



Europass Curriculum Vitae



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Nationality Lebanese / **Member of The Lebanese Order of Physiotherapists (OPTL) number (658), Since 2001.**

Date of birth 14/07/1977

Gender Male

Position 2025 – to date

Occupation or position held
Main activities and responsibilities

Professor - Department of physical therapy, Faculty of Health Sciences, Beirut Arab University.
Lecturer of the Courses: Health Promotion and Wellness (2 Cr), Kinesiology And Biomechanics (3 Cr), Professional Communication and Documentation (2 Cr), P(3 Cr), Physical Therapy Intervention I (3 Cr), Physical Therapy Intervention I Lab (1Cr), Physical Therapy Intervention II (3 Cr), Health Promotion and Wellness Practice (3 Cr), Research Project (3 Cr), Neuromuscular PT Practice II (3 Cr), Musculoskeletal PT Practice I (3 Cr), Musculoskeletal PT Practice II (3 Cr), Geriatric PT Practice (3 cr), Applied Clinical Reasoning I (5 Cr).

Work experience

Date 2019 – 2025

Occupation or position held
Main activities and responsibilities
Name and address of employer
Type of business or sector

Associate Professor - Department of physical therapy, Faculty of Health Sciences, Beirut Arab University.
Lecturer of the Courses: Health Promotion and Wellness (2 Cr), Kinesiology And Biomechanics (3 Cr), Physical Therapy for Women's Health (3 Cr), Professional Communication and Documentation (2 Cr), Preparation for Painless Labor (2 Cr), Obstetrics and Gynecology Physical Therapy (3 Cr), Physical Therapy Intervention I (3 Cr), Physical Therapy Intervention I Lab (1Cr), Exercise Therapy for Health (2 Cr), Pediatric PT (4 Cr), Physical Therapy Intervention II (3 Cr), Health Promotion and Wellness Practice (3 Cr), Research Project (3 Cr), Neuromuscular PT Practice II (3 Cr), Musculoskeletal PT Practice I (3 Cr), Musculoskeletal PT Practice II (3 Cr), Geriatric PT Practice (3 cr), Applied Clinical Reasoning I (5 Cr), Functional Taping Practice (3 Cr), Interprofessional Education (IPE) (2Cr), Cardiopulmonary Lab (2 Cr).

Date	2018
Occupation or position held	Participation as a senior core academic faculty in the Physical Therapy Department at BAU in the full accreditation process of the BSc program from WPT until 2023.
Main activities and responsibilities	
Name and address of employer	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jadidah- Omar Farroukh Str.
Type of business or sector	Quality assurance
Date	2016
Occupation or position held	Participate as a senior core faculty member in the physical therapy department at Beirut Arab University in the accreditation process from The World Confederation for Physical Therapy (WCPT)
Main activities and responsibilities	
Name and address of employer	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jadidah- Omar Farroukh Str.
Type of business or sector	
Date	2014– 2019
Occupation or position held	Assistant Professor - Department of Physical Therapy.
Main activities and responsibilities	Lecturer of the Course: Health Promotion and Wellness (2 Cr), Kinesiology And Biomechanics (3 Cr), Evidence Based Electrotherapy (3 Cr), Professional Communication and Documentation (2 Cr), Health and Wellness (1Cr), Preparation for Painless Labor (2 Cr), Obstetrics and Gynecology Physical Therapy (3 Cr), Occupational Health in Physical Therapy (1 Cr), Physical Therapy Intervention I (3 Cr), Physical Therapy Intervention I Lab (1Cr), Exercise Therapy for Health (2 Cr), Pediatric PT (4 Cr), Electrodiagnostics for PT (2 Cr), Physical Therapy Intervention II (3 Cr), Health Promotion and Wellness Practice (3 Cr), Research Project (3 Cr), Neuromuscular PT Practice II (3 Cr), Musculoskeletal PT Practice I (3 Cr), Musculoskeletal PT Practice II(3 Cr), Applied Clinical Reasoning I (5 Cr), Functional Taping Practice (3 Cr).
Name and address of employer	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jadidah – Omar Farroukh Str.
Type of business or sector	Teaching and education
Date	2012– 2014
Occupation or position held	Lecturer of Physical Therapy
Main activities and responsibilities	Lecturer of the Course: Physical Therapy Intervention I (3 Cr), Geriatric Physical Therapy (2 Cr), Integumentary Physical Therapy (2 Cr), Kinesiology and Biomechanics I (2 Cr), Obstetrics and Gynecology Physical Therapy (3 Cr) Education in Physical Therapy (1 Cr), Occupational Health in Physical Therapy (1 Cr), Preparation for Painless Labor (2Cr), Exercise Therapy for Health (2 Cr), Stretching (2 Cr), Applied Clinical Reasoning I (5 Cr).
Name and address of employer	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Type of business or sector	Teaching and education
Date	2013 - 2014
Occupation or position held	Participate in the development of the BSc in Physical Therapy program according to an international benchmark
Main activities and responsibilities	
Name and address of employer	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Type of business or sector	Administration and management
Date	2013
Occupation or position held	Participate as a senior core faculty member in the preparation of the Doctor of Physical Therapy program at Beirut Arab University to be the first program offered in Lebanon and Middle East.
Main activities and responsibilities	
Name and address of employer	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Type of business or sector	Administration and management
Date	2012 – To date
Occupation or position held	Physical therapy consultant
Main activities and responsibilities	Clinical training supervision
Name and address of employer	Physical Therapy Outpatient Clinic, Faculty of Health Sciences, Beirut Arab University.
Type of business or sector	Clinical training faculty
Date	2006 – 2010
Occupation or position held	Regional Brand Manager and SPA Consultant At Nazih Group (GCC Region).
Main activities and responsibilities	Managed Nazih Group's beauty and medical machines in the region. Worked as a Spa consultant and gave courses and trainings on: Slimming machines, facial machines, hair removal machines, body care machines, Spa machines, skincare products & all types of massages.
Name and address of employer	Nazih Group, Al Bathaa Tower, Buhaira Corniche, Sharjah – UAE.
Type of business or sector	

Date	1999 – 2001
Occupation or position held	Physical Therapist Employee
Main activities and responsibilities	Clinical Physical therapy
Name and address of employer	Al-Chefa'a clinic – Cola – Beirut – Lebanon
Type of business or sector	Private Physical Therapy clinic

Education and training

Date	2010 – 2014
Title of qualification awarded	PhD in Physical Therapy for Basic Science Thesis title:” Effects of Whole-Body Vibration on Ankle’s Muscle Performance and Proprioception in Elderly”
Name and type of organisation providing education and training	Faculty of Physical Therapy, Cairo University, Egypt

Date	2001 – 2005
Title of qualification awarded	M.Sc. degree in Physical Therapy for Basic Science Thesis title:” Influence of Endurance Training on Myocardial Oxidative Stress”.
Name and type of organisation providing education and training	Faculty of Physical Therapy, Cairo University, Egypt

Date	2002 – 2005
Title of qualification awarded	Specialized Clinical Physical Therapy Trainings
Name and type of organisation providing education and training	Different Hospitals and Rehabilitation Centers in Cairo, Egypt. (During periods of stay in Egypt and according to academic program).

Date	1995 – 1999
Title of qualification awarded	B.Sc. in Physical Therapy
Name and type of organisation providing education and training	Physical Therapy Department, Faculty of Public Health, Lebanese University, Lebanon

Personal skills and competences

Mother tongue(s) **Arabic**

Other language(s)	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
French	Excellent	Excellent	Very Good	Very Good	Excellent
English	Excellent	Excellent	Very Good	Very Good	Excellent

(*) Common European Framework of Reference for Languages

Communication skills	Good communication skills gained through my experience as Regional Brand Manager, Lecturer and as assistant professor-delivering presentations at clinics and at university and conferences.
Teamwork skills	Worked effectively and under different circumstances as part of the health sciences faculty team at Beirut Arab University.
Organisational/Managerial skills	Supervising students and processes.

- Updating information and records.
- Coordinating activities or events.
- Contribute expertise and follow leadership directives at appropriate times.
- Part of a team to design related department policies and procedures.
- Implementing practice based on evidence to patient management process in the physical therapy outpatient clinic, Beirut Arab University
- Mastering technical skills related to specific databases (Medline, Access physiotherapy, Science Direct, and Rehabilitation Reference Center).
- Updating patient-centered approach in the physical therapy outpatient clinic, Beirut Arab University

Problem solving skills

- Handling complaints from students.
- Approaching situations in a neutral non-personal manner.
- Assessing options and generating solutions.

Professional/Committee Service

- Reviewer and evaluator for professional development events for the World Physiotherapy (WPT) accreditation process under the Continuous Professional Education (CPE) framework."
- Reviewer in the Journal Physiotherapy Quarterly for an article entitled "Expanded Competencies of Physiotherapists in Poland as Evaluated by Interdisciplinary Medical Teams: a Pilot Survey Study".
- Reviewer in the Health Science Reports for an article entitled "Effectiveness of Tensor Fascia Lata Stretching and Strengthening Exercises in Patellofemoral Pain Syndrome".
- Reviewer in the In the Medical Science Monitor Journal for an article entitled "Comparison of Active Knee Flexion Angles with and Without Tibiofemoral Joint Rotation Control Between Individuals with and Without Patellofemoral Pain Syndrome"
- Reviewer in the Journal Bulletin of the Faculty of Physical Therapy for an article entitled Effectiveness of Telerehabilitation for Forward Head Posture and Neck Pain in Adults- A Randomized Clinical Trial
- Reviewer in the Journal Bulletin of the Faculty of Physical Therapy for an article entitled Effectiveness of Exercise Interventions on Bone Mineral Density among Older Adults with Osteosarcopenic Obesity - A Scoping Review.
- Reviewer in the Journal Frontiers in Bioengineering and Biotechnology for an article entitled Dynamic Balance Control in Young Women during Stair Descent: A plantar Pressure-Based Study.
- Reviewer in the Journal Bulletin of the Faculty of Physical Therapy for an article entitled Correlation Between Gestational Age and the Length of Hospital Stay in Preterm Babies: A Cross-Sectional Study
- Reviewer in the Journal Physiotherapy Quarterly for an article entitled "Knowledge, Attitude, and Practice of Physiotherapists towards the Management of Male Sexual Dysfunction in Selected Nigerian Teaching Hospitals."
- Reviewer in the Journal Physiotherapy Quarterly for an article entitled "Correlation between direction of prolapsed intervertebral disc (PIVD) and lumbar vertebral alignment."
- Reviewer in the Journal Physiotherapy Quarterly for an article entitled "Impact of Vertebral Derotation on Ventilatory Functions and Chest Circumference in Adolescent Scoliosis."
- Reviewer in the Journal Frontiers in Bioengineering and Biotechnology for an article entitled "Is Muscle Activation Diverse in Females with isolated patellofemoral osteoarthritis Contrasted with Age-Matched Healthy Controls during Stair Descent Task?
- Reviewer in the Journal Frontiers in Psychology for an article entitled "Exploratory Study of Premenstrual Syndrome and its Biopsychosocial Symptoms in Eastern Delta: Focus on

Egypt.”

- Reviewer in the Turkish Journal of Kinesiology for an article entitled: “The Effect of Virtual Reality on Balance Performance.”
- Reviewer in the Journal Bulletin of the Faculty of Physical Therapy for an article entitled: “Does body mass index affect motor proficiency in childhood?”
- Reviewer in the Journal Bulletin of the Faculty of Physical Therapy for an article entitled: “Does Grip Strength of the Less-Affected Side of Ischemic Stroke Survivors Influences Performance of Self-Care Activities?”
- Reviewer in the journal Games for Health for an article entitled: “Active Videogame Training Combined with Conventional Therapy Alters Body Oscillation in Children with Cerebral Palsy While Standing on Different Bases of Support and Surfaces: A Randomized Controlled Trial.”
- Reviewer in the journal Bulletin of Faculty of Physical Therapy for an article entitled: “Role of Social Media Tools in Online Teaching- Physiotherapy Students’ Perception and Knowledge Translation.”
- Reviewer in the Journal Annals of Clinical and Analytical Medicine for an article entitled: “Effectiveness of A Clinical Pilates Program In Women With Chronic Low Back Pain: A Randomized Controlled Trial”
- Reviewer in the Journal Annals of Clinical and Analytical Medicine for an article entitled: “Does Muscle Strength Decrease on the Unaffected Side in Stroke Patients?”
- Reviewer in Europe WCPT Congress (ER-WCPT 2020) for an abstract entitled: “Programmatic Assessment to support self-directed learning” (11 – 12 September 2020).
- Reviewer in Europe WCPT Congress (ER-WCPT 2020) for an abstract entitled: “A study of physiotherapy, speech, and language therapy students’ perceptions of clinical practice in a maximum care hospital” (11 – 12 September 2020).
- Reviewer in Europe WCPT Congress (ER-WCPT 2020) for an abstract entitled: “Continuous learning for hospital-based physiotherapists: feasibility and effects of a tailor-made program to improve patient communication competency” (11 – 12 September 2020).
- Reviewer in Europe WCPT Congress (ER-WCPT 2020) for an abstract entitled: “Dutch consensus on communication skills required for Physical Therapist students at a Bachelor level” (11 – 12 September 2020).
- Reviewer in Europe WCPT Congress (ER-WCPT 2020) for an abstract entitled: “Exergames or Brochure. What is more effective to increase adherence to autonomous exercise program after total hip replacement? Study design” (11 – 12 September 2020).
- Reviewer in the Journal of Clinical and Analytical Medicine (JCAM) for an article entitled “The reliability of measurements with the spinal mouse device in frontal and sagittal planes in Asymptomatic Female Adolescents”.
- Reviewer in the Journal of Clinical and Analytical Medicine (JCAM) for an article entitled “Kinematic Assessment of Distance and Time Parameters for Children with Cerebral Palsy During the Gait Cycle”
- Reviewer in the Journal of Clinical and Analytical Medicine (JCAM) for an article entitled “Resisted Exercises for Modulation of Intraocular Pressure in Patients with Primary Open-Angle Glaucoma: Randomized Controlled Trial”
- Reviewer in the Journal of Clinical and Analytical Medicine (JCAM) for an article entitled “Impact of resistive exercise versus aerobic exercise on bone mineral density in postmenopausal women”.
- Reviewer in BAU Journal - Health and Well-Being, Special Issue ISSN No. 2617-1635 of an article entitled: Adherence of Lebanese Adolescent Students to the Copernican Theory of Mediocrity Regarding Anthropometry, Activity, and Social Participation”
- Reviewer in the Journal of Clinical and Analytical Medicine (JCAM) for an article entitled “Influence of Pulsed Electromagnetic Field on dermatological symptoms of hyperandrogen in obese women with polycystic ovarian syndrome”
- Reviewer in the Journal of Clinical and Analytical Medicine (JCAM) for an article entitled “Impact of Aerobic Training on Plasma Leptin and Pulmonary Functions in Obese

Adolescents"

- Reviewer in Journal of Clinical and Analytical Medicine (JCAM) for an article entitled "Efficacy of Cryo-airflow Therapy on Calf Muscle Spasticity in Stroke Patients"
- **2024 – 2025:** Member of Quality Assurance Committee - Beirut Arab University.
- **2024 – 2025:** Head of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **2024 -:** Reviewer for the World Physiotherapy CPD recognition service
- **2023 – 2024:** Member of Quality Assurance Committee - Beirut Arab University.
- **2023 – 2024:** Head of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **2023:** Member of the editorial board of Benha International Journal of Physical Therapy.
- **2022 – 2023:** Member of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **July 2023:** Member of colloquium committee of the national physical therapy colloquium exam – Ministry of Education.
- **September 2022:** Network moderator of World Physiotherapy Network for Physiotherapist Educators by WPT.
- **2022 – 2023:** Member of scientific Research Committee – Faculty of Health Sciences – Beirut Arab University.
- **2022 – 2023:** Member of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **July 2022:** Member of colloquium committee of the national physical therapy colloquium exam – Ministry of Education.
- **December 2021:** Member of colloquium committee of the national physical therapy colloquium exam – Ministry of Education.
- **2021 – 2022:** Member of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **2021 – 2022:** Member of scientific Research Committee – Faculty of Health Sciences – Beirut Arab University.
- **2020 – 2021:** Head of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **2020 –2021:** Member of the Scientific Research Committee – Faculty of Health Sciences-Beirut Arab University
- **2019 – 2020:** Head of the Quality Committee – Faculty of Health Sciences - Beirut Arab University
- **2019 –2020:** Member of the Scientific Research Committee – Faculty of Health Sciences-Beirut Arab University
- **October 2018:** Member of the scientific committee of the first international conference "Urban Health and Wellbeing 2018: Building Collaborative Intelligence for better lives in Cities".
- **2018 –2019:** Member of the Scientific Research Committee – Faculty of Health Sciences-Beirut Arab University
- **November 2018:** Member of colloquium committee of the national physical therapy colloquium exam – Ministry of Education.
- **2017 – 2018:** Member of the Scientific Research Committee – Faculty of Health Sciences-Beirut Arab University
- **2018:** Member of Institut National de Physiotherapie – Order of Physical Therapy in Lebanon.

- **2017 – 2018:** Member of Pedagogic committee – Order of Physical Therapy in Lebanon.
- **July 2017:** Member of colloquium committee of the national physical therapy colloquium exam – Ministry of Education.
- **2016 – 2017:** Member of the Scientific Research Committee – Faculty of Health Sciences- Beirut Arab University.
- **2016 – 2017:** Member of Alumni Committee – Faculty of Health Sciences- Beirut Arab University.
- **2015 – ...:** Member of Faculty Council, Faculty of Health Sciences, Beirut Arab University.
- **July 2014:** Member of colloquium committee of the national physical therapy colloquium exam – Ministry of Education.
- **2012– ...:** Member of Advisory Committee of the faculty of health sciences, Beirut Arab University.

Technical skills and competences

Participation in workshops and conferences:

- **April 30, 2026:** A jury member of the 5th edition of the: “180 Seconds Thesis Presentation”, organized by the Scientific Research Committee – Faculty of Health Sciences – Beirut Arab University.
- **January 31st – February 2nd, 2026:** Organization of a workshop of Dry Needling – Organized by Physical Therapy Department – BAU and CEC.
- **December 15th, 2025:** Lecturer in a virtual webinar entitled: “Evaluation of the Quality of a Higher Education Program” organized by The Regional Conference of Rectors (C2R) Middle East.
- **August 2nd – 3rd, 2025:** Organization of a workshop of Dry Needling – Organized by Physical Therapy Department – BAU and CEC.
- **July 26th – 27th, 2025:** Organization of a workshop of Dry Needling – Organized by Physical Therapy Department – BAU and CEC.
- **May 26th – 27th, 2025:** Organization of a workshop of Medical Cupping – given by Dr. Fatima Matar - Organized by Physical Therapy Department – BAU and CEC.
- **May 24th – 25th, 2025:** Organization of a workshop of Dry Needling – Organized by Physical Therapy Department – BAU and CEC.
- **April 26th, 2025:** Lecturer of a lecture entitled: “Physical Activity: A Natural Antidepressant” in a conference entitled: “Sports Medicine: A multidisciplinary Approach”, organized by FHS – Tripoli campus.
- **April 25, 2025:** A jury member of the 4th edition of the: “180 Seconds Thesis Presentation”, organized by the Scientific Research Committee – Faculty of Health Sciences – Beirut Arab University
- **February 2nd, 2024:** Participation as a member of the round table in the conference organized by Sahel Hospital, Global University and LOPT to discuss Social Media Issues and Physical Therapy Practice. Sahel General Hospital – Beirut – Lebanon.
- **June 2nd, 2023:** Chair of a networking session dedicated to discuss the educators’ challenges and opportunities, organized by World Physiotherapy Congress 2023 – Dubai – UAE.
- **February 10, 2023:** Organizer and moderator in the Faculty of Health Sciences Research Day entitled: “180 Seconds Thesis Presentation”, organized by the Scientific Research Committee – Faculty of Health Sciences – Beirut Arab University
- **November 5th, 2021:** Organizer and moderator in the Faculty of Health Sciences Research Day entitled: “180 Seconds Thesis Presentation”, organized by the Scientific Research Committee – Faculty of Health Sciences – Beirut Arab University.
- **October 28th -29th, 2021:** Lecturer of an online lecture entitled: “BAU - PT Educational Contingency Plan Experience During Covid- 19 Pandemic Clinical” in the 2nd International conference of the Faculty of Physical Therapy entitled: “Technology Enhanced in Physical

Therapy Education and Practice, organized by Delta University for Science and Technology – Egypt.

- **January 26th, 2021:** Moderator of a session in a scientific webinar entitled: Covid-19 pandemic on the Lebanese setting: the implication on health and wellbeing, organized by Faculty of Health Sciences – Beirut Arab University.
- **August 26th – 28th, 2019:** Organization of a workshop of Dry Needling Level 1- given by Mr. Craig Smith (CEO Club physio <https://club-physio.com/courses>) – Organized by Physical Therapy Department – BAU and CCPE.
- **May 2nd, 2019:** Moderator of session in a conference entitled: The First Continuum 2019, *organized* by The Order of Physiotherapists in Lebanon – Hotel Lancaster Rotana – Hazmieh – Lebanon.
- **October 30th, 2018:** Lecturer of a lecture entitled: “Clinical Decision Making: the Myth and the Truth” in a symposium entitled: “Advanced Physical Therapy Practice”, organized by FHS – Tripoli campus
- **October 23th, 24th and 25th, 2018:** Presenter of a paper entitled: “Acute Effects of Nintendo Wii Fit on Balance in Young Adults: A Randomized Trial”. In addition, a rapporteur of a session entitled “Planning Urban Health & Human Wellbeing in the 1st International conference “Urban Health and Wellbeing 2018: Building Collaborative Intelligence for better lives in Cities”, organized by Faculty of Architecture – Beirut Arab University – Debbieh Campus.
- **August 15th – 6th, 2018:** Participation in the 8th World Physiotherapists and Physicians Summit in the WCPT Congress – Tokyo - Japan and presented a paper entitled: Impact of backward treadmill training on balance in children with juvenile rheumatoid arthritis: A randomized controlled study – organized by Confrenceseries.com. Tokyo - Japan.
- **July 21th – 23rd, 2018:** Organization of a workshop of Dry Needling Level 1- given by Mr. Craig Smith (CEO Club physio <https://club-physio.com/courses>) – Organized by Physical Therapy Department – BAU and CCPE.
- **March 10th, 2018:** Moderator of session in a scientific day entitled: Hip Arthritis organized by Sahel General Hospital and Global University at Sahel General Hospital – Beirut – Lebanon.
- **July 2nd – 4th, 2017:** Participation in the WCPT Congress – Cape Town and presented a poster entitled: Evaluation of the Risk of Developing Work-Related Musculoskeletal Disorders in Preclinical and Clinical Dental Students – organized by WCPT. Cape Town – South Africa.
- **April 7th, 2017:** Lecturer of a lecture entitled: Depression and Physical Activity in the occasion of World Health Day organized by Faculty of Health Sciences – BAU.
- **October 5th, 2015:** Lecturer of a lecture about: Health Promotion and Wellness addressed to Physical therapists of Mosawat Foundation. Organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.
- **October 29th, 2014:** Lecturer of a lecture about: Health Promotion and Wellness addressed to Physical therapists of Dr. Mohamad Khaled Foundation. Organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.
- **September 13th, 14th, 2014:** Lecturer in the 9th OPTL International Congress of Physical Therapy "Advanced Practice in Physiotherapy", Organized by the Physical Therapist Order of Lebanon. The lecture entitled “Autonomous Physical Therapy Practice: The Coming Challenge”.
- **November 19th, 2013:** Lecturer on “Whole Body Vibration in Elderly” at Dar El Ajaza Hospital, Beirut – Lebanon.

Attendance of workshops and conferences:

- **March 31st, 2026:** Attendance of a webinar entitled “From Chalkboards to Chatbots: Practical Strategies for Engagement, Assessment & Academic Integrity in the Age of AI” organized by McGraw Hill & the Association of Arab Universities.
- **January 9th, 2026:** Attendance of a workshop entitled “Best Practices in Research” organized by Learning & Development Unit - Human Resources Department – BAU – Beirut – Lebanon.
- **November 21st, 2025:** Attendance of a talk entitled “The Digital Shift in Health Sciences Education: Rethinking Library Support” organized by the library committee – FHS – BAU – Beirut

– Lebanon.

- **November 14th, 2025:** Attendance of a talk about IRB entitled “Ethics of Research: What Every New IRB Applicant Needs to Know?” organized by research committee – FHS – BAU – Beirut – Lebanon.
- **November 7th, 2025:** Attendance of a discussion panel entitled” Surviving Burnout in Healthcare Professionals” organized by Faculty of Dentistry and Faculty of Human Sciences – BAU – Beirut – Lebanon.
- **September 6th – 7th, 2025:** Attendance of the annual scientific congress of the Lebanese Ordre of Physiotherapists (LOPT) entitled “Embracing the Future: Emerging Techniques and Practices”. Organized by LOPT – Habtoor Grand Hotel – Beirut – Lebanon
- **May 22nd, 2025:** Attendance of a lecture entitled: “Artificial Intelligence Applications in Healthcare Management and Academia” organized by Faculty of Health Sciences – Beirut Arab University. Beirut – Lebanon.
- **May 19th – 22nd, 2025:** Attendance of 4 days training program entitled “Communication and Presentation Skills for Academic Excellence” Organized by Learning & Development Unit - Human Resources Department – Beirut Arab University.
- **April 16th, 2025:** Attendance of TWO online World Physiotherapy Webinars on Physiotherapist Life-Long Learning: Quality Dialogues organized by WPT.
- **April 26th, 2024:** Attendance and participation in the workshop entitled: “The Future of Academia in Light of Artificial Intelligence”. Organized by the Deanship of Graduate Studies and Research – Beirut Arab University.
- **April 4th, 2024:** Attendance of the **THIRD** follow-up UDL online workshop entitled: “Universal Design for Learning in Higher Education”. Organized by Higher Education Capacity Development (HECD) Program in collaboration with the USAID.
- **October 28th, 2022:** Attendance of a virtual webinar entitled: “Building Bridges Exploring Community Engaged Learning” organized by Quality Assurance Center (QAC) – Beirut Arab University – Beirut – Lebanon.
- **January 25th, 2024:** Attendance of the **SECOND** follow-up UDL online workshop entitled: “Universal Design for Learning in Higher Education”. Organized by Higher Education Capacity Development (HECD) Program in collaboration with the USAID.
- **January 12th, 2024:** Attendance of a research meeting entitled: Research talk, organized by Graduate studies and Research Department - Beirut Arab University.
- **November 30th, 2023:** Attendance of the **FIRST** follow-up UDL online workshop entitled: “Universal Design for Learning in Higher Education”. Organized by Higher Education Capacity Development (HECD) Program in collaboration with the USAID.
- **September 30th, 2023:** Attendance of the annual scientific congress of the Lebanese Ordre of Physiotherapists (LOPT) entitled “Moving Forward – Embracing the Future”. Organized by LOPT – Habtoor Grand Hotel – Beirut – Lebanon.
- **September 19th-20th, 2023:** Attendance of 2 days’ training workshop entitled: “Universal Design for Learning (UDL) in Higher Education”. Organized by Higher Education Capacity Development (HECD) Program in collaboration with the USAID at USEK.
- **October 28th, 2022:** Attendance of a scientific day entitled: “Emerging Concepts and Ethical Challenges” organized by the Scientific Research Committee – Faculty of Health Sciences – Beirut Arab University – Beirut – Lebanon.
- **March 18th-19th, 2022:** Attendance of an international conference entitled: “Evidence-based Physiotherapy Practice in Poland: Summary of the PRO-EBP project - Road map” organized by University of Physical Education of Warsaw, Faculty in Biala Podlaska. Warsaw – Poland.
- **March 20th, 2022:** Attendance of a virtual webinar entitled: “Bone Health Teleco: IOF Capture the Fracture Global Initiative” organized by Calcium Metabolism and Osteoporosis Program, WHO Collaborating Center for Metabolic Bone Disorders, AUBMC, in Collaboration with Project ECHO.. Beirut – Lebanon.
- **March 11th, 2022:** Completion of an online course entitled” Design and Interpretation of Clinical Trials” authorized by John Hopkins University and offered through Coursera.

- **August 22nd, 2020:** Attendance of a lecture entitled: "Moodle platform and team" organized by Faculty of Sciences – Beirut Arab University. Beirut – Lebanon.
- **August 22nd, 2020:** Attendance of a webinar entitled: "Journée Scientifique de bénéfice pour la Physiothérapie au Liban" organized by OPTL. Beirut – Lebanon.
- **January 30th, 2020:** Attendance of a lecture entitled: "The Landscape of Biomedical Research in the Eastern Mediterranean Region (2004-2018)" by Professor Ghazi Tadmouri, organized by Scientific Research Committee - Faculty of Health Sciences – Beirut Arab University.
- **January 28th, 2020:** Attendance of a lecture entitled: Moodle platform by Dr. Seif Eldine Kadri. Organized by Faculty of Sciences – Beirut Arab University.
- **October 11th, 12th, 2019:** Attendance of a congress entitled "The 5th International Scientific Days – Evidence Based Clinical Practice and Prevention", organized by INP - Order of Physical Therapists in Lebanon - Palais de Conges - Dbayyeh - Beirut – Lebanon.
- **October 5th, 2019:** Attendance of a lecture entitled: E-Learning, organized by Faculty of Science - Beirut Arab University.
- **September 20th, 2019:** Attendance of a research meeting entitled: Research talk, organized by Graduate studies and Research Department - Beirut Arab University.
- **September 6th, 2019:** Attendance of a lecture entitled: Innovative Digital Skills and Teaching Methods for Effective Health Education in Lebanon and Syria, organized by students' affairs department – BAU.
- **April 12th, 2019:** Attendance of a conference entitled: Maxillo-Facial Disorders - Global Management Conference, organized by Sahel General Hospital and Global University in collaboration with OPTL.
- **March 27th, 2019:** Attendance of a lecture entitled: Qualitative Research: Let us get the Facts about Feelings, organized by nursing department - Faculty of Science - Beirut Arab University.
- **January 16th, 2019:** Attendance of a lecture entitled: Effective Assessment using Turnitin and Moodle by Dr. Ahmad Tassi. Organized by Faculty of Health Sciences – Beirut Arab University.
- **January 8th, 2019:** Attendance of a lecture entitled: Research Ethics and Authorship, organized by Graduate studies and Research Department - Beirut Arab University.
- **November 23rd, 2018:** Attendance of a lecture entitled: Scientific Research Secrets, by Prof. Mohamad Abdel Ati, organized by Faculty of Science - Beirut Arab University.
- **November 13th, 2018:** Attendance of a lecture entitled: "Digitalization" by Professor Sherine Bader, organized by Quality Center - Beirut Arab University.
- **October 19th, 2018:** Attendance of a lecture entitled: The journey for cure of adult T cell leukemia/lymphoma: from the bench to the bedside by prof. Ali Bazarbachi organized by Scientific Research Committee - Faculty of Health Science - Beirut Arab University.
- **October 16th, 2018:** Attendance of a Workshop entitled "University Rankings and Role of Scopus-How to Find the Right Journal to Publish" by Mrs. Ozge Sertdemir, organized by Library department - Beirut Arab University.
- **October 12th, 13th, and 14th 2018:** Attendance of the OPTL congress – Physio Beirut 2018 organized by Ordre of Lebanese Physicians (Beit El Tabib) – Furn el Shebbek – Lebanon.
- **October 5th, 2018:** Attendance of a workshop entitled: L reeducation des dysfonctions sexuelles et des douleurs pelvi-perineales by Mr. Martine Cornillet. Organized by Order of Physiotherapists in Lebanon. Beirut – Lebanon.
- **June 25th, 2018:** Attendance of a scientific day entitled: International Symposium on Obesity. Organized by Faculty of Health Sciences – Beirut Arab University.
- **May 14th, 2018:** Attendance of a lecture entitled: Hematopoietic stem cells that are FDA approved for usage in hematological diseases and on mesenchymal stem cell in regenerative medicine and clinical trials by Dr. Charbel Khalil. Organized by Research committee - Faculty of Health Sciences – Beirut Arab University.
- **May 8th and 9th, 2018:** Attendance of a workshop entitled: Third Forum in Advancing Pharmacy Education in the Middle East and the Gulf Region. Organized by Faculty of

Pharmacy and CCPE – Beirut Arab University.

- **April 26th, 2018:** Attendance of a lecture entitled: Public Health and Private Medicine – Reflections from the 2017 Academy Report on Genome Editing for Humans by Prof. Ismail Serageldin. Organized by Beirut Arab University.
- **April 14th, 2018:** Attendance of a scientific day entitled: Advanced Therapeutic Techniques in Sport Rehabilitation “An Approach to Qualified Performance”. Organized by Faculty of Public Health – Lebanese University and Ain Wa Zain Hospital in Collaboration with OPTL. Ain Wa Zain Hospital – Shouf – Lebanon.
- **April 13th, 2018:** Attendance of a lecture entitled: HLA typing by NGS and beyond by Dr. Ali Hajeer. Organized by Faculty of Health Sciences – Beirut Arab University.
- **March 23rd, 2018:** Attendance of a lecture entitled: Academic Portfolio in Medical Education by Dr. Hala Ahmadieh. Organized by Continuous Professional Development (Medical Sector) – Beirut Arab University.
- **March 16th, 2018:** Attendance of a lecture entitled: Interactivpharam by Dr. Mohamad Issa. Organized by Continuous Professional Development (Medical Sector) – Beirut Arab University.
- **February 23rd, 2018:** Attendance of a lecture entitled: Team-based learning (TBL) by Dr. Nathalie Zougheib. Organized by Research committee - Faculty of Health Sciences – Beirut Arab University.
- **February 15th, 2018:** Attendance of a lecture entitled: Moodle platform by Dr. Salim Moussa. Organized by Faculty of Health Sciences – Beirut Arab University.
- **February 8th, 2018:** Attendance of a lecture entitled: Effective Grading and Assessment Project: A Tool for Teaching and Learning by Dr. Ahmad Tassi. Organized by Faculty of Health Sciences – Beirut Arab University.
- **January 24th, 2018:** Attendance of a training on Problem-based learning (PBL) by Dr. Nisrine Bissar. Organized by Faculty of Health Sciences – Beirut Arab University.
- **January 23rd, 2018:** Attendance of a training on a Biopac system by Mr. Hassan Choueib. Organized by Physical Therapy Department – Beirut Arab University.
- **November 24th, 2017:** Attendance of a lecture entitled: Bariatric Surgery Update by Dr. Tamer Abdelbaki. Organized by Faculty of Medicine – Beirut Arab University.
- **November 14th, 2017:** Attendance of a scientific day entitled: Diabetes Day – Health Awareness for a better Future Women and Diabetes. Organized by Faculty of Health Sciences – Beirut Arab University.
- **October 27th, 2017:** Attendance of a lecture entitled: From Sanger to next generation sequencing: The Lebanese experience in cardiovascular research by Dr. George Nemer. Organized by Scientific Research Committee - Faculty of Health Science - Beirut Arab University – Beirut Arab University.
- **October 25th, 2017:** Attendance of a lecture entitled: Publication for Scientific Research - Clarivate Analytics by Mr. Amine Triki. Organized by Library Department – Beirut Arab University.
- **October 20th, 2017:** Attendance of a lecture entitled: Stem Cell in 3D by Dr. Fatima Saleh. Organized by Faculty of Health Sciences – Beirut Arab University.
- **October 18th, 19th, and 20th, 2017:** Attendance of a workshop entitled: Systems approach for enhancing Urban Health and Wellbeing (UHWB): implementing resilience in the city region of Beirut. Organized by Faculty of Architecture – Beirut Arab University.
- **October 13th, 2017:** Attendance of a lecture entitled: Evolution of the Agricultural Scientific Research by Dr. Michel Afram. Organized by Faculty of Health Sciences – Beirut Arab University.
- **September 29th, 2017:** Attendance of a lecture entitled: Role of transcriptional programs in neural differentiation and connectivity in the somatosensory system by Dr. Salim Moussa. Organized by Faculty of Health Sciences – Beirut Arab University.
- **September 16th, 17th, 2017:** Attendance of the 4th International Scientific Days – Hidden Approaches in Physical Therapy. Organized by Order of Physical Therapists in Lebanon –

Bit El Tabib – Beirut – Lebanon.

- **September 15th, 2017:** Attendance of a lecture entitled: Artificial Intelligence by Prof. Dr. Ismail Sirageldin. Organized by Public Relations Department – Beirut Arab University.
- **September 13th, 2017:** Attendance of a lecture entitled: Neurac Treatment by Redcord Medical Company. Organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.
- **August 25th, 2017:** Attendance of a scientific day entitled: Shoulder Management and beyond. Organized by Zahraa Hospital – Beirut - Lebanon.
- **May 10th - 11th, 2017:** Attendance of a workshop entitled: Middle East Social Media Festival. Organized by Public Relations Department – Beirut Arab University.
- **May 5th, 2017:** Attendance a workshop entitled “Writing a Successful Research Proposal” by Dr. Mohamad Al Tannir (Chairperson, Clinical and Applied Research – King Fahad Medical City, Riyadh – KSA). Organized by Graduate Studies and Research Department – Beirut Arab University.
- **April 26th, 2017:** Attendance of a workshop entitled: Urban Health and Wellbeing (UHWB): Advancing Systems, Science and Technology. Organized by Faculty of Architecture – Beirut Arab University.
- **March 24th, 2017:** Attendance of a lecture entitled: Research Funding Opportunities at (CNRS-L) by Dr. Haniah Nakkash. Organized by Graduate Studies and Research Department – Beirut Arab University.
- **March 20th, 2017:** Attendance of a training in JCR and Incites Benchmark. Organized by Library Department - Beirut Arab University.
- **March 17th, 2017:** Attendance of a lecture entitled: Writing a Grant by Dr. Said El Shamieh. Organized by Faculty of Health Sciences – Beirut Arab University.
- **March 15th, 2017:** Attendance of a training in Kynapsis machine (A combination between Virtual Reality and Game Rehabilitation). Organized by Physical Therapy department-Faculty of Health Sciences, Beirut Arab University in collaboration with ICRC and Ghannaje Company.
- **March 3rd, 2017:** Attendance of a lecture entitled: Serum concentrations of polychlorinated biphenyls (PCBs) in a Lebanese population: ENASB study by Dr. Khalil Helou. Organized by Faculty of Health Sciences – Beirut Arab University.
- **February 17th, 18th, 2017:** Attendance of a workshop entitled: Effective Literature Search Techniques Using BAU Resources (Systematic review) by Mrs. Aida Farha. Organized by the Library Department – Beirut Arab University.
- **January 26th, 2017:** Attendance of a lecture entitled: Team – Based Learning (TBL) by Dr. Nisrine Bissar. Organized by Faculty of Health Sciences – Beirut Arab University.
- **January 20th, 2017:** Attendance of a lecture entitled: IPE – from theory to practice by Mr. Ibrahim Kadamani. Organized by Faculty of health Sciences in collaboration with CPD – Medical sector – Beirut Arab University.
- **December 22nd, 2016:** Attendance of a lecture entitled: Personalized Medicine - Diabetes as a Model by Dr. Maya Sanyoura – Postdoctoral Scholar of Clinical Genetics at University of Chicago. Organized by Faculty of Medicine – BAU.
- **November 25th, 2016:** Attendance of 3 hours workshop entitled: Effective Literature Search Techniques Using BAU Resources by Mrs. Aida Farha. Organized by Library Department–BAU.
- **November 1st, 2016:** Attendance of a lecture entitled: Management of Phantom Pain Using Mirror Therapy by Mr. Steven Sumner – Founder of “Me and My Mirror Organization” organized by BAU - Faculty of Health Sciences – Physical Therapy Department in collaboration with the International Committee of the Red Cross (ICRC).
- **October 28th, 2016:** Attendance of a lecture entitled: social media: a Double-Edged Sword by Dr. Issam Shaarani, organized by Faculty of Medicine – BAU.
- **October 21st, 2016:** Attendance of a lecture entitled: Proper Body Ergonomics for Better

Productivity by Dr. Rami Abbas, organized by Physical Therapy Department – Faculty of Health Sciences – BAU.

- **September 26th, 2016:** Attendance of a lecture entitled: Scopus & Scival benchmarking by Mr. Wael Mansour organized by Library Department – BAU.
- **September 24th - 25th, 2016:** Attendance of the 10th OPTL congress – Physio Beirut 2016. Organized by the order for Physical Therapists in Lebanon in collaboration with WCPT. Hilton – Habtoor – Lebanon.
- **September 6th, 2016:** Attendance of a lecture entitled: Obesity and Weight Management by Dr. Marwan Al Ghosh (Villa Garda Hospital – Eating and Weight Disorders Department – Italy). Organized by Faculty of Health Sciences – BAU.
- **August 25th, 26th, 27th, and 28th, 2016:** Attendance of 28 hours workshop entitled: Mulligan Concept: Mobilization with Movement; Parts A (Upper Quadrant) and B (Lower Quadrant) by Mr. Hussein Nasser (certified Mulligan Practitioner). Organized by Saint Georges Hospital – Hadath – Lebanon.
- **May 21st, 2016:** Attendance of a scientific day entitled: Diversity in Physical Therapy organized by Ain w Zain Hospital in collaboration with Lebanese University.
- **May 17th, 2016:** Attendance of a lecture entitled: “Iconnect Launching” presented by Mr. Mohammad Syoufi, organized by IT department – Beirut Arab University – Beirut – Lebanon.
- **May 16th, 2016:** Attendance of a lecture entitled: “Turnitin” presented by Mr. Abdul Ghafour El Sayyed, organized by Library Department – Beirut Arab University – Beirut – Lebanon.
- **May 7th, 2016:** Attendance of a lecture entitled: “Student Assessment” presented by Dr. Maha Abul Ela, organized by Quality Assurance Center – Beirut Arab University – Beirut – Lebanon.
- **May 7th, 2016:** Attendance of a lecture entitled: “Exam Blueprint” presented by Dr. Naglaa Mashaal, organized by Quality Assurance Center – Beirut Arab University – Beirut – Lebanon.
- **April 9th, 2016:** Attendance of a lecture entitled: “Action Verbs and Paperless Quality” presented by Dr. Shereen Badr, organized by Quality Assurance Center – Beirut Arab University – Beirut – Lebanon.
- **April 9th, 2016:** Attendance of a lecture entitled: “Scientific Research – Publications and Plagiarism” presented by Dr. Ashraf Abdel Jaber, organized by Quality Assurance Center – Beirut Arab University – Beirut – Lebanon.
- **March 4th, 2016:** Attendance of a lecture entitled: “Beware to publish” presented by Dr. Haniah Nakkash organized by Graduate Studies and Research Department – Beirut Arab University – Beirut – Lebanon.
- **February 19th, 2016:** Attendance of a lecture entitled: “Mystery of University Ranking” presented by Dr. Mohammad Mehanna, organized by Faculty of Pharmacy – Beirut Arab University – Beirut - Lebanon.
- **December 18th, 2015:** Attendance of a lecture entitled: “Understanding Leadership”. Presented by Dr. Mohamed Issa. Beirut Arab University, Beirut – Lebanon
- **December 11th, 12th, and 13th, 2015:** Attendance of a workshop about: “Kinematic Taping®: Introduction and Application on Lower Quarter Dysfunctions” by Mr. Jhon Langendoen. Beirut Arab University, Beirut – Lebanon
- **October 30th, 2015:** Attendance of a lecture entitled: “Brief on Association for Medical Education in Europe meeting”. Presented by Prof. Naglaa Mashaal. Beirut Arab University, Beirut – Lebanon
- **October 11th, 2015:** Attendance of a lecture entitled: Writing and using learning outcomes by Prof. Maha Abu Ela. Organized by BAU quality assurance center (QAC) – Beirut Arab University – Beirut – Lebanon.
- **August 25th, 2015:** Attendance of a lecture entitled: the future of PBL (Problem Based Learning) – VPL (Virtual Patient Learning) presented by Prof. Houssam Hamdy. Beirut Arab University, Beirut – Lebanon

- **August 7th, 8th, and 9th, 2015:** Attendance of a workshop entitled: "Analysis and management of cervical spine pain and dysfunctions according to Maitland concept" by Mr. Jhon Langendoen. Beirut Arab University, Beirut – Lebanon.
- **May 22nd, 2015:** Attendance of a scientific day entitled: Walking through and towards quality in Physiotherapy – Patient file documentation: Theory and Practice. Organized by: OPTL – RCQPT and Lebanese German University. Lebanese German University, Beirut – Lebanon.
- **May 20th, 2015:** Attendance of a lecture entitled: DPT "Scopes and Challenges" presented by Dr. Rami Abbass. Beirut Arab University, Tripoli Campus – Lebanon.
- **May 14th, 2015:** Attendance of a lecture entitled: Transplantation and Organ Donation by Dr. Mehmet Haberal. Faculty of Medicine, Beirut Arab University, Beirut – Lebanon.
- **May 7th, 2015:** Attendance of a lecture entitled: Kinemtaic Taping by Mr. John Langerdhon. Faculty of Health Sciences, Physical Therapy Department. Beirut Arab University, Beirut – Lebanon.
- **March 23rd, 2015:** Attendance of a lecture and training about EBSCO Database by Mr. Ali Abdallah. Library Department, Beirut Arab University, Beirut – Lebanon.
- **March 20th, 2015:** Attendance of a lecture entitled learning styles By Dr. Mouhamad Issa, organized by faculty of Dentistry, BAU - Beirut – Lebanon.
- **March 13th, 2015:** Attendance of a seminar about: Management of Urinary Tract Complications Associated with Spinal Cord Injury by: Trygve Talscth, Thomas Glot, and Gro Stensrod. Faculty of Health Sciences, Physical Therapy Department. Beirut Arab University, Beirut – Lebanon
- **March 3rd, 2015:** Attendance of a lecture entitled: Problems of Living versus Illness by Dr. Ahmad Okasha. Faculty of Arts, Beirut Arab University, Beirut – Lebanon.
- **February 3rd, 2015:** Attendance of an orientation session entitled: Up-to-date, presented my Mr. Omar El Masri. Library Department, Beirut Arab University, Beirut – Lebanon
- **January 23rd, 2015:** Attendance of a lecture about Institutional Review Board (IRB) by Dr. Karim Raafat. Faculty of Pharmacy, Beirut Arab University, Beirut – Lebanon.
- **December 19th and 20th, 2014:** Attendance of a workshop on Competency in Health Professions Education by Prof. Dr. Hossam Hamdy. Faculty of Medicine, Beirut Arab University, Beirut – Lebanon.
- **November 28th, 2014:** Attendance of a lecture given by Prof. Nadey Hakim entitled "My Journey to Surgery". Faculty of Medicine, Beirut Arab University, Beirut – Lebanon.
- **November 10th – 13th, and November 17th – 19th:** Attendance of a workshop about The Enhancement of Staff Members Teaching Skills by Dr. Wessam Shibani. Faculty of Arts, Beirut Arab University, Beirut – Lebanon.
- **September 25th, 2014:** Attendance of an orientation session and demonstration of Web of Science & JCR Tool by Dr. Wissam Hassan. Library Department, Beirut Arab University, Beirut – Lebanon.
- **September 18th, 2014:** Attendance of an orientation session about Turnitin presented by Mr. Abd El Ghafour El Sayyed. Library Department, Beirut Arab University, Beirut – Lebanon.
- **June 23rd, 2014:** Attendance of a Conference Medico-sportive and Anti-Dopage organized by Antonine University – Baabda, Lebanon.
- **June 17th, 2014:** Attendance of a demonstration on Access to Physical Therapy Database organized by IT Department and presented by Mr. Akram Jaffan, Beirut Arab University. Beirut, Lebanon.
- **June 6th, 2014:** Attendance of a lecture given by Dr. Hussein Nasser (CMAT) on managing shoulder pain using Mulligan Method. Beirut Arab University – Lebanon.
- **May 30th, 2014:** Attendance of a lecture entitled "Portfolio as a Method of Evaluation" organized by VPMS, Beirut Arab University. Beirut – Lebanon.
- **May 22nd, 2014:** Attendance of a lecture given by Dr. Adel Roujoula (Member of NAIOMT) on "Introduction to the North American Standards of Orthopedic Manual Therapy", Beirut Arab

University, Beirut, Lebanon.

- **May 19th – 23rd 2014:** Attendance of series of Workshops on Quality Management, organized by Dr. Mahmoud El Damaty, Beirut Arab University, Beirut, Lebanon.
- **May 16th, 2014:** Attendance of Global University Conference at Ministry of Education entitled “Rehabilitation and Physical Therapy in Endocrinology”. Beirut – Lebanon.
- **April 11th, 2014:** Attendance of a lecture entitled “Academic Advising from Knowledge to Practice” organized by Faculty of Pharmacy and Presented by Dr. Amal Galal, Beirut Arab University, Beirut, Lebanon.
- **April 9th, 16th, and 23rd, 2014:** Attendance of series of Workshops on Research Proposal Writing, organized by the Dean of Student Affairs Dr. Sobhi Abu Shahin in LINE with IDEAL Program represented by Dr. Wassim Itani, Beirut Arab University, Beirut, Lebanon.
- **April 3rd, 2014:** Attendance of a lecture entitled “Challenges in Medical Education” organized by Beirut Arab University and given by Dr. Hussam Hamdi, Beirut, Lebanon.
- **March 13th, 2014:** Attendance of a lecture on “Turnitin and Plagiarism” organized by Beirut Arab University given by Mr. Sayed Abdel Ghafour.
- **March 6th – 20th 2014:** Attendance of twelve hours course on “Teaching and Enhancement Skills for Staff Members” organized by Beirut Arab University and given by Prof. Ahmad Abdel Khalek and Dr. Wassim Chibani, Beirut, Lebanon.
- **February 28th, 2014:** Attendance of a lecture entitled: “Epidemiological Research Methodology” presented by Prof. Rami Azza Abul Naja.
- **February 27th, 2014:** Attendance of a lecture organized by Sahel General Hospital entitled: “Education in Physical Therapy from Technical till Doctoral Level” presented by Dr. Rami Abbas.
- **February 22nd, 2014:** Attendance of a lecture organized by Faculty of Medicine entitled: Stem Cells and Regenerative Medicine” presented by Prof. Naglaa Machaal and Prof. Ramadan Gharabawi, Beirut Arab University, Beirut, Lebanon.
- **February 21st, 2014:** Attendance of a Conference organized by Faculty of Medicine entitled “Osteoporosis Updates”. Beirut Arab University, Beirut, Lebanon.
- **February 2nd, 2014:** Attendance of opening of “Risk Management” workshop organized by Lebanese Army and Civil Defense, Beirut Arab University, Beirut, Lebanon.
- **January 31st, 2014:** Attendance of a workshop entitled ILOs given by Dr. Sherine Badr organized by CME, Beirut Arab University - Beirut – Lebanon.
- **January 24st, 2014:** Attendance of a lecture on Team Based Learning (TBL) presented by Dr. Naglaa Machaal, Beirut Arab University, Beirut, Lebanon.
- **January 17th, 2014:** Attendance of a lecture on “Advising and Credit Hours System Pitfalls” presented by Dr. Hania Nakkash, Beirut Arab University, Beirut, Lebanon.
- **December 10th - 12th, 2013:** Attendance of “International Conference on the Positive Aspects of Life” Beirut Arab University, Beirut, Lebanon.
- **December 3rd, 2013:** Attendance of a lecture about “Women's Right: Challenges and Opportunities between men and women in Lebanon” organized by HRC, Beirut Arab University, Beirut, Lebanon.
- **November 29th, 2013:** Attendance of a lecture entitled “Communication Skills” organized by CME and presented by Dr. Mohamad Issa and Dr. Nisrine Ezzat, Beirut Arab University, Beirut, Lebanon.
- **November 15th - 17th, 2013:** Attendance of a conference “4th meeting of Physical Therapy”, Saint Joseph University, Beirut, Lebanon.
- **November 5th, 2013:** Attendance of a lecture on “Foundation for institutional accreditation (FIBAA) by Prof. Dr. Amro Galal El Adawi, Beirut Arab University, Beirut, Lebanon.
- **May 12th, 2013:** Attendance of a lecture “DAAD Orientation” presented by Dr. Julian Panke, Beirut Arab University, Beirut, Lebanon.
- **May 11th, 2013:** Attendance of seven hours workshop “Overview of Manual Therapy

Concept" organized by Faculty of Health Sciences – Physical Therapy Department, presented by Dr. Itissam Saab and Mr. Sami Chehadeh, Beirut Arab University, Beirut, Lebanon.

- **May 9th – 10th 2013:** Attendance of the 46th Middle East Medical Assembly, organized by American University of Beirut, Beirut, Lebanon.
- **April 19th, 2013:** Attendance of a lecture entitled "Information Skills in EBP" organized by Faculty of Health Sciences and given by Dr. Eman Zahran, Beirut Arab University, Beirut, Lebanon.
- **December 8th 2012:** Attendance of A workshop entitled "AD Instruments Research and Teaching Seminar", organized by AD Instrument and Care Fit International at Padova Hotel – Sin el Fil – Beirut.
- **November 23rd, 2012:** Attendance of a lecture entitled "Preparatory Steps towards Accreditation" given by Mr. Mohammad Fawaz, Beirut Arab University, Beirut, Lebanon.
- **August 8th, 9th 2012:** Attendance of A workshop entitled "Portfolio as a method of student assessment" done by Dr. Iman Zahran and organized by the Faculty of Health Sciences – Beirut Arab University.
- **April 25th – 27th, 2011:** Attendance of a workshop entitled "Sports Injury Management" organized Primephysio Association and presented by Mr. Kenneth Chance-Larsen. Cairo – Egypt.
- **2006 – 2010:** Periodic training on Beauty & Medical Machines in Barcelona (Spain) - SORISA brand (Electro esthetic & Electro medical machines).

Social skills and competences

- **November 12th, 2023:** Volunteer participation in the medical team of OMT Beirut Marathon.
- **February 11th, 2019:** Lecturer in a postural awareness campaign for dentistry students, organized by Physical Therapy Department and the Faculty of Dentistry – Beirut Arab University
- **November 11th, 2018:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon.
- **February 22nd, 2018:** Participation in the organization a lecture about "The dangers of doping in sports" delivered by Dr. Jihad Haddad and Dr. Hind Abed El Malak-BAU.
- **January 19th, 2018:** Lecturer of a lecture entitled: Colors in Health Care Environment organized by Physical Therapy Department - Faculty of Health Sciences – Beirut Arab University.
- **December 8th, 2017:** Celebrating the International Day for Disabled People at Beirut Arab University – Tripoli Campus, in collaboration with El Montada Foundation for disability- North Lebanon. Organized by Physical Therapy Department – Faculty of Health Sciences – BAU.
- **November 12th, 2017:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon.
- **December 1st, 2016:** Celebrating the International Day for Disabled People, in collaboration with Mosawat Foundation organized by Physical Therapy Department – Faculty of Health Sciences – BAU.
- **November 28th, 2016** Volunteer participation as a trainer for Mosawat Foundation physical therapists about the usage of orthosis organized by Mosawat Foundation, Mosawat Foundation – Beirut
- **November 14th, 2016:** Lecturer of a lecture entitled: Dentistry Posture Awareness Campaign organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.
- **November 13th, 2016:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon.
- **October 28th, 2016:** Lecturer of a lecture entitled: Dentistry Posture Awareness Campaign organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.

- **November 8th, 2015:** Volunteer participation in the medical team of Bank du Liban Marathon.
- **December 3rd 2014:** Celebrating the International Day for Disabled People, at the Mouhamad Khaled Foundation's – Adnan and Raeda Kassar Cerebral Palsy Center.
- **November 9th 2014:** Volunteer participation in the medical team of Bank of Lebanon Marathon.
- **May 14th 2014:** Volunteer participation in the medical team of Woman's Marathon.
- **May 5th 2014:** Participation in the event of recycling organized by Faculty of Law, Beirut Arab University.
- **April 28th 2014:** Participation in the Beirut Arab University yearly Job Fair – Debbieh Campus.
- **March 15th 2014:** Participation in the sports day organized by the medical faculties, Beirut Arab University.
- **November 10th 2013:** Volunteer participation in the medical team of Bank of Beirut Marathon.
- **March 15th, 2013:** Lecturer on "Pranic Healing" at Faculty of Health Sciences, Beirut Arab University, Beirut – Lebanon.
- **November 11th 2012:** Volunteer participation in the medical team of BLOM Beirut Marathon.

Publication Experience

- **2025:** Electromyographic Analysis of Abdominal Muscle Activation During Side Bridge Variations: Effects of Hip Angle and Breathing Pattern. Human Movement. (2025) 26 (4), 71 – 84.
- **2025:** Outcomes of physical therapy program on respiratory and phrenic nerve functions in cervical disc compression. Physiotherapy Quarterly. (2025) 33 (4), 46 – 50.
- **2025:** Utilization patterns of AI chatbots among physical therapy students - A multicounty cross-sectional study. Journal of Taibah University Medical Sciences. (2025) 20 (5), 663-672.
- **2025:** Acceptance of AI- Powered Chatbots among Physiotherapy Students - International Cross -Sectional Study. JMIR Medical Education; 11 (2025); 1-13.
- **2025:** Exploring the Association of Selected Lower Limb Biomechanical Variables on Exacerbating Pain, Disability, and Postural Balance in Female Athletes with Patellofemoral Pain Syndrome. Physical Therapy in Sport; 75 (2025); 38-47.
- **2024:** Influence of Changing Hip Position on Electromyographic Activities of Selected Trunk Muscles during Bridging Exercises in Healthy Subjects: A Cross-Sectional Study. Journal of Manipulative and Physiological Therapeutics; 47 (1-4); 12-21.
- **2024:** Effect of Hand Dexterity Exercises on physical therapist students' self-efficacy: A Randomized Clinical Trial. Bulletin of Physical Therapy Research and Studies; 2 (2); 14-29.
- **2024:** Effect of Adding Virtual Reality Training to Traditional Exercise Program on Pain, Mental Status and Psychological Status in Unilateral Traumatic Lower Limb Amputees: A Randomized Controlled Trial. Games for Health Journal; 13 (3); 1-7.
- **2022:** The Impact of Virtual Reality Training with a Cognitive Load on Falling in Stroke Cases. NeuroQuantology; 20 (15); 90 – 97.
- **2022:** Effect of Adding Motorized Cycle Ergometer Over Exercise Training on Balance in Older Adults with Dementia: A Randomized Controlled Trial. Experimental Aging Research; 48 (2); 1-13.
- **2022:** Post Stroke Fatigue Prevalence and its Correlation to the Functional Recovery. Clinical Schizophrenia & Related Psychoses; 16 (S1); 1–5.

- **2021:** Impact of Covid-19 Confinement on Physical Activity and Dietary Habits in Physical Therapy Students and Professionals in Lebanon: A Cross-Sectional Study. BAU Journal – Health and Wellbeing, 3 (3); special issue (COVID-19).
- **2021:** The Effect of Adding Virtual Reality Training on Traditional Exercise Program on Balance and Gait in Unilateral Traumatic Lower Limb Amputee. Games for Health Journal; 10 (1); 50 – 56.
- **2020:** Concept Mapping Versus Traditional Teaching Method on Health Sciences' Students' Score. BAU Journal – Health and Wellbeing, 2 (2): 44-52.
- **2020:** Effect of Segmental Vibration on Hand and Pinch Grip Strengths in Healthy Subjects. BAU Journal – Health and Wellbeing, 2 (2): 36-43.
- **2019:** Benefits of Aerobic Exercise for Breast Cancer Survivors: A Systematic Review of Randomized Controlled Trials. Asian Pac J Cancer Prev, 20 (11), 3197-3209.
- **2019:** Does the type of toeing affect balance in children with diplegic cerebral palsy? Journal of Chiropractic Medicine, 2019; 18 (3): 229-235.
- **2019:** Effect of silicone gel versus Contractubex or corticosteroid phonophoresis for post-burn hypertrophic scars: a single blind randomized controlled trial. Fizjoterapia, 2019; 27(1): 1-5.
- **2018:** Impact of High Intensity Laser Therapy on Post Burn Cubital Tunnel Syndrome. Bioscience Research, 2018; 15(4): 3380-3386
- **2018:** Acute Effects of Nintendo Wii Fit on Balance in Young Adults: A randomized Trial. BAU Journal- Health and Well-Being – Special issue ISSN No. 2617-1635: 584-589.
- **2018:** Evaluation of the Risk of Developing Work-Related Musculoskeletal Disorders in Preclinical and Clinical Dental Students. BAU Journal- Health and Well-Being – Special issue ISSN No. 2617-1635: 579-583.
- **2018:** Effect of Aerobic Exercises Versus Laser Acupuncture in Treatment of Postmenopausal Hot Flushes: J. Phys. Ther. Sci. 30 (2): 328–331
- **2017:** Pulsed electromagnetic fields versus laser therapy on enhancing recovery of diabetic foot ulcer: A single blind randomized controlled trial: Biomedical Research 2017; 28(19): 8509-8514.
- **2017:** Impact of backward treadmill training on balance in children with juvenile rheumatoid arthritis: A randomized controlled study: Biomedical Research 2017; 28(17): 7703-7708.
- **2013:** Effects of Whole-Body Vibration on Ankle's Proprioception in Elderly: J am Sci 2013; 9 (12): 841-845. ISSN: (1545-1003).

References	Professor Omaila Katabee	00201222194545
	Professor Moustafa Mourad	00201222191558
	Professor Ibtissam Saab	009613959040

Computer skills and competences Windows, Word, Excel, PowerPoint, zoom, Telehealth and team

Driving licence Lebanese driving license