

SHAIK ABDUL RAHIM

Assistant Professor

Dept. of Physical Therapy & Health Rehabilitation

College of Applied Medical Sciences (CAMS)

Majmaah University, Al Majmaah

Riyadh, Kingdom of Saudi Arabia

☎ +966-534504703 ✉ s.abdulrahim@mu.edu.sa shaikarahim11@gmail.com

SCHOLASTIC RECORDS

- **Doctor of Philosophy (PhD)** **2013**
Field of Exposure – *Dental Ergonomics*
Yenepoya University, Mangalore, Karnataka
- **Master of Physiotherapy (MPT)** **2007**
Field of Exposure - *Advanced Physiotherapy in Neurology*
The Tamil Nadu Dr. M.G.R Medical University, Chennai
- **Bachelor of Physiotherapy (BPT)** **1997**
Fields of Exposure – *Anatomy, Physiology, Electro therapy, Exercise therapy, Neurology, Cardiothoracic and Orthopedics,*
Mangalore University, Mangalore, Karnataka

OTHER COURSES

- Certificate course in *Yoga therapy*, Department of Human Resource Development, St. Aloysius College, Mangalore, March 1997 - August 1997
- Certificate course in *Manual therapy – Spinal Integrated Approach (Maitland, Mulligan, McKenzie and Butler concepts) for spinal dysfunctions*, Yenepoya University, Mangalore, 6th- 9th November 2009

ACADEMIC, CLINICAL & ADMINISTRATIVE EXPERIENCE

- September 2014 – till date : Assistant Professor, Dept. of Physical Therapy & Health Rehabilitation, College of Applied Medical Sciences, Majmaah University, Al Majmaah
- February 2013 – July 2014 : Associate Professor & Vice Principal, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- October 2007 - January 2013 : Assistant Professor & Vice Principal, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- June 2006 - September 2007 : Lecturer, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- May 2004 - May 2006 : Master of Physiotherapy (MPT) programme, The Tamil Nadu Dr. M.G.R Medical University, Chennai
- August 2003 - April 2004 : Lecturer, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- June 2002 - July 2003 : Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore

- February 2002 - May 2002 : Physiotherapist, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- May 2001 - January 2002 : Physiotherapist, Dept. of Physiotherapy, Highland Hospital Research & Diagnostic Centre, Mangalore
- June 1998 - April 2001 : Assistant Lecturer cum Physiotherapist, City College of Physiotherapy & Clinical In-charge, Dept. of Physiotherapy, City Hospital Research & Diagnostic Centre, Mangalore

TEACHING EXPERIENCE

- Total teaching & clinical experience - 17 years 3 months
- Teaching & clinical experience after Post-Doctoral - 4 years 6 months
- Teaching & clinical experience after Post Graduation - 10 years
- Teaching & clinical experience before Post Graduation - 7 years 3 months

RESEARCH EXPERIENCE

- *Evaluation of Ergonomic Interventions for the Work - related Musculoskeletal Disorders among Dental Surgeons*, Doctor of Philosophy (PhD) thesis submitted to Yenepoya University, Mangalore, Karnataka, February 2013
- *The Effect of Transcutaneous Electrical Nerve Stimulation on Spinal Motor Neuron Excitability in Patients with Stroke*. Post Graduate (PG) dissertation submitted to the Tamil Nadu Dr. M.G.R Medical University, Chennai, September 2006
- *Emphysema*, Under Graduate (UG) project submitted to the Mangalore University, Mangalore, Karnataka, April 1997
- *Colle's Fracture – Clinical Aspects and the Programme of Rehabilitation*, Under Graduate (UG) project submitted to the Mangalore University, Mangalore, Karnataka, April 1996

RESEARCH GUIDANCE

- Recognized International Examiner for PhD thesis evaluation, NITTE University, Mangalore, India, October 2015 - till date
- Recognized Postgraduate Guide, Yenepoya Physiotherapy College, Yenepoya University, Mangalore, India, December 2010 - July 2014

PUBLICATIONS

- **Shaik AR**, Sripathi Rao BH, Husain A. Correlation between ergonomic risk factors and work-related musculoskeletal disorders in dental surgeons. *Int J Health Sci Res* 2016; 6(12):114 -120.
- Shine G, Saad S, Nusaibath S, **Shaik AR**, Padmakumar S. Comparison of effectiveness of diaphragmatic breathing and pursed-lip expiration exercises in improving the forced expiratory flow rate and chest expansion in patients with bronchial asthma. *International Journal of Physiotherapy* 2016; 3(2): 154 -158.
- Hashmi S, **Shaik AR**, Somasekharan Pillai P. Comparison of transcutaneous electrical nerve stimulation and kati basti for patients with sciatica. *Int J Cur Res Rev* 2015; 7(15): 44 - 48.
- Nusaibath S, **Shaik AR**, Saad S, Padmakumar S. Prevalence of work-related musculoskeletal disorders among dental students in southern karnataka district. *International Journal of Physiotherapy* 2015; 2(3): 518 - 523.
- **Shaik AR**. Dental ergonomics: Basic steps to enhance work efficiency. *Arch Med Health Sci* 2015; 3:138 - 44.
- **Shaik AR**, Shemjaz AM. The Rise of Physical Therapy: A History in Footsteps. *Arch Med Health Sci* 2014; 2:257- 60.

- **Shaik AR.** Effectiveness of ergonomics awareness training programme in minimizing work-related musculoskeletal disorders among dental surgeons. *International Journal of Physical Therapy Research & Practice* 2014; 2(3):2 -14.
- **Shaik AR,** Sripathi Rao BH, Husain A, D'sa JL. Effectiveness of ergonomics awareness training programme in minimizing the ergonomic risk factors in dental surgeons. In: Mohd Yusuf R, Ahmad SA, Indah Daruis DD, Md Deros B, Md Dawal SZ, editors. *Advanced engineering forum*. Switzerland: Trans tech publications; 2013. *Current trends in ergonomics*. p. 148 -153.
- **Shaik AR,** Sripathi Rao BH, Husain A, D'Sa JL. Association between Musculoskeletal Symptoms Experienced by Dentists and Selected Socio Demographic Variables in a Southern Karnataka District. *Kathmandu Univ Med J* 2012; 38(2): 9 -13.
- **Shaik AR,** Sripathi Rao BH, Husain A, D'sa J. Work-related musculoskeletal disorders among dental surgeons: A pilot study. *Contemp Clin Dent* 2011; 2(4): 308 -12.

AFFILIATION WITH PROFESSIONAL BODY

- Consultant in Physiotherapy (16-R-A-0012105) – Saudi Commission for Health Specialties (SCFHS), June 2017 - till date
- Life Member (5810) – The Indian Association of Physiotherapists (IAP), Member of World Confederation for Physical Therapy, July 2000

CONFERENCES / WORKSHOPS / SEMINARS ATTENDED

- Resource speaker, *Health care ergonomics*, Injures Symposium - Prevention and Methods of Treatment & Rehabilitation, College of Applied Medical Sciences, Majmaah University, Al Majmaah, Kingdom of Saudi Arabia, 4th & 5th May 2016
- 2nd Madinah International Conference for *Medical Rehabilitation Updates*, Madinah, 3rd – 6th November 2015
- Resource speaker, *Stroke Rehabilitation*, Conference on Rehabilitation and Physiotherapy – improving the quality of life, Northern Area Armed Forces Hospital, Hafer Al Batin, Kingdom of Saudi Arabia, 21st – 22nd October 2015
- Resource speaker, *Physical Therapy - Stroke Care and Prevention*, S A T S C Stroke Research Chair Workshop, King Khalid Hospital, Majmaah University, Al Majmaah, 25th December 2014
- Member, organizing committee, workshop on *Spinal Cord Injury Assessment & Rehabilitation*, Department of Physical Therapy, College of Applied Medical Sciences, Majmaah University, Al Majmaah, 24th December 2014
- Resource speaker, *Ergonomics – Enhancing Work Efficiency in Dentistry*, UAE International Dental Conference & Arab Dental Exhibition, AEEDC Dubai 2014, Dubai Health Authority, Dubai, 4th - 6th February 2014
- Workshop on *Radiology for health Professionals – Learn through Virtual Animation*, Yenepoya Physiotherapy College, Mangalore, 23rd & 24th January 2014
- Workshop on *OSCE for Physiotherapists*, Yenepoya Physiotherapy College, Mangalore, 7th December 2013
- Resource speaker – *Role of Care Takers in Rehabilitation*, International Day of Persons with Disability, Sarvashikshana Abhiyana, Block Resource Centre, Mangalore south, Karnataka, 3rd December 2013
- Workshop on *Problem Based Learning – A Journey Ahead*, Yenepoya University, Mangalore, 6th & 7th November 2013
- Resource speaker – *Is it possible to work in dentistry without risking one's musculoskeletal health*, CDE program, Indian Dental Association, Dakshina Kannada Branch, Mangalore, 1st October 2013
- 2nd International Conference on *Ergonomics* (ICE 2013), Kuala Lumpur, Malaysia, 2nd to 4th September 2013
- Workshop on *Extramural Research Funding: Opportunities and Challenges*, Yenepoya University, Mangalore, 29th July 2013
- International workshop on *Physiotherapy Management of Spinal Cord Injuries and Related Neurological Disabilities*, Yenepoya Physiotherapy College, Mangalore, 18th & 19th February 2011
- Workshop on *Research methodology and Biostatistics*, Yenepoya University, Mangalore, 17th to 19th August 2010

- Workshop on *Epidemiology and Research*, Yenepoya University, Mangalore, 16th & 17th April 2010
- 3rd International Conference on *Genetic and Molecular diagnosis in Modern Medicine and Biology*, Yenepoya University, Mangalore, 27th February to 1st March 2010
- Workshop on *Electro Physical Agents*, Yenepoya University, Mangalore, 25th & 26th January 2010
- 48th Annual Conference of the IAP, Dr. T.M.A. Pai International Convention Center, Mangalore, 22nd to 24th January 2010
- Workshop on *Neuro Developmental Therapy*, South kanara Physiotherapy Teachers Association, Mangalore, 30th January 2009
- Workshop on *Research Methodology*, Yenepoya Research Centre, Yenepoya University, Mangalore, 16th October 2008
- Resource speaker - *Professionally related Musculoskeletal Disorders among Dental Surgeons*, CDE program, Yenepoya University, Mangalore, 14th October 2008
- Workshop on *Vestibular Rehabilitation*, Yenepoya Physiotherapy College, Mangalore, 8th December 2007

HONORARY OFFICE & MEMBERSHIPS

- Head - *Scientific Research Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2016 – till date
- Head - *Scientific Research & Innovations Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2016 – till date
- Head - *Scientific Affairs Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2016 – September 2017
- Member - *Academic Affairs Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2016 – September 2017
- Member - *Curriculum Development Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2016 – September 2017
- Member - *Department Council Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2015 – till date
- Associate Editor – *Archives of Medicine & Health Sciences (AMHS)*, The Official Journal of Yenepoya University, January 2013 – till date
- Head - *International Cooperation Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2015 – September 2016
- Member - *Quality & Academic Accreditation Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2015 – September 2016
- Member - *Training Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2015 - September 2016
- Coordinator - *The National Commission for Academic Accreditation & Assessment (NCAAA)*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, February 2015 - September 2016
- Member - *Academic Affairs Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2014 – September 2015
- Member - *IT, Research and Innovation Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2014 - September 2015
- Editor-in-Chief - *Annual Report 2012-13*, Yenepoya University, Mangalore
- Member - *Teachers Grievance Redressal Committee*, Yenepoya University, Mangalore, March 2013 – July 2014
- Executive Editor - *IQRA*, Magazine of Yenepoya University, Mangalore, July 2012 – July 2014

- Member - Editorial Board, *Annual Report 2010-11 & 2011-12*, Yenepoya University, Mangalore
- Member - *National Service Scheme (NSS) Advisory Committee*, Yenepoya University, Mangalore, June 2011 – July 2014
- Member - *Faculty of Allied Health & Basic Sciences*, Yenepoya University, Mangalore, January 2011 – July 2014
- Member - *Board of Studies*, Yenepoya Physiotherapy College, Yenepoya University, Mangalore, January 2011 – July 2014
- Member - *Employment and Placement Cell*, Yenepoya University, Mangalore, September 2011 – April 2014
- Member - *Task force for Research, Consultancy and Extension*, Yenepoya University, Mangalore, July 2011- July 2014
- Coordinator - *Student Mentorship Program*, Yenepoya Physiotherapy College, Yenepoya University, Mangalore, April 2011 – July 2014
- Member - *Equal Opportunities Cell*, Yenepoya University, Mangalore, August 2010 – March 2013
- Member - *Academic Council*, Yenepoya University, Mangalore, May 2010 – April 2013
- Member - *Internal Quality Assurance Cell (IQAC)*, Yenepoya University, Mangalore, August 2010 – April 2013
- Member - *Yenepoya University Ethical Committee*, Yenepoya University, Mangalore, September 2008 – December 2012
- Convener - *Organizing committee of the Indian Society of Hospital Waste Management Conference (ISHWMCON 2012)*, Yenepoya Medical College, Mangalore, 1st & 2nd December 2012
- Convener - *Scientific management committee of the National Conference on Safety and Quality Aspects in Hospitals*, Yenepoya University, Mangalore, 5th & 6th February 2011
- Co-Convener - *Organizing committee of the 3rd International conference on Genetic and Molecular Diagnosis in Modern Medicine and Biology*, Yenepoya University, Mangalore, 27th February – 1st March 2010
- Coordinator - *Organizing committee of Post Conference Course of 48th Annual Conference of IAP 2010* - Yenepoya University, Mangalore, 25th & 26th January 2010
- Convener - *Organizing committee of CPE on 'Vestibular Rehabilitation'*, Yenepoya Physiotherapy College, Mangalore, 8th December 2007

PERSONAL AND OTHER DETAILS

- Date of Birth : 01/ 07/1972
- Nationality : Indian
- Marital Status : Married
- Languages Known : English, Urdu, Hindi, Telugu, Kannada, Malayalam
- Address (India) : Flat # 5B, Delta Court Apartments, S.L. Mathias Road, Falnir, Mangalore 575001
Karnataka, India
- Address (At Present) : Dept. of Physical Therapy & Health Rehabilitation, College of Applied Medical Sciences, Majmaah
University, P.O. Box: 66, Al Majmaah 11952, Riyadh, Kingdom of Saudi Arabia
- Office Phone : 00966 16404 2972
- Passport Details : No: J2394571, Place of issue: Bangalore, Date of issue: 24/09/2010, Date of expiry: 23/09/2020

