adaptability:** Flexible in adjusting to changing clinical demands and athlete requirements.
- **Critical Thinking:** Strong analytical skills for assessing and addressing complex situations.
- **Empathy:** Compassionate approach to care, fostering trust and rapport with athletes.
- **Presentation Skills:** Able to deliver impactful presentations on treatment and prevention strategies.

## Languages

**Arabic :** Native      **English :** Professional Working Proficiency