



## FACULTY FULL NAME:

**Dr. Wafa Hashem Al Muslem**

**POSITION: Assistant Professor**

### Personal Data

Nationality | Saudi

Department | Physical Therapy

Official IAU Email | walmusallam@iau.edu.sa

Office Phone No. | 31312

### Language Proficiency

Language	Read	Write	Speak
Arabic	✓	✓	✓
English	✓	✓	✓
Others			

### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2018	PhD	Manchester Metropolitan University	The United Kingdom Manchester
2013	MSc	Manchester Metropolitan University	The United Kingdom Manchester
2009	Bachelor	King Saud University	Saudi Arabia Riyadh

### PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	The sympathetic nervous system effects of spinal mobilization in those with and without nonspecific low back pain
Master	Spinal mobilization: The Concurrent Effects OF Hyperalgesia, Sympathoexcitation and Motor Control
Fellowship	



### Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Assistant professor	Physical Therapy Department- College of Applied Medical Sciences- IAU	2019-current
Lecturer	Physical Therapy Department- College of Applied Medical Sciences- IAU	2013-2014
Demonstrator	Physical Therapy Department- College of Applied Medical Sciences- IAU	2009-2011

### Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Vice Chair of The Head of Department- Female section coordinator		2022- Current

### Scientific Achievements

#### Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Mohammad Ahsan; Turki Abualait; Mohammed Al-Subaiei; Wafa Al Muslem; Maitha Aldokhayyil; Shibili Nuhmani; Abdullah Alzahrani	Determining characteristics of gait variability with preferred walking speed in hypertensive and normotensive participants	2023 Clinical Epidemiology and Global Health
2	Abdulhadi Al-Makhalas; Turki Abualait; Mohammad Ahsan; Sahar Abdulaziz; Wafa Al Muslem	A gender based comparison and correlation of spatiotemporal gait parameters and postural stability: Gait Parameters and Postural Stability	2023 Acta Biomedica Atenei Parmensis
3	Sahar Zaidi; Asfak Ahamad; Anam Fatima; Irshad Ahmad; DEEPAK MALHOTRA; Wafa Hashem	Immediate and long term effectiveness of proprioceptive neuromuscular facilitation and static stretching on	2023 Journal of Clinical Medicine



	Al Muslem; Sahar Abdulaziz; shibili nuhmani	joint range of motion, flexibility, and electromyography activity of knee muscles in older adults	
4	Bari Mohd Arshad Mir Haq Nawaz Parrey Junaid Ahmad Ateeq Amir Ajhar Arish Al Muslem Wafa Hashem Nuhmani Shibili Alduhishy Anas Alsubaiei Mohammed Essa	Exploring variations in gait patterns and joint motion characteristics in school-aged children across different walking speeds: a comprehensive motion analysis study	2023 Journal of Medicine and Life
5	Ali AlTaweel; shibili nuhmani; Dr Mohammad Ahsan; Wafa Hashem Al Muslem; Turki Abualait; Qassim Ibrahim Muaidi	Analysis of Anaerobic power output, dynamic stability, lower limb strength, and power of elite soccer players based on their field position	2022 Health Care Journal
6	Priya Sirohi; Moazzam Hussain Khan; Saurabh Sharma; shibili nuhmani; Wafa Hashem Al Muslem; Turki Abualait	A systematic review of effects of daytime napping strategies on sport performance in physically active individuals with and without partial-sleep deprivation	2022 Peer Journal
7	Nuhmani, S.; Ahsan, M.; Bari, M.A.; Malhotra, D.; Al Muslem, W.H.; Alsaadi, S.M.; Muaidi, Q.I.	Patellar Tendinopathy— Does Injection Therapy Have a Role? A Systematic Review of Randomised Control Trials (2022)	2022 Journal of Clinical Medicine
8	Jha, P.; Nuhmani, S.; Kapoor, G.; Muslem, W.H.A.; Joseph, R.; Kachanathu, S.J.; Alsaadi, S.M.	- Efficacy of core stability training on upper extremity performance in collegiate athletes (2022)	2022 Journal of Musculoskeletal Neuronal Interactions
9	Muhannad Almushahhim; shibili nuhmani; Royes Joseph; Wafa Hashem Al Muslem; Turki Abualait	- Short-Term Effects of Dry Needling with a Standard Exercise Program on Pain and Quality of Life in Patients with Chronic Mechanical Neck Pain (2022)	2022 Journal of Clinical Medicine



#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date

### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date

### Current Researches

#	Research Title	Name of Investigator(s)

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	The 8th MMU Postgraduate Research Conference, 5th Nov 2015	Manchester UK	Poster presentation
2	The 9th Saudi Students Conference in Birmingham, UK, 13th – 14th Feb 2016.	Birmingham, UK	Poster presentation
3	MMU Faculty HPSC Faculty Research In High Summer Conference, 4th – 5th July 2017.	Manchester , UK	Poster presentation



## Membership of Scientific and Professional Societies and Organizations

-Member- Physical Therapy Fellowship postgraduate committee. Department of Physical Therapy, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University

-Member- Graduate studies affairs committee. Department of Physical Therapy, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University

-Member- Academic affairs committee. Department of Physical Therapy, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University

- Member -Examination quality committee Department of Physical Therapy, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University

-Member- quality steering committee Department of Physical Therapy, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University

-Member-Employment committee Department of Physical Therapy, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University

## Teaching Activities

### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Physical Therapy Profession	PT 204	Teaching- Coordinator
2	Therapeutic Exercises	PT 210	Teaching- Coordinator
3	Physical Therapy for Musculoskeletal Conditions 1	PT 303	Teaching- Coordinator
4	Clinical Practice 1	PT 305	Clinical instructor
5	Physical Therapy for Musculoskeletal Conditions 2	PT 307	Teaching- Coordinator
6	Clinical Practice 2	PT 310	Clinical instructor
7	Graduation Project 2	PT 410	Supervisor
8	Fundamentals of Physical Therapy Assessment	PT 205	Teaching
9	Women's Health Physical Therapy	PT 453	Teaching
10	Exercise Physiology	PT 451	Teaching



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### Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

<p>Physical Therapy Profession PT 204: The main objective of the course is to introduce the physical therapy profession (PT) and its regulation within the healthcare system in Saudi Arabia for undergraduate students and provide them with knowledge of graduate programs, research activities, and community services experience.</p>
<p>Fundamentals of Physical Therapy Assessment PT 205: The main objective of this course is to provide the students with the fundamentals of clinical assessment. This course focuses on theoretical knowledge and practical skills utilized in physical examination of different conditions.</p>
<p>Therapeutic Exercises PT 210: The main objective of the course is to introduce the students with therapeutic exercise as a main tool for physical therapy rehabilitation. This course is concerned with developing theoretical and practical skills in the application of basic exercise techniques including those specifically related to upper, lower limbs and trunk.</p>
<p>Physical Therapy for Musculoskeletal Conditions I PT 303: The main objective of this course is to explain the fundamentals of musculoskeletal and orthopedic conditions and to state the suitable physical therapy management for these conditions.</p>
<p>Clinical Practice 1 PT 305: The main objective of this course is to develop the clinical skills required for managing patients with musculoskeletal disorders of the upper and lower extremities as well as upper motor neuron conditions in both out-patient / in-patient settings.</p>
<p>Physical Therapy for Musculoskeletal Conditions II PT 307: The main objective of this course is to outline the basics of spinal, sacroiliac, temporomandibular musculoskeletal problems and to identify the appropriate physical therapy management for these problems.</p>
<p>Clinical Practice 2 PT 310: The main objective of this course is to expose the student to the decision-making, case-management planning, and problem-solving role that physical therapist plays in patient management of spinal musculoskeletal and/or .neurological conditions</p>
<p>Graduation Project 2 PT 410: The main objective of this course is to demonstrate the basic knowledge needed to develop a research project.</p>
<p>Women’s Health Physical Therapy PT 453: The main objective of this course is to teach physical therapy students examination methods and management of conditions that affect women health, specially, those associated with age, emphasizing evidence-based physical therapy interventions.</p>
<p>Exercise Physiology PT 451: The main objective of the course is to provide students with an up-to-date theoretical and practical understanding of the physiological responses/ adaptations to exercise training and the relevant clinical applications highlighting problem solving and utilizing research-based leaning.</p>



## Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Advanced Musculoskeletal Clinical Practice I	PT 521	Clinical Instructor
2	Advanced Musculoskeletal Clinical Practice II	PT 530	Clinical Instructor

## Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

<p>Advanced Musculoskeletal Clinical Practice I PT 521 This course is the first of two clinical education components of the MSc Physical Therapy program. This course is designed to advance the students' expertise in the examination, evaluation, diagnosis, prognosis, intervention, and management of patients in musculoskeletal physical therapy</p>
<p>Advanced Musculoskeletal Clinical Practice II PT 530 This course is the second of two clinical education components of the MSc Physical Therapy program. This course is designed to advance the students' expertise in the examination, evaluation, diagnosis, prognosis, intervention, and management of patients in musculoskeletal physical therapy</p>

## Course Coordination

#	Course Title and Code	Coordinati on	Co-coordination	Undergr ad.	Postgrad .	From	To

## Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

## Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
	Fourth year students	5	9-2022	5-2023
	Second year students	7	9-2023	5-2024
	Third year students	10	9-2024	5-2025



### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date

### Ongoing Research Supervision

#	Degree Type	Title	Institution	Date

### Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

#### Administrative Responsibilities

#	From	To	Position	Organization

#### Committee Membership

#	From	To	Position	Organization

#### Scientific Consultations

#	From	To	Institute	Full-time or Part-time
1	2020	2021	Physical Therapy Fellowship postgraduate committee- Physical Therapy Department-IAU	Full-Time
2	2019	current	Graduate studies affairs committee- Physical Therapy Department-IAU	Full-Time
3	2019	current	Academic affairs committee- Physical Therapy Department-IAU	Full-Time
4	2019	current	Examination quality committee- Physical Therapy Department-IAU	Full-Time





5	2019	current	Quality steering committee- Physical Therapy Department-IAU	Full-Time
6	2019	current	Employment committee- Physical Therapy Department-IAU	Full-Time

### Volunteer Work

#	From	To	Type of Volunteer	Organization
	2020	Current	Musculoskeletal Physical Therapy Consultant	Family and Community Medicine Center- IAU (FAMCO)

### Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Excellent computer skills
2	Communication skills
3	Teamwork and collaboration skills
4	Problem-Solving Skills

Last Update

28/10/2024