Europass Curriculum Vitae



First name(s) / Surname(s)	**SAAB Ibtissam Mouhammad**
Address(es)	Al-Mazraa, Cola Square, Shams Beirut Building, Bloc B, 12th floor.
Telephone(s)	00961-1-300301 Mobile: 00961-3-959040
Fax(es)	00961-1-305573
E-mail	samsaabchebaa@hotmail.com ; ibtissam.saab@bau.edu.lb
Nationality	Lebanese
Origin	Chebaa
Place & Date of birth	Tripoli 31/01/1972
Gender	Female

Position

Professor and chairperson at Department of physical therapy, Faculty of Health Sciences, Beirut Arab University.
Former member of education committee of world physiotherapy (2022-2026)
Leader of the national committee tasked with the evaluation, development, and restructuring of the academic degree framework in physical therapy, ensuring alignment with international standards (2025)
Member of the 'Assurance-Qualité et Accréditations' of C2R Moyen-Orient within the Agence Universitaire de la Francophonie (2024).
Member of the Award committee at the World Confederation for Physical Therapy (WCPT) representative of the European region (2019)
Member of specialized committee of Ministry of Education and Higher Education for reviewing of Physical therapy programs in Lebanon (since 2017)
Former Vice president of Order of Physiotherapists in Lebanon (OPTL) and Secretary of educational affairs (2017-2022)

Work experience

2020
Professor of Physical Therapy
Delivering courses for undergrad and postgrad levels
Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jadidah- Omar Farroukh Str.
Teaching and education

2018
Participation as a senior core academic faculty in the Physical Therapy Department at BAU in the full accreditation process of the BSc program from WCPT
Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jadidah- Omar Farroukh Str.
Quality assurance

2016
Lead the physical therapy department at Beirut Arab university to obtain international recognition and accreditation from The World Confederation for Physical Therapy (WCPT).
Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Administration and management

2013-2014
Leader of the development of the BSc in Physical Therapy program according to international benchmarks

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

Date	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Occupation or position held	Administration and management
Main activities and responsibilities	
Name and address of employer	**2013**
Type of business or sector	Establisher of Doctor of Physical Therapy program at Beirut Arab University in Lebanon and Middle East.
Date	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str
Occupation or position held	Administration and management
Main activities and responsibilities	
Name and address of employer	**2015– ……**
Type of business or sector	Associate professor of Physical Therapy
	Courses delivered : Musculoskeletal Physical Therapy I (3 Cr), Musculoskeletal Physical Therapy II (3
Date	Cr), Research and Evidence Based Practice (2 Cr), Clinical Reasoning and Decision Making (2Cr),
Occupation or position held	Evidence Based Practice Seminar I (3 Cr), Evidence Based Practice Seminar II (2 Cr), Applied clinical
Main activities and responsibilities	reasoning II (5 Cr), Musculoskeletal Physical Therapy Practice (3 Cr), Neuromuscular Physical Therapy Practice (3 Cr), Pediatric Physical Therapy Practice (2 Cr),Medical surgical Physical Therapy Practice (2 Cr). Pain management in PT (2 Cr), Evidence Based Nursing (3 Cr).
	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
	Teaching and education
Name and address of employer	**2012– …….**
Type of business or sector	Head of Department of Physical Therapy
	Administrative activities and responsibilities
Date	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Occupation or position held	Administration and management
Main activities and responsibilities	
Name and address of employer	**2012– 2015**
Type of business or sector	Assistant professor of Physical Therapy
	Courses delivered: Physical Therapy Intervention II (4 Cr), Physical Therapy Intervention III (4 Cr),
Date	Evidence Based Practice (2 Cr), , Musculoskeletal Physical Therapy I (5 Cr), Musculoskeletal Physical
Occupation or position held	Therapy II(5 Cr), Kinesiology And Biomechanics I (2 Cr), Evidence Based Practice Seminar I (3 Cr),
Main activities and responsibilities	Evidence Based Practice Seminar II (2Cr) Clinical Reasoning and Decision Making(2 Cr), Faculty /university electives (2 Cr)
	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
	Teaching and education
Name and address of employer	**2011– 2012**
Type of business or sector	Assistant Professor of Physical Therapy
	Lecturer of the Course: Physical Therapy Intervention I (5h/w), Physical Therapy Intervention II (8h/w),
Date	Physical Therapy Intervention III (8h/w),Kinesiology And Biomechanics I (4h/w), Evidence Based
Occupation or position held	Practice (4h/w)
Main activities and responsibilities	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
	Teaching and education
Name and address of employer	**2009– …….**
Type of business or sector	Physical therapy consultant
	Clinical training supervision
Date	Physical Therapy Outpatient Clinic, Faculty of Health Sciences, Beirut Arab University.
Occupation or position held	Clinical training faculty
Main activities and responsibilities	
Name and address of employer	**2009 – 2011**
Type of business or sector	Lecturer of Physical Therapy
	Lecturer of the Course: Principles in Rehabilitation (1h/w), Physical Therapy Intervention I (5h/w),
Date	Physical Therapy Intervention II (8h/w), Physical Therapy Intervention III (8h/w),Kinesiology And
Occupation or position held	Biomechanics I (4h/w), Preparation for Painless Labor (2h/w),Stretching(2h/w)
Main activities and responsibilities	Faculty of Health Sciences, Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
	Teaching and education
Name and address of employer	
Type of business or sector	
Date	**2009-2010**
Occupation or position held	Clinical instructor of Anatomy
Main activities and responsibilities	Demonstration of anatomy

Name and address of employer	Faculties of Medicine, Dentistry (8h/w). Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Type of business or sector	Teaching and education
Date	**2008**
Occupation or position held	
Main activities and responsibilities	Establisher of Physical Therapy program at Beirut Arab University.
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	**2008 - 2009**
Occupation or position held	Lecturer of Physical Therapy
Main activities and responsibilities	Courses delivered: Principles in Rehabilitation (1h/w), Physical Therapy Intervention I (5h/w)
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	**2005 – 2008**
Occupation or position held	Lecturer of Physical Therapy
Main activities and responsibilities	Lecturer of the Courses: Electrotherapy (3h/w), Therapeutic Exercises (5h/w), Stretching (2h/w), Cardiopulmonary Rehabilitation (3h/w), and Orthopedic Physical Therapy (2h/w).
Name and address of employer	Faculty of Public Health, Lebanese University. Hadath – Rafic Hariri Campus.
Type of business or sector	Teaching and education
Date	**2005- 2009**
Occupation or position held	Clinical instructor of Anatomy
Main activities and responsibilities	Demonstration of anatomy
Name and address of employer	Faculties of Medicine, Dentistry, and Health Sciences (starting 2008) (18h/w). Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Type of business or sector	Teaching and education
Date	**2004 -2005**
Occupation or position held	Clinical instructor of Anatomy
Main activities and responsibilities	Demonstration of anatomy
Name and address of employer	Faculties of Medicine, and Pharmacy (18h/w). Beirut Arab University, Beirut, Tarik el Jedidah – Omar Farroukh Str.
Type of business or sector	Teaching and education
Date	**2001 – 2005**
Occupation or position held	Clinical Educator of Physical Therapy
Main activities and responsibilities	Clinical Educator of Courses: Electrotherapy (3h/w), Therapeutic Exercises (5h/w), and Orthopedic Physical Therapy (2h/w).
Name and address of employer	Faculty of Public Health, Lebanese University, Hadath – Rafic Hariri Campus.
Type of business or sector	Teaching and education
Date	**1995 – 1999:**
Occupation or position held	Physical Therapist in Self owned clinic
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	**1999 – 2004**
Title of qualification awarded	PhD in Physical Therapy for Musculoskeletal Disorders and its surgery Thesis title: "The Effect of Changing The Frequency of Bending Load on Bone Formation After Two Different Periods of Unloading in Adult Wistar Rats".
Name and type of organisation providing education and training	Faculty of Physical Therapy, Cairo University, Egypt

Date	**1996 – 1999**
Title of qualification awarded	M.Sc. degree in Physical Therapy for Musculoskeletal Disorders and its surgery Thesis title:"Efficacy of Physical Therapy Management in Temporomandibular Disorders".
Name and type of organisation providing education and training	Faculty of Physical Therapy, Cairo University, Egypt

Date	**1996 – 2003 :**
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	**28/02/1997 – 20/03/1997**
Title of qualification awarded	Special course in Acupuncture Treatment
Name and type of organisation providing education and training	Middle East Association of Alternative Treatment, Cairo, Egypt.

Date	**1990 – 1994**
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

Date	**1989-1990**
Title of qualification awarded	Freshman Year
Name and type of organisation providing education and training	Hariri Foundation, Beirut, 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 assistant professor-delivering presentations at university and conferences.

Teamwork skills

- Worked effectively as part of the health sciences faculty team at Beirut Arab University and had to be adaptable to meet the needs of the team.

Organisational/Managerial skills

- Contribute expertise and follow leadership directives at appropriate times.
- Currently responsible for a team of 8 people.

- Part of a team to design related department policies and procedures.
- Facilitated department council planning.
- Group facilitating, managing group interactions.
- Supervising students and processes.
- Updating information and records.
- Coordinating activities or events.
- Evaluated individual work performance.
- Developed and introduced patient-centered approach in the physical therapy outpatient clinic, Beirut Arab University.
- Mastering technical skills related to specific databases (Medline, Accessphysiotherapy, Science Direct, and Rehabilitation Reference Center).
- Establishing (in 2009) and renovating (in 2013) the Physical Therapy out Patient Clinic at the Faculty of Health Sciences, Beirut Arab University.
- Introduced practice based on evidence to patient management process in the physical therapy outpatient clinic, Beirut Arab University.

Problem solving skills

- Dealing with situations in a neutral non-personal manner.
- Handling complaints from students.
- Evaluating options and making solutions.

Job related skills

- Good command of quality control processes as a member of the quality assurance unit committee for eight years and a head of the quality assurance unit committee for one year through which the Nutrition and Dietetic, Medical Laboratory Technology, and Nursing Departments of the Faculty of Health Sciences at Beirut Arab University got full five years accreditation from the AHPGS.

Professional/Committee Service

- **2026:** Reviewer of the manuscript entitled "Diagnostic Criteria for Sacroiliac Joint Dysfunction: A Scoping Review" for the Journal of Musculoskeletal Surgery and Research.
- **2026:** Reviewer of the manuscript entitled "Gluteal Tendinopathy Following Sequential Use of Moxifloxacin and Ciprofloxacin" for the Journal of Musculoskeletal Surgery and Research.
- **2026:** Reviewer of the manuscript entitled "Gait and Balance Improvements with Carbon Fiber Ankle Foot Orthosis in a Charcot-Marie-Tooth Patient: A Case Report" for the Journal of Musculoskeletal Surgery and Research
- **2026:** Selected as a member of the Scientific Committee of the *International Conference on Physical Therapy and Rehabilitation – Palestine 2026*, held on May 6–7, 2026, and organized by Palestine Ahliya University.
- 2026: Selected to serve on the supervisory and examination committee for PhD theses at the University of Sharjah, United Arab Emirates.
- **February 20, 2025:** Member of the Employer Liaison & Advisory Committee of the Physical Therapy Department at Gulf Medical University–UAE
- **February 6, 2025:** Chair of the national committee responsible for reviewing the physical therapy profession, evaluating academic qualifications, and restructuring the related curricula to ensure consistency, quality, and alignment with international standards.
- **December 2024:** Member of the exam committee of the national physical therapy colloquium exam (Ministry of Education and Higher Education) for two rounds.
- **January 10th 2024:** Member of the Employer Liaison & Advisory Committee of the Physical Therapy Department at Gulf Medical University–UAE.
- **February 2024:** Selected as a Member of the 'Assurance-Qualité et Accréditations' of C2R Moyen-Orient within the Agence Universitaire de la Francophonie (AUF).
- **December 4th 2023**: Member of the editorial board of Benha International Journal of Physical Therapy.
- **September 5-2023:** Participation in the meeting with the external audit organized by the Ministry of Higher Education in UAE for the national accreditation of Gulf Medical University.

- **August 28th 2023:** Member of the Employer Liaison & Advisory Committee of the Physical Therapy Department at Gulf Medical University –UAE.
- **July 26th 2023:** Selected member as a part in a focus group for the evaluation of World Physiotherapy Congress 2023.
- **November 30, 2022:** Participation in the webinar "Guidance for Developing a Curriculum for the Physiotherapist Entry-Level Education Programme," organized by World Physiotherapy
- **July 2022-2026:** Member of education committee of world physiotherapy. https://world.physio/education-committee
- **April 2022:** reviewer of the final draft of World Physiotherapy's Guidance for developing a curriculum for physiotherapist entry-level education programme https://world.physio/sites/default/files/2022-09/Curriculum_framework_guidance_FINAL.pdf.
- **March 2022:** Reviewer of an article entitled "Nigerian physiotherapists' perception of physiotherapy internship: perceived expectations, experience, and outcomes" for Bulletin of Faculty of Physical Therapy Journal.
- **March 2022:** Secretary of educational/pedagogic affairs of LOPT.
- **2022:** Reviewer of an article entitled "Exploratory Study of Premenstrual Syndrome and its Biopsychosocial Symptoms in Eastern Delta: Focus on Egypt", in the Frontiers in Psychology Journal, section Health Psychology
- **January 2022:** Review member in the Delta university Scientific Journal - Delta University.
- **September 2021:** Reviewer in the Journal of Back and Musculoskeletal Rehabilitation for an article entitled "Effectiveness of pulsed radiofrequency for cervical facet joint pain: preliminary retrospective study Journal of Back and Musculoskeletal Rehabilitation"
- **June 2021:** Participation in the defense of a Master's degree thesis by Ms. Arwa Saif Rashid Alnaqbi entitled "Physiotherapist's Perspectives on Barriers to Implementation of Direct Access of Physiotherapy Services in United Arab Emirates: A cross Sectional Study" College of Health Sciences - University of Sharjah - Sharjah, UAE.
- **March 2021:** Reviewer in the Journal of Back and Musculoskeletal Rehabilitation for an article entitled "Immediate Effects of TENS&HVPS on Subacromial Pain and Active Shoulder Movements: RCT"
- **December 2021:** Reviewer in the Bulletin of Faculty of Physical Therapy for an article entitled 'Impact OF Acute Care Physiotherapy in a Burn Patient: A Case Report'.
- **October 2021**: Representative of Lebanon-OPTL in a meeting of International Neurological Physical Therapy Association (INPA) discussing its strategic plan for the year 2022 and brainstorming various ideas for the upcoming conference.
- **October 2021**: Invited reviewer to the MPT Program of Gulf Medical University, College of Health Sciences, Dept. of Physiotherapy, for the renewal of program accreditation by ERT, by the Commission of Academic Accreditation, Ministry of Education, UAE.
- **October 2021:** Assigned as a reviewer member in the Bulletin of Faculty of Physical Therapy- Cairo University
- **October 2021:** Editorial board member and reviewer in the International Journal of Scientific Research in Dental and Medical Sciences (IJSRDMS)
- **September 2021**: Member of the Employer Liaison & Advisory Committee of the Physical Therapy Department at Gulf Medical University –UAE
- Reviewer in the ER-WCPT 2020 for an abstract entitled "Disease-specific knowledge for COPD in Greek health care professionals. A preliminary study in those involved in health care delivery"
- Reviewer in the ER-WCPT 2020 for an abstract entitled "Does rehabilitation changes in gate kinematic parameters in total knee arthroplasty subjects? A prospective observational pilot study"
- Reviewer in the ER-WCPT 2020 for an abstract entitled "Guidelines for the clinical education component of physiotherapy professional entry level education of the world confederation for physical therapy"
- Reviewer in the ER-WCPT 2020 for an abstract entitled "the experience of clinical

supervisors of physiotherapy students on divers placements in the UK"

- Reviewer in the ER-WCPT 2020 for an abstract entitled "Undergraduate physiotherapy students' attitudes towards older patients in French-speaking Switzerland "
- Reviewer in the ER-WCPT 2020 for an abstract entitled "Abstract PhD-project for poster session: social determinants focused in physiotherapy education"
- **October 2019:** Reviewer in the Journal of Physical Therapy Science for an article entitled "Peak torque substantially varies between patients with nonspecific low back pain; belong to directional preference classification, and healthy subjects. Clinical biokinesiologic perspectives".
- **May 2019:** Reviewer in the Journal of Physical Therapy Science for an article entitled "Risk factors and types of recurrent stroke: A Saudi hospital- based study"
- **May 2019:** Reviewer in the Journal of Physical Therapy Science for an article entitled Clinical measurements of spinal mobility, static balance, and functional performance in healthy subjects: A simple Biokinesiological analysis of performance"
- **May 2019:** Member of the Award committee at the World Confederation for Physical Therapy (WCPT), representative of the European region.
- **April 2019**: Member of the Advisory committee of the Faculty of Physical Therapy- Cairo University-Egypt.
- **February 2019:** Reviewer in the Asian Pacific Journal of Cancer Prevention for an article entitled "Benefits of Aerobic Exercise for Breast Cancer Survivors: A Systematic Review of Randomized Controlled Trials"
- **2018 – 2019:** Head of library Committee of the Faculty of Health Sciences, Beirut Arab University.
- **July 2018:** Member of the exam committee of the national physical therapy colloquium exam (Ministry of Education and Higher Education).
- **2017-……:** Elected Vice president of Order of Physiotherapists in Lebanon (OPTL)
- **2017-……:** Member of specialized technical committee of Ministry of Education and Higher Education for reviewing of Physical therapy programs in Lebanon.
- **2017 – 2024:** Academic coordinator of postgraduate programs of the Faculty of Health Sciences, Beirut Arab University.
- **2017-……:** Reviewer in Journal of Back and Musculoskeletal Rehabilitation for an article entitled "Deep Heating Therapy via MF Radio waves versus Superficial Heating Therapy in the Treatment of nonspecific Chronic Low Back Pain: a Double Blind Randomized Trial" **[Rehabilitation-Q2]**
- **2017-……:** Reviewer in Journal of Taibah University Medical Sciences for an article entitled "Biodex balance training versus conventional balance approach for children with spastic diplegia" **[Q3]**
- **2017-……:** Reviewer in The journal of Physical Therapy Science for an article entitled "Post Traumatic Cervical Anterolisthesis: Comprehensive Evaluation and Expert Opinion Based on Clinical Judgement Skills"
- **November 30th, and December 1st, 2017:** Member of award Committee in the first International Student Conference entitled "Research for Better Practice" organized by the Faculty of Physical Therapy – Cairo University in collaboration with the Society of Arab Faculties and Institutes of Physiotherapy (SFIPA).
- **2016-2017:** Head of quality assurance unit committee of the Faculty of Health Sciences, Beirut Arab University.
- **4th - 7th December 2016:** Consultant for a mock audit of a BSc Physical Therapy Program at Gulf Medical University– Ajman – UAE.
- **2016:** Reviewer in Journal of Back and Musculoskeletal Rehabilitation for an article entitled "Right versus left side bridge static endurance ability among healthy collegiate students at Taibah University" **[Rehabilitation-Q2]**
- **December 2016:** Member of the exam committee of the national physical therapy

colloquium exam (Ministry of Education and Higher Education).

- **2015-2016:** Head of scientific research committee of the Faculty of Health Sciences, Beirut Arab University.
- **2015-2016:** Member of IRB committee, Beirut Arab University.
- **2015– 2016:** Member of scientific research committee of Beirut Arab University.
- **December 2013:** Member of the oral committee of the national physical therapy colloquium exam (Ministry of Education).
- **July 2013:** Member of the oral committee of the national physical therapy colloquium exam (Ministry of Education).
- **July 2012:** Member of the oral committee of the national physical therapy colloquium exam (Ministry of Education).
- **2011– ……:** Member of Advisory Committee of the Faculty of Health Sciences, Beirut Arab University.
- **2011 – 2017:** Member of library Committee of the Faculty of Health Sciences, Beirut Arab University.
- **2009 – 2016:** Member of the Quality Assurance Unit Committee of the Faculty of Health Sciences, Beirut Arab University.
- **2008 – 2011:** Member of The job fair Committee of the faculty of health sciences, Beirut Arab University.
- **July 2008:** Member of the oral committee of the national physical therapy colloquium exam (Ministry of Education).
- **2008 - 2017:** Academic coordinator of undergraduate programs of the Faculty of Health Sciences, Beirut Arab University.
- **2008 – ……:** Member of Faculty Council, Faculty of Health Sciences, Beirut Arab University.
- **2006 – 2016:** Member of Pedagogic Committee of the Order of Physical Therapists in Lebanon.
- **2003 - 2004:** Member of Scientific Committee of the Order of Physical Therapists in Lebanon.

Technical skills and competences

Participation in workshops and conferences:

- **January 24–25, 2026; May 2–3, 2026:** In collaboration with the Continuing Education Center (CEC–BAU), organization and delivery of two workshops on Dry Needling at PTOC.
- **February 7–8, 2026:** In collaboration with the Continuing Education Center (CEC–BAU), organization and delivery of a workshop entitled “Medical Cupping Course” at PTOC.
- **December 15, 2025:** Organization and delivery of a lecture entitled “Curriculum Alignment and Coherence” in the virtual seminar “Evaluation of the Quality of a Higher Education Program,” conducted in collaboration with the AUF Middle East Regional Conference of Rectors (C2R), in my capacity as a member of the C2R Committee for Quality of Education of the Agence Universitaire de la Francophonie (AUF). The seminar focused on key methodologies and best practices for maintaining academic excellence and strengthening quality assurance in higher education programs across the region.
- **October 3, 2025:** Participation as an invited speaker at the “Healthy Minds, Healthy Aging” Conference, organized by Dar Al Ajaza Al Islamia Hospital. Lecture title: “From Frailty to Vitality: Physical Activity in Geriatrics”.
- **September 6–7, 2025:** Moderation of a session entitled “Crisis Cell” during the Lebanese Order of Physiotherapists Congress, “Embracing the Future: Emerging Techniques & Practices,” held at the Habtoor Hotel, Beirut
- **January 11-12/ 18-19/ 25-26, 2025; February 1-2/ 8-9/ 15-16, 2025; May 24–25, 2025; June 21–22, 2025; July 26–27, 2025; August 2–3, 2025; August 16–17, 2025:** In collaboration with the Continuing Education Center (CEC–BAU), organization and delivery of eleven workshops on Dry Needling at PTOC.
- **May 29, 2025:** Participation as a facilitator in a networking session during the World

Physiotherapy Congress 2025, invited in my capacity as a member of the World Physiotherapy Education Committee. The facilitated session was entitled "Raising the Bar: Quality Assurance through University Programme Accreditation and Continuous Professional Development Event Recognition." The congress was held in Tokyo, Japan (May 29–31, 2025)

- **April 11–13, 2025:** Organization and delivery of the "Medical Cupping Course," conducted by the Physical Therapy Department in collaboration with the Beirut Arab University Continuing Education Center (BAU–CEC).
- **February 26, 2025:** Participation as a panelist in the event "Reshaping Formal Healthcare Professional Education in Conflict Settings: Insights and Roadmap for Adoption", organized by the Global Health Institute at the American University of Beirut (GHI-AUB)
- **July 25-26, 2024:** Moderator of a session in the 23rd International Physical Therapy Conference – Cairo University (IPTCCU), themed "Physical Therapy and Quality of Life"
- **January 18-19, 24-25, and 26-27, 2024**: Organization and participation in three workshops "Basic Dry Needling Course" in collaboration with the CCPE - BAU in PTOC.
- **June 2-3 2023:** Participation in the International Congress of the WPT in Dubai and met with other members of the WPT Education Committee members.
- **May 5-6, 2023;March 17-18, 2023; January 13-14, 2023**: delivery of three dry needling courses, organized by CCPE and Physical Therapy Department – Faculty of Health Sciences– Beirut Arab University**.**
- **May 30-31, 2022; June 6-7/13-14, 2022; October 14-15, 2022** : delivery of four dry needling courses, organized by CCPE and Physical Therapy Department – Faculty of Health Sciences– Beirut Arab University.
- **March 18th-19th 2022:** Presenter of a virtual lecture entitled "Evidence Based Practice Programme at PTD at BAU" in the International PRO-EBP conference, organized by Józef Piłsudski University of Physical Education in Warsaw, Branch in Biała Podlaska in collaboration with The Polish Chamber of Physiotherapists.
- **December 16th-17th 2021:** Presenter of a lecture entitled: "The Effect of Adding Virtual Reality Training on Traditional Exercise Program on Balance and Gait in Unilateral, Traumatic Lower Limb Amputee" in the 3rd International conference entitled "No Disability with PT and Rehabilation". Organized by the faculty of Physical Therapy-al Nahda University-Triumph Hotel, Cairo, Egypt.
- **December 11th-15th 2021:** Presenter of a lecture entitled: "Physical Therapy Clinical Training Program at BAU". in the workshop of ICARE project (Erasmus plus). Bader University CAIRO**.**
- **November 28th, 2019:** Presenter of a lecture entitled: "musculoskeletal disorders in preclinical and clinical dental students" in the 2nd International Conference for Scientific Research and its Practical Applications in Physical Therapy: Community Awareness about Disability and Prophylaxis" Organized by the Faculty of Physical Therapy-Cairo University.
- **October 11th and 12th, 2019:** Moderator of a session in the 5th International Scientific Days – Evidence Based Clinical Practice and Prevention organized by the Order for Physical Therapists in Lebanon- Palais de Conges - Beirut – Lebanon**.**
- **August 28th-30th, 2019:** Organizer of a workshop entitled "Dry Needling Level 2" by Mr. Craig Smith, CCPE, and BAU.
- **May, 11th and 13th 2019:** Poster presentation of a research entitled "Carryover effect of hip and knee exercises program on functional performance in individuals with patellofemoral pain syndrome" in the World Confederation for Physical Therapy (WCPT) Congress – Geneva https://world.physio/congress-proceeding/carryover-effect-hip-and-knee-exercises-program-functional-performance
- **April 6-7th 2019:** Presenter and moderator of session in the 20th International Conference of the Faculty of Physical Therapy-Cairo University entitled "Physical Therapy: From Disability to life", organized by Cairo University.
- **October 30th, 2018:** Presenter of a lecture entitled: "Shoulder Dysfunction: Biomechanical Approach of Intervention" in a symposium entitled: "Advanced Physical Therapy Practice", organized by FHS – Tripoli campus
- **October 23rd, 24th and 25th, 2018:** Presenter of a paper entitled: "Adherence of Lebanese Adolescent Students to the Copernican Theory of Mediocrity Regarding Anthropometry,

Activity, and Social Participation" 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.

- **July 23rd-25th, 2018:** Organizer of a workshop entitled "Dry Needling Level 2" by Mr. Craig Smith, CCPE, and BAU**.**
- **April 14th, 2018:** Presenter of a lecture entitled: "Biomechanics of The Hip Joint" in 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**.**
- **August 25th, 2017:** Presenter of a lecture entitled: "Shoulder Biomechanics" during a scientific day entitled "Shoulder Management and beyond "organized by Zahraa Hospital – Beirut.
- **March 16th-17th, 2017:** Presenter of a lecture entitled: "Evidence Based Physical Therapy Practice" and president of session in the 18th International Scientific Conference of Faculty of Physical Therapy-Cairo University**.**
- **March 1st, 2017:** Moderator of session entitled "Marketing, How to promote yourself in physiotherapy"in the 5th Scientific day of physiotherapy organized by the Institute of physiotherapy - Université Saint-Joseph – Beyrouth.
- **October 7th-9th, 2016:** Instructor of a workshop in collaboration with Mr. John Langendoen-MSc OMT, entitled "Analysis and Management of Lumbar Spine and Pelvic Pain" according to Maitland Concept, Organized by CCPE and Physical Therapy Department – Faculty of Health Sciences– Beirut Arab University
- **September 24th-25th, 2016:** Moderator of a session in the 10th OPTL congress – Physio Beirut organized by the Order for Physical Therapists in Lebanon- Hilton Habtoor – Lebanon.
- **July 30th, 2016:** Moderator of session in a scientific day organized by Saint George Hospital – Ajaltoun – Lebanon.
- **July 14th-15th, 2016:** Moderator of session at the 7th annual congress of the "association medical franco-libanaise". Habtoor Hotel – Lebanon.
- **September 11th and 12th, 2015:** Moderator of session at the Third International Days of the National Institute of Physical Therapy organized by Order of Physical Therapy in Lebanon. Hilton Metropolitan Hotel, Sin El Fil – Lebanon.
- **August 7th-August 9th, 2015:** Instructor of a workshop in collaboration with Mr. John Langendoen-MSc OMT, entitled "Analysis and Management of Cervical Spine Pain and Dysfunctions according to Maitland Concept", Organized by CCPE and Physical Therapy Department – Faculty of Health Sciences– Beirut Arab University.
- **May 16th, 2015:** Session coordinator in a scientific day at Université Saint Famille – Batroun.
- **May 1st – May 4th, 2015:** Poster presentation of a research entitled *"Adherence of Lebanese Adolescent Students to the Copernican Theory of Mediocrity Regarding Anthropometry, Activity, and Social Participation"* in the 4th international congress of Physical Therapy in Singapore.
- **April 25th, 2015:** President of a scientific session in a conference: Vèmes Journées de Physiothérapie de l'USJ. Organized by Université Saint Joseph. Beirut – Lebanon.
- **June 7th 2014:** Lecturer in a scientific day organized by Saint George Hospital – Ajaltoun – Lebanon, the lecture entitled "Electrotherapy from a Scientific to Clinical Evidence".
- **February 21th 2014:** lecturer in a conference entitled "Physical Therapy and Rehabilitation in Endocrinology" organized by Global University and Order of Physical Therapy in Lebanon, the lecture entitled "Thyroid Disorders: Special Consideration in Physical Therapy".
- **December 15th, 16th 2013:** lecturer in the 4th meeting of physical therapist of the physical therapy Institution, Saint Joseph University, the lecture entitled "Team Based Learning".
- **June 15th, 16th 2013:** Moderator of session entitled "Management of Shoulder Instability and Rotator Cuff Tears" in a congress entitled "1st updates on upper extremity and hand surgery and rehabilitation", organized by AUBMC Continues Education Program, Beirut, Lebanon.
- **May 11th 2013:** Organizer and Instructor of an 8 contact hours of practical workshop entitled

"An Overview of Manual Therapy Concept", Beirut Arab University, Faculty of Health Sciences.

- **September 7th-9th 2012:** President of a session entitled "Accreditation" in the Second International INP Days of Physiotherapy entitled "Quality in Physical Therapy" organized by Order of Physical Therapists of Lebanon.
- **September 17th and 18th 2011:** Active participation in the 8th OPTL International congress entitled "Diversity in Physiotherapy" organized by the Order of Physical Therapy of Lebanon – Beirut – Lebanon.
- **December 3rd and 4th 2010:** Director of a scientific session entitled "Management and Rehabilitation of Cerebral Hemorrhage" along with Dr. Bechara EL CHAMI and Dr. Hayssam EL Samad in the fourth scientific congress of Rahma Medical Center entitled "Neurological Rehabilitation Towards Globalization and Distinction, organized by Rahma Medical Center in collaboration with Order of Physicians in North Lebanon, Makassed General Hospital, Arab Confederation for Physical Therapists, Lebanese University Faculty of Public Health – Section III, and Lebanese German University**.**
- **September 18-19th 2010:** Moderator of a scientific session entitled "Global Postural Rehabilitation" of the first scientific days of the National Institute of physical therapy entitled " The Scientific Physical Therapy of Tomorrow: The Bias of Practice and Research". Organized by the Lebanese Order of Physical Therapists.
- **April 17th 2010:** Organizer and Instructor of a workshop entitled "Pain Management by Electrical Stimulation" at Beirut Arab University-Faculty of Health Sciences (8 contact hours).
- **November 13-15th 2009:** Poster Presentation "*Does Vibration Enhances Static Stretch Effect on Muscle Flexibility?*" in 16th International Scientific Conference organized by Lebanese Association for Advancement of Science and Beirut Arab University, and in Collaboration with National Council for Scientific Research in Lebanon, Beirut, Lebanon.
- **September 2009:** Lecturer in the 7th International Congress of Physical Therapy "Physiotherapy: Tradition or Innovation", Organized by the Physical Therapist Order of Lebanon.
- **February 7th 2009:** Organizer and Instructor of practical workshop entitled "effect of exercise on biological tissues" organized by the Faculty of Health Sciences, Beirut Arab University (8 contact hours).
- **September 10th – 11th 2005:** Lecturer in the International Congress of the Order of Physiotherapists in Lebanon entitled "Research in Physiotherapy", organized by the Order of Physiotherapists in Lebanon and in collaboration with the World Confederation for Physical Therapy – La Federation International des Organisations de Physiotherapeutes Francophones – The Arab Federation for Physiotherapy and the French/Lebanese Medical Association, Beirut, Lebanon.
- **July 22nd – 24th 2005:** Lecturer in the "Third Physiotherapy Days of USJ", Organized by the Saint Joseph University.
- **June 8th - 11th 2005:** Accepted letter for poster presentation in the annual conference organized by the American Physical Therapy Association (APTA), in Boston, USA. (JUNE 8-11: 2005).
- **September 4th – 5th 2004:** Lecturer in the International Congress of the Order of Physiotherapists in Lebanon entitled "Guidelines in Physiotherapy", organized by the Order of Physiotherapists in Lebanon and in collaboration with the World Confederation for Physical Therapy – La Federation International des Organisations de Physiotherapeutes Francophones – The Arab Federation for Physiotherapy and the French/Lebanese Medical Association, Beirut, Lebanon.
- **March 22th - 27th 2004:** Instructor of Intensive Basic Electrotherapy Training Course done to the Norwegian Peoples Aid (NPA) physical therapy staff (30 contact hours).
- **September 6th – 7th 2003:** Lecturer in the Yearly Lebanese Congress of Physical Therapy entitled "What's New in Physiotherapy-2003", organized by the Order of Physiotherapists in Lebanon and in collaboration with the World Confederation for Physical Therapy – La Federation International des Organisations de Physiotherapeutes Francophones – The Arab Federation for Physiotherapy and the French/Lebanese Medical Association, Beirut, Lebanon.
- **September 9th 2001:** Lecturer in the Yearly Lebanese Congress of Physical Therapy entitled "Physiotherapy for the Community Service", Organized by the Physical Therapist Order of Lebanon.

Attended many conferences and workshops in Lebanon, Egypt, UAE, Italy, Austria, and Singapore, Japan

Honors and Awards

- **November 30th, and December 1st, 2017:** Honor ship from the Dean of the Faculty of Physical Therapy – Cairo University being notable alumni for the efforts exerted in developing the physical therapy profession in the Arab world and for gaining of the International accreditation of the BSc in Physical Therapy program at BAU from the World Confederation for Physical Therapy (the first in the Arab world and Middle East).
- **March16th -17th, 2017:** Honor ship from the Dean of the Faculty of Physical Therapy – Cairo University for her efforts in developing the physical therapy profession in the Arab world especially for the launching the first DPT program at BAU in Lebanon.
- **May 2015:** Honor ship from the OPTL and ACPT as being the first in the history of Lebanon to develop a post professional Doctor of Physical Therapy Degree in Lebanon at BAU
- **2013:** Physical therapy Medal from the order of physical therapy of Lebanon.
- **April 1st and 2nd 2010:** Representative of Lebanese minister of Higher Education in the 13th annual scientific international conference organized by the Faculty of Physical Therapy, Cairo University.
- **2004:** Honor ship from the dean of the faculty of physical therapy, Cairo university "best thesis study for the year 2004"
- **1994:** Honor ship of the distinguished students in Lebanon from President Elias El HRAWI.
- **1993:** Honor ship of the distinguished students in Lebanon from P.M. Rafic HARIRI.

Social skills and competences

- **April 2026:** Lead the telehealth physical therapy services during the war period to support patients facing difficulties accessing healthcare.
- **September 26 – December 19, 2025:** Facilitator in the international *Physiotherapy Action Learning Sets (PALS)* project, which brought together participating institutions from Kathmandu University (Nepal), University of Wisconsin–Madison (USA), University of the West Indies – Mona (Jamaica), University of Salford (UK), and Beirut Arab University (Lebanon). The project comprised multiple virtual sessions engaging students and facilitators in discussions on physical therapy education, healthcare systems, and key "wicked problems" in practice. The initiative promoted international collaboration, cross-cultural learning, reflective dialogue, and collaborative problem-solving in physical therapy education
- **April 11–19, 2025:** Participation in the organization and delivery of the Rehabilitation for Persons with Lower Limb Amputation (RAMP) training course, conducted in collaboration with the ICRC for fourth-year physical therapy students, Faculty of Health Sciences, Beirut Arab University.
- **October 17, 2024:** Participation in an online orientation session on Mental Health and Psychosocial Support (MHPSS), held in collaboration between the National Mental Health Program and the Lebanese Order of Physical Therapists.
- **November 23rd-24th 2022:** Delivery of a Workshop entitled "Rehabilitation Evidence Based Practice", organized by ICRC and physical therapy department- Faculty of Health Sciences- BAU.
- **November 13th, 2022:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon organized by the "Beirut Marathon Association".
- **2019-2022:** active participation as a committee member in developing child protection guidelines for health care providers in Lebanon In coordination between the Ministry of Public Health and the United Nations Children's Fund (UNICEF)
- **May 11th, 2021:** Member in the Scientific Committee to judge the science competition "Moubarat Al Ouloum" in 2020-National Association for Science and Research (NASR).
- **February 11th, 2019:** Speaker in a postural awareness campaign for dentistry students, organized by Physical Therapy Department and the Faculty of Dentistry – Beirut Arab University.
- **January 28th- February 7th 2019:** organization and delivery of a Workshop entitled "Rehabilitation for persons with lower limb AMPutation", organized by ICRC and physical therapy department- Faculty of Health Sciences- BAU.
- **November 11th, 2018:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon.

- **September 10th, 2018:** Organizer and instructor of a workshop entitled: "electrotherapy" to train physical therapists of Specialized Medical Rehabilitation Hospital-Dr. Mohamad Khaled Social Foundations and Mossawat association (NGO), Physical Therapy Department- Beirut Arab University.
- **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
- **December 8th, 2017:** Volunteer participation in the Celebration of the Word Disability day, organized by the Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University in collaboration with El Montada Foundation for disability- North Lebanon
- **December 1st, 2017:** Participation in the meeting of SFIPA – the Society of Arab Faculties and Institutes of Physiotherapy to discuss updates and challenges facing the physical therapy education in the Arab world. During the1st International Student Conference entitled "Research for better practice - Faculty of Physical Therapy – Cairo University – Cairo.
- **November 12th, 2017:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon.
- **March 17th, 2017:** Participated in the meeting of SFIPA – the Society of Arab Faculties and Institutes of Physiotherapy to discuss important issues related to the physical therapy education in the Arab world. During the 18th International Scientific Conference of Faculty of Physical Therapy-Cairo University-Cairo.
- **March 12th, 2017:** Presenter of a lecture entitled: "Evidence Based Practice" organized by Physical Therapy Department- Beirut Arab University, to train physical therapists of Mousawat association to practice based on evidence, Mossawat association, Beirut**.**
- **December 1st, 2016:** Volunteer participation in the Celebration of the Word Disability day, organized by the Physical Therapy Department-–Faculty of Health Sciences -– Beirut Arab University in collaboration with Mossawat Foundation– Beirut – Lebanon.
- **November 14th, 2016:** Participation in a Dentistry Posture Awareness Campaign, organized by the Physical Therapy Department and the faculty of dentistry. Beirut Arab University.
- **November 13th, 2016:** Volunteer participation in the medical team of BLOM Bank Beirut Marathon.
- **October 28th, 2016**: Participation in a Dentistry Posture Awareness Campaign, organized by the Physical Therapy Department and the faculty of dentistry. Beirut Arab University.
- **December 4th, 2015:** Organizer and lecturer of an orientation session about Turnitin. Organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.
- **December 3rd 2015:** Volunteer participation in the Celebration of the Word Disability day, at Mouhamad Khaled Foundation's – Adnan and Raeda Kassar Cerebral Palsy Center.
- **November 8th, 2015:** Volunteer participation in the medical team of Banque Du Liban Marathon**.**
- **September 28th, 2015:** Organizer and presenter of a lecture entitled: Principles of Evidence-based Practice to train physical therapists of Mousawat Association, Mohamad Khaled Foundations, Dar El Ajaza, Makassed General Hospital, Hammoud Hospital, Sahel Hospital, Rafic Hariri University Hospital, and Social Welfare Institutions/Human Capacity Development to practice based on evidence, Beirut, organized by Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University.
- **November 9th 2014:** Volunteer participation in the medical team of Bank of Beirut Marathon.
- **May 14th 2014:** Volunteer participation in the medical team of Woman's Marathon.
- **March 21th 2014:** Giving lecture entitled "Evidence Based Practice", organized by the BAU Medical Faculty Staff Development Program.
- **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.
- **November 11th 2012:** Volunteer participation in the medical team of BLOM Beirut Marathon.
- **November 25th 2010:** Lecturer in the cultural activity of the Faculty of Health Sciences, the lecture entitled "Physical Therapy for Scoliosis", Beirut Arab University.
- **May 12th 2010:** Organization of health sciences day entitled "5 in 50 years of Education".

- **May 12th 2009:** Organization of health sciences day entitled "Delivering Quality, Serving Communities; Nurses Leading Care Innovations".
- **July 2003:** Member of the Medical Team for the Camp Made by the Lebanese Ministry of Foreign Affairs for the Lebanese Immigrants.
- **July 2002:** Member of the Medical Team for the Camp Made by the Lebanese Ministry of Foreign Affairs for the Lebanese Immigrants.

Publication Experience

- 2026: Addition of low-load blood flow restriction training to conventional physiotherapy improves handgrip strength and function in patients with lateral epicondylitis at the short-term: A single-blind randomized clinical trial. Journal of Back and Musculoskeletal Rehabilitation, 10538127261494053
- **2026:** Artificial Intelligence in Physical Therapy Education: The Future of Improving Performance and Clinical Reasoning in Musculoskeletal Care". European Journal of Physiotherapy.
- **2026:** Therapeutic impact of electrical stimulation versus intramuscular electrical stimulation via dry needling on tibialis anterior muscle on reducing spasticity in stroke survivors: a randomized controlled trial. Irish Journal of Medical Science.2026; (1971-), 1-10
- **2025:** Integrating conflict-health training into healthcare curricula in low- and middle-income countries. Communications Medicine. 2025 5:470; https://doi.org/10.1038/s43856-025-01180-3
- **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.
- **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.
- **2023:** Immediate Neurophysiological effect of electrical stimulation via dry needling on H-reflex in post stroke spasticity. Physiotherapy Theory and Practice.2023; 40 (7), 1412-1420
- **2022:** Effect of Adding Motorized Cycle Ergometer Over Exercise Training on Balance in Older Adults with Dementia: A Randomized Controlled Trial. Experimental Aging Research, 49(2); 100-111.
- **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:** Effect of Interferential Electrical Stimulation on Pain Perception and Disability Level on Interstetial Cystitis: A Randomized Clinical Trial; Fizjoterapia Polska. (Accepted on 23rd December 2019).
- **2020:** Effect of Segmental Vibration on Hand and Pinch Grip Strengths in Healthy Subjects. BAU Journal-Health and Wellbeing, 2(2), 2.
- **2019:** Effect of Inspiratory Muscle Training on Diaphragm Mobility and Functional Capacity in Elderly: A Randomized Clinical Trial; Fizjoterapia Polska. 2019; 19(2):28-32.
- **2019:** Effect of Ultraviolet on Vitamin D and Quality of Life in Postmenopausal Women: a Randomized Controlled Study; Physiotherapy Quarterly. 2019;27(3):1–5. DOI: https://doi.org/10.5114/pq.2019.84270. ISSN 2544-4395.
- **2019:** Effect of Antenatal Exercise on Mode of Delivery in gestational diabetic females: a single-blind randomized controlled trial; Physiotherapy Quarterly. 2019, 27(3), 6–1. DOI: https://doi.org/10.5114/pq.2019.84272. ISSN 2544-4395.
- **2019:** Squatting versus Squatting with Hip Adduction in Management of Patellofemoral Osteoarthritis: A Randomized Controlled trial; Journal of Back and Musculoskeletal Rehabilitation. 2018; vol. Pre-press, no. Pre-press, pp. 1-8.
- **2019:** The Effects of Electrical Stimulation Parameters in Managing Spasticity after Spinal Cord Injury: A Systematic Review; Am J Phys Med Rehabil. 2019 Oct 8. DOI: 10.1097/PHM.0000000000001064.
- **2018:** Effect of Unifocal versus Multifocal Lenses on Cervical Spine Posture in Patients with Presbyopia. International journal of occupational safety and ergonomics: JOSE. 2018 Apr:1-4.
- **2018:** Adherence of Lebanese Adolescent Students to the Copernican Theory of Mediocrity Regarding Anthropometry, Activity, and Social Participation 2018; special issue of BAU Journal-

Health & Well-Being ISSN No. 2617-1635.

- **2017:** Bone Mineral Density and Body Composition According to Menstrual Status in Female Gymnasts: an Observational Study; Biomedical Research 2017; 28 (19): 8390-8396.
- **2017:** Impact of Foot Pronation on Postural Stability: An Observational Study. Journal of Back and Musculoskeletal Rehabilitation. 2017; 30(6):1327-1332.
- **2017:** Carryover Effect of Hip and Knee Exercises Program on Functional Performance in Individuals with Patellofemoral Pain Syndrome. The Journal of Physical Therapy Science 2017 Aug; 29(8):1341-1347.
- **2014:** Morphormetric Study of the Lumbosacral Spine and Some of its Related Angles in Lebanese Adult Females. Italian Journal of Anatomy and Embryology 2014; 119 (2): 91-105.
- **2014:** Pulsed versus Continuous Phenytoin Phonophoresis in Accelerating the Burn Wound Healing in Rats. Journal of American Science 2014; 10 (10): 15-19 (ISSN: 1545-1003).
- **2014:** Effects of Whole Body Vibration on Ankle's Muscle Performance in Elderly. Journal of American Science 2014; 10 (7): 180-184 (ISSN: 1545-1003).
- **2006:** Does Static Lumbar traction Affect Lumbar Intervertebral Spaces and Foramens? Bull. The 9th International Scientific Conference of Faculty of Physical Therapy. Cairo 1-3 March. P 25-34.

Computer skills and competences

Windows, Word, Excel, PowerPoint.
Microsoft Teams, Moodle, and Zoom platforms for online and hybrid work.

Driving licence

Lebanese driving license