Europass Curriculum Vitae



First name(s) / Surname(s)	**El Khatib Ayman Hussein**
Address	Beirut – Ouzai Street – Al Huda Building, 4th floor
Mobile	00961-76-009647
E-mail	aymanelkhatib@live.com ; a.elkhatib@bau.edu.lb
Social media	**LinkedIn:** Dr. Ayman El Khatib
ORCID / Scopus ID	0000-0002-0822-3693 / 57195988613
Nationality	Lebanese
Professional membership	Member of the Lebanese Order of Physiotherapists (OPTL), No. 658, since 2001

Work experience

2025 – to date **Professor**

Department of Physical Therapy, Faculty of Health Sciences, Beirut Arab University (BAU), Beirut, Lebanon

- Senior core academic faculty member in the full accreditation of the BSc program by World Physiotherapy (valid until 2031)
- Courses taught: Health Promotion and Wellness; Kinesiology and Biomechanics; Professional Communication and Documentation; Physical Therapy Intervention I (and Lab) and II; Health Promotion and Wellness Practice; Research Project; Neuromuscular PT Practice II; Musculoskeletal PT Practice I and II; Geriatric PT Practice; Applied Clinical Reasoning I

2019 – 2025 **Associate Professor**

Department of Physical Therapy, Faculty of Health Sciences, Beirut Arab University (BAU), Beirut, Lebanon

- Senior core academic faculty member in the full accreditation of the BSc program by World Physiotherapy
- Additional courses taught: Physical Therapy for Women's Health; Obstetrics and Gynecology PT; Preparation for Painless Labor; Pediatric PT; Exercise Therapy for Health; Functional Taping Practice; Interprofessional Education; Cardiopulmonary Lab

2014 – 2019 **Assistant Professor**

Department of Physical Therapy, Faculty of Health Sciences, Beirut Arab University (BAU), Beirut, Lebanon

- Additional courses taught: Evidence-Based Electrotherapy; Electrodiagnostics for PT; Occupational Health in PT; Health and Wellness

2012 – 2014 **Lecturer of Physical Therapy**

Department of Physical Therapy, Faculty of Health Sciences, Beirut Arab University (BAU), Beirut, Lebanon

- Courses taught: Physical Therapy Intervention I; Geriatric PT; Integumentary PT; Kinesiology and Biomechanics I; Obstetrics and Gynecology PT; Education in PT; Occupational Health in PT; Exercise Therapy for Health; Stretching; Applied Clinical Reasoning I

2012 – to date **Physical Therapy Consultant, clinical training supervision**

Physical Therapy Outpatient Clinic, Faculty of Health Sciences, Beirut Arab University

2013 – 2018 **Program development and accreditation** (administration and management)
Faculty of Health Sciences, Beirut Arab University

- 2018: Senior core faculty member, World Physiotherapy accreditation of the BSc program (until 2023); quality assurance
- 2016: Senior core faculty member, WCPT accreditation process
- 2013 – 2014: Development of the BSc in Physical Therapy program according to an international benchmark
- 2013: Senior core faculty member in preparing the Doctor of Physical Therapy program, the first in Lebanon and the Middle East

2006 – 2010 **Regional Brand Manager and Spa Consultant**
Nazih Group, Sharjah, UAE

- Managed the group's beauty and medical equipment in the GCC region; delivered courses and trainings on slimming, facial, hair removal, body care and spa machines, skincare products and massage

1999 – 2001 **Physical Therapist**
Al-Chefa'a Clinic, Beirut, Lebanon (private physical therapy clinic)

Education and training

2010 – 2014 **PhD in Physical Therapy for Basic Science**
Thesis: "Effects of Whole-Body Vibration on Ankle's Muscle Performance and Proprioception in Elderly"
Faculty of Physical Therapy, Cairo University, Egypt

2001 – 2005 **M.Sc. in Physical Therapy for Basic Science**
Thesis: "Influence of Endurance Training on Myocardial Oxidative Stress"
Faculty of Physical Therapy, Cairo University, Egypt

2002 – 2005 **Specialized Clinical Physical Therapy Training**
Hospitals and rehabilitation centers, Cairo, Egypt

1995 – 1999 **B.Sc. in Physical Therapy**
Physical Therapy Department, Faculty of Public Health, Lebanese University, Lebanon

Selected training

- 2022: Design and Interpretation of Clinical Trials, Johns Hopkins University (Coursera)
- 2023 – 2024: Universal Design for Learning in Higher Education, training workshop and three follow-ups (HECD / USAID)
- 2025: Communication and Presentation Skills for Academic Excellence, 4-day program (BAU)
- 2016: Mulligan Concept: Mobilization with Movement, Parts A and B, 28 hours
- 2017: Kynapsis (virtual reality game rehabilitation) training; 2013: Overview of Manual Therapy Concept, 7 hours
- Attended OPTL/LOPT congresses and scientific days (2016 – 2019, 2023, 2025) and the 2022 PRO-EBP conference, Warsaw
- Numerous workshops, lectures and webinars on teaching methods, research and publication, quality assurance and AI in education (2012 – 2026)

Personal skills and competences

Mother tongue **Arabic**

Other language(s)

	Listening	Reading	Spoken interaction	Spoken production	Writing
French	Excellent	Excellent	Very good	Very good	Excellent
English	Excellent	Excellent	Very good	Very good	Excellent

Levels: Common European Framework of Reference for Languages

Communication skills
- Presenting at clinics, universities and conferences, developed as Regional Brand Manager, lecturer and professor

Organisational / managerial skills
- Leading and supervising students, teams and quality processes; coordinating academic activities and events
- Designing departmental policies and procedures; implementing evidence-based, patient-centred practice in the BAU outpatient clinic
- Database search skills (Medline, Access Physiotherapy, ScienceDirect, Rehabilitation Reference Center)

Computer skills
Windows, Word, Excel, PowerPoint, Zoom, telehealth and team platforms

Professional and committee service

Peer review and editorial
- **Peer reviewer** for international journals: Frontiers in Bioengineering and Biotechnology (2), Frontiers in Psychology, JMIR Medical Education, JMIR Formative Research, Physiotherapy Quarterly (4), Bulletin of the Faculty of Physical Therapy (6), Journal of Clinical and Analytical Medicine (7), Annals of Clinical and Analytical Medicine (2), Health Science Reports, Medical Science Monitor, Games for Health Journal, Turkish Journal of Kinesiology, BAU Journal – Health and Well-Being
- Abstract reviewer, ER-WCPT Congress 2020 (5 abstracts)
- 2024 – to date: Reviewer, World Physiotherapy CPD recognition service; reviewer and evaluator of professional development events for the World Physiotherapy accreditation process (CPE framework)
- 2023: Member of the editorial board, Benha International Journal of Physical Therapy
- 2022: Network moderator, World Physiotherapy Network for Physiotherapist Educators

Committees
- **Head of the Quality Committee**, Faculty of Health Sciences, BAU: 2019 – 2021; 2023 – 2025; 2026 – 2027
- Member of the Quality Committee, Faculty of Health Sciences: 2021 – 2023; Member of the Quality Assurance Committee, BAU: 2023 – 2025
- Member of the Scientific Research Committee, Faculty of Health Sciences: 2016 – 2023
- Member of the Faculty Council: 2015 – to date; Advisory Committee of the Faculty: 2012 – to date; Alumni Committee: 2016 – 2017
- Order of Physical Therapy in Lebanon: Member of the Institut National de Physiothérapie (2018) and of the Pedagogic Committee (2017 – 2018)
- Member of the colloquium committee, national physical therapy colloquium exam, Ministry of Education (2014, 2017, 2018, 2021, 2022, 2023)
- 2018: Member of the scientific committee, 1st international conference “Urban Health and Wellbeing 2018”

Lectures, presentations and events

Invited lectures
- 2026: “Virtual Reality–Augmented Rehabilitation in Traumatic Lower Limb Amputees”, Al Rahma Medical Center, Tripoli
- 2025: “Evaluation of the Quality of a Higher Education Program”, webinar, Regional Conference of Rectors (C2R) Middle East
- 2025: “Physical Activity: A Natural Antidepressant”, Sports Medicine conference, FHS – Tripoli campus
- 2021: “BAU – PT Educational Contingency Plan Experience During Covid-19”, 2nd International Conference, Delta University, Egypt (online)
- 2018: “Clinical Decision Making: the Myth and the Truth”, symposium on Advanced Physical Therapy Practice, FHS – Tripoli campus
- 2017: “Depression and Physical Activity”, World Health Day, FHS – BAU
- 2014: “Autonomous Physical Therapy Practice: The Coming Challenge”, 9th OPTL International Congress

- 2013 – 2015: Lectures on Whole Body Vibration in Elderly and on Health Promotion and Wellness for physical therapists (Dar El Ajaza Hospital, Mosawat Foundation, Dr. Mohamad Khaled Foundation)

Conference presentations

- 2018: Paper on backward treadmill training in juvenile rheumatoid arthritis, 8th World Physiotherapists and Physicians Summit, Tokyo, Japan
- 2018: Paper on Nintendo Wii Fit and balance; rapporteur of a session, Urban Health and Wellbeing 2018, BAU
- 2017: Poster on work-related musculoskeletal disorders in dental students, WCPT Congress, Cape Town, South Africa

Chair, moderator and jury roles

- 2023: Chair of a networking session on educators' challenges, World Physiotherapy Congress, Dubai
- 2024: Round-table member, social media and physical therapy practice, Sahel General Hospital
- 2019, 2018, 2021: Session moderator at the First Continuum (OPTL), the Hip Arthritis scientific day and the Covid-19 webinar
- 2021 – 2026: Organizer, moderator and jury member, "180 Seconds Thesis Presentation" research day, FHS (2021, 2023, 2025, 2026)

Workshops organized

- Dry Needling workshops, Physical Therapy Department – BAU (2018, 2019 Level 1; 2025 ×3; 2026 ×2), and a Medical Cupping workshop (2025)

Community service

- Volunteer in the medical team of the Beirut Marathon (2012 – 2018, 2023)
- Posture awareness campaigns for dentistry students (2016, 2019); International Day for Disabled People events (2014, 2016, 2017); orthosis training for Mosawat Foundation therapists (2016)

Publications

Journal articles

- 2026: Addition of Low-Load Blood Flow Restriction Training to Conventional Physiotherapy Improves Handgrip Strength and Function in Patients with Lateral Epicondylitis in the Short-Term: A Single-Blind Randomized Clinical Trial. Journal of Back and Musculoskeletal Rehabilitation.
- 2025: Electromyographic Analysis of Abdominal Muscle Activation During Side Bridge Variations: Effects of Hip Angle and Breathing Pattern. Human Movement, 26 (4), 71–84.
- 2025: Outcomes of physical therapy program on respiratory and phrenic nerve functions in cervical disc compression. Physiotherapy Quarterly, 33 (4), 46–50.
- 2025: Utilization patterns of AI chatbots among physical therapy students: a multicountry cross-sectional study. Journal of Taibah University Medical Sciences, 20 (5), 663–672.
- 2025: Acceptance of AI-Powered Chatbots among Physiotherapy Students: International Cross-Sectional Study. JMIR Medical Education, 11, 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, 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.
- 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 Pacific Journal of Cancer Prevention, 20 (11), 3197–3209.
- 2019: Does the type of toeing affect balance in children with diplegic cerebral palsy? Journal of Chiropractic Medicine, 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, 27 (1), 1–5.
- 2018: Impact of High Intensity Laser Therapy on Post Burn Cubital Tunnel Syndrome. Bioscience Research, 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, 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, 579–583.
- 2018: Effect of Aerobic Exercises Versus Laser Acupuncture in Treatment of Postmenopausal Hot Flushes. Journal of Physical Therapy Science, 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, 28 (19), 8509–8514.
- 2017: Impact of backward treadmill training on balance in children with juvenile rheumatoid arthritis: A randomized controlled study. Biomedical Research, 28 (17), 7703–7708.
- 2013: Effects of Whole-Body Vibration on Ankle's Proprioception in Elderly. Journal of American Science, 9 (12), 841–845.

References

Referees

Professor Omaima Katabee – 00201222194545
Professor Moustafa Mourad – 00201222191558
Professor Ibtissam Saab – 009613959040