

DR. ADEL M ALSHAHRANI, PT, MSc, DSc.

Associate Professor and Consultant physical therapist.

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PERSONAL INFORMATION

Place of birth: Dammam

Present Resident in Najran/Dammam

Status: Married

Hobbies: International Travel, Hiking, Tennis

OBJECTIVE

Update my file in the department.

EDUCATION

2007 Bachelor of Science: Physical Therapy and Rehabilitation

King Saud University - Riyadh, Saudi Arabia

2010 Master of Science: Rehabilitation sciences with Concentration in Musculoskeletal Disorders

University of Pittsburgh - Pittsburgh, PA, USA

Advanced coursework in Spine and Orthopedic.

2015 Doctor of Science: Physical Therapy

Loma Linda University - Loma Linda, CA, USA

Advanced coursework in Physical Therapy, Education, Ethics, and Research. Worked in a Research Lab. Worked as a Teaching Assistant. Volunteered to be the President of the Saudi Students Club in Loma Linda University by Students Election. Attended APTA CSM Conference in 2012, San Diego, CA, USA.

EXPERIENCE

07/2007 to 09/2011 **Physical Therapist**

King Fahad Specialist Hospital-Dammam - Dammam

Treating patients with different physical conditions with a concentration in orthopedic, spine, and vestibular cases.

Worked as acting head of Physical Therapy Department for one month, 2008.

Worked as a Training Coordinator for interns from different universities and planned their internship period, 2011. Worked as a coordinator in the Allied

Health Credentials Committee, 2011. Worked in the Research Committee in the Physical Therapy Department, 2011.

07/2013 to 09/2015 Teaching Assistant

Loma Linda University - Loma Linda, CA

Maintained a teaching load of 1 or 2 graduate courses each quarter. Challenged and motivated students through in-depth lectures and discussions. Lectured and communicated effectively with students from diverse backgrounds. Supervised and instructed students during practical sessions.

09/2015 to 04/2017 Senior Physical Therapist

King Fahad Specialist Hospital-Dammam - Dammam

04/2017 to 01/2021 Assistant Professor

Najran University, Saudi Arabia.

- **Vice dean** quality and development for academic accreditation (09/19- Now). Following up with programs for academic accreditation and coordinating for skills development training programs for Najran university.
- **Head of executive committee in vice-rectorship** for educational affairs (09/18 – Now).
- **Head** of maternity and children dept in Nursing College (05/19- 04/21)
- **Consultant** physical therapy in the university hospital.
- Director for the college physical therapy clinics.
- Teaching Neurology classes and spine classes.
- Head of Research committee in Rehabilitation Sciences Dep.
- Deputy for development and quality unit in the CAMS.
- Head of safety and security committee in CAMS.
- head of public relations and media affairs in CAMS.

01/2021 till now Associate Professor

Najran University, Saudi Arabia.

- **Vise dean** quality and development for academic accreditation (09/19- Now).

AWARDS

- Awarded King Abdullah University of Science and Technology Award for outstanding students 2014.
- Awarded Saudi Arabian Airlines for outstanding students 2014.
- Student Organization Awards from Professional Development Center, 2015.

CERTIFICATIONS AND CREDINTIALS IN PT

01/07: "Symposium on Challenges in the Rehabilitation of Spinal Cord Injury"; King Fahad Medical City, Riyadh, Saudi Arabia; 8 CME. 03/07: "Workshop on Role of Physical Therapy in Urinary Incontinence Workshop"; Dammam Central Hospital, Dammam, Saudi Arabia; 5 CME. 03/07: "Patient Education as an Intervention Technique for Knee Osteoarthritis"; Armed Forces Hospital, Dhahran, Saudi Arabia; 4 CME. 04/07: "Facial Nerve Symposium"; King Fahad University Hospital, Alkhobar, Saudi Arabia; 4 CME. 05/07: "Clinical Neurological Assessment Workshop"; King Fahad Specialist Hospital; Dammam, Saudi Arabia; 4 CME. 11/07: "2nd Gulf Colloquium for Physical Therapy"; KFUFH; Alkhobar: KSA; 16 CME. 02/08: "Stroke Assessment Workshop"; KFSH-D; Dammam; KSA; 11 CME. 04/08: "Manual Therapy Workshop"; KFSH-D; Dammam; KSA. 02/10: "BLS for health providers"; Center for Emergency Medicine, Pittsburgh, PA; USA. 09/09- 03/10: "Weekly Clinical Rotation lectures at the University of Pittsburgh", Pittsburgh, PA. USA. 06/10: "The Annual Conference and Exposition of APTA", Boston, MA, USA 06/10: "Evidence-Based Manual Therapy"; Boston, MA; USA; 12 CME. 1 & 2/12/2010: "KFSH-D Research and Education Week"; Dammam, Saudi Arabia, 7 CME. 04/12/2010: "Presentation Session Workshop"; KFSH-D, Dammam, Saudi Arabia, 2 CME. 08 & 09/12/2010: "Clinical Research & Quality Lectures Series"; Dammam, Saudi Arabia, 6 CME. 08/03/2011- 09/03/2011: "Advanced Medical Taping Course"; KFSH-D; 13 CME. 04/02/2012-07/02/2012: "Combined Section Meeting for APTA", Different lectures and courses in PT, San Diego, CA, 2012. 8/01/2012 - 03/06/2012: "Retrain the Brain "Seminar Series: Integration of the Brain, Manipulative Therapy, and Movement Science"; Loma Linda, CA, USA, 100 CME. 10/07/2012: " Current Concepts in the Management of Individuals with Vestibular Dysfunction", American Physical Therapy Association, Alexandria, VA, USA, 3 CME. 6-11/ July 2015: " Vestibular Rehabilitation: A Competency-Based Course", Los Angeles, CA, USA, 40 CME.

Academic leaders' role in the academic accreditation, Online course, King Abdelaziz university, 4 May 2020.

Quality Assurance in higher education during COVID-19 pandemic, ETEC, online course, 09,06,2020.

Academic Accreditation Hopes and Looking forward, King Abdulaziz University, online course, 09-06-2020.

Common mistakes made during reports preparation for programs and courses, Online course, Najran university, 29-04-2020.

SELF-DEVELOPMENT CERTIFICATES

02/2015: " Total Quality Management"; California, USA, 10 Hours.

02/2015: "Leadership for Frontline Manager to Top Executive", California, USA.

02/2015: " Strategic Management", California, USA.

09/2020: “Academic quality practitioner, online course, NCAAA.

12/2020: “Academic quality reviewer, online course, NCAAA.

Attended and coordinated more than 50 workshop/course related to quality, development, and accreditation.

DISSERTATION

Dissertation: "The Effect of Intra-neural Facilitation on Balance in Patients with Diabetic Peripheral Neuropathy" investigates a novel treatment on different balance measures and neuropathy scale.

LANGUAGES

Bilingual Arabic/English, Speaking, Reading, and Writing.
TOFEL Score 81

PUBLICATIONS

1. **Alshahrani A**, Johnson EG and Cordett TK. Vertebral artery testing and differential diagnosis in dizzy patients. Phys Ther Rehabil. 2014; 1:3.
2. **Alshahrani A**, Bussell M, Johnson EG, Tsao B, Bahjri K. The Effects of a Novel Therapeutic Intervention in Diabetic Peripheral

Neuropathy Patients. Archives of Physical Medicine and Rehabilitation. 2015. In Press.

3. **Alshahrani, Adel**, et al. "Impact of smartphone usage on cervical proprioception and balance in healthy adults." (2018).
4. Asiri, Faisal, Mohammad A. ALMohiza, Mohammad Faia Aseeri, Mohammed Mehtab Alam, Sabri M. Ataalla, Mazen Alqahtani, and **Adel Alshahrani**. "Fall prevention knowledge and practice patterns among home healthcare professionals in southern Saudi Arabia: an observational study." *Journal of international medical research* 46, no. 12 (2018): 5062-5073.
5. Asiri, Faisal Y., **Adel Alshahrani**, Mohamed Faia Aseeri, Mohammed Mehtab Alam, Sabri M. Ataalla, Mohammad A. ALMohiza, and Irshad A. Abdulhamed. "Fall risks factors among home-based health care patients in the Aseer province: Observational study." *Biomedical Research* 29, no. 12 (2018).
6. **Alshahrani, Adel**. "Prevalence of Musculoskeletal Disorders in the Physical Therapy Clinic at Najran University in Different Anatomical Sites and Association with Age." *Majmaah Journal of Health Sciences* 7.2 (2019): 14-21.
7. Asiri, Faisal Yahya, Abdullah Saleh Altera, **Adel Alshahrani** Mohammad, Mahtab Alam, Mazen Alqahtani, Faizan Zaffar Kashoo, and Mahamed Ateef. "Physical Therapy Utilization and Patients Characteristics among Home Health Care Beneficiaries with Cerebrovascular Accidents in Saudi Arabia."
8. **Alshahrani, Adel et al**. "The awareness and perception of physicians about physical therapy role on patients with diabetic peripheral neuropathy in Saudi Arabia." (2019).
9. Wafaa Taha Ibrahim Elgzar¹, Awad Mohamed Elqahtani², Heba Abdelfatah Ebrahim¹, **Adel Alshahrani**, and Reem Aied Asiry. relationship between Learning Styles and Readiness for Self-directed Learning among Nursing Students at Najran University. *International Journal of Medical Research & Health Sciences*, 2019, 8(10): 67-7

10. Qahmash, Adel, and Adel Alshahrani. "Factors Influencing Intentions to Teach Online Among Physical Therapy Faculty in Saudi Arabia from Faculty Perspectives of View." *المجلة التربوية لكلية* 80.80 (2020): 1-13.
11. **Alshahrani A.** Prevalence of Low Back Pain among Nursing Staff in Najran, Saudi Arabia: A Cross-Sectional Study. *Med Sci (Basel)*. 2020 Oct 30;8(4):E45. doi: 10.3390/medsci8040045. PMID: 33143158.
12. Dr. Raee Saeed Alhyani, Dr. Muhamad Yaseen Mughal*, **Dr. Adel Alshahrani**, Dr. Muhammad Asif Sheikh, Dr. Hashim Ahmd, Muhammad Jarar Abdu-ur-Rehman (2021). Practice of Self-Prescribed Analgesics from the Students of Physical Therapy. *Saudi J Med*, 6(6): 154-158.
13. Alshahrani, A., Samy Abdrabo, M., Aly, S. M., Alshahrani, M. S., Alqhtani, R. S., Asiri, F., & Ahmad, I. (2021). Effect of Smartphone Usage on Neck Muscle Endurance, Hand Grip and Pinch Strength among Healthy College Students: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 18(12), 6290.
14. Alshahrani, A. M., Abdullah, A. M., Elgzar, W. T., Ibrahim, H. A., & Eltohamy, N. A. (2020). Postnatal exercises: perceived barriers and self-efficacy among women at maternal and children hospital at Najran, kingdom of Saudi Arabia. *African Journal of Reproductive Health*, 24(4), 164-172.
15. Alsowaigh, M., M. A. Arafah, S. K. Alharbi, **Adel Alshahrani**. "Posterior tibial slope measurement among Saudi population." *MOJ Orthop Rheumatol* 13.3 (2021): 60-63.
16. Ahmed, H., Jarrar, M. A., Ahmed, R., Alqhtani, R., & **Alshahrani, Adel**. (2020). Effect of Post-Isometric Relaxation and Laser on Upper Trapezius Trigger Point Pain in Patients with Mechanical Neck Pain. *Nigerian Journal of Clinical Practice*, 23(12), 1660.

17. Alotaibi, Aziz, Mohammad Shiblee, and Adel Alshahrani.
"Prediction of severity of COVID-19-infected patients using
machine learning techniques." *Computers* 10.3 (2021): 31.