

## Curriculum Vitae

### **Personal Information**

- Name : Naif Ziyad H Al-rashdi
- Date of birth: 07/ Jan /1991
- Place of birth: Majmaah, Kingdom of Saudi Arabia (KSA)
- Nationality: Saudi
- Marital status: Married
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Majmaah, K.S.A.

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### **Academic Education:**

- MSc. Concordia University Wisconsin, Mequon, Wisconsin, USA, Rehabilitation Science, 2017.
- B.S. Majmaah University, Majmaah, Riyadh, KSA, Physical Therapy and Rehabilitation, 2013.

### **Professional Certification:**

- Licensed Physical Therapist, (2013- present), KSA.
- Approved Physical Therapy Instructor, Ministry of Education, (2014-present).

### **Professional Membership:**

- Saudi Physical Therapy Association.
- Saudi Occupational Therapy Association.

## **Work Experience**

- Lecturer, Physical Therapy Department, Majmaah University, KSA (July 2017 – Present).
- Teaching Assistant, Physical Therapy Department, Majmaah University, KSA (November 2014 – July 2017).
- Sports Physical Therapist, Al-Faisal F.C, Harmah, KSA (January 2014- November 2014).

## **Service**

### **Service to the institution:**

- Principal, Students Affairs, College of Applied Medical Science, Majmaah University (2017-2018), KSA.
- Member, Quality Unit, Physical Therapy Department, Majmaah University (2017-2018), KSA.
- Member, Community Service and Students Affairs, Physical Therapy Department, Majmaah University (2017-2018), KSA.
- Member, Exam Committee, Physical Therapy Department, Majmaah University (2017-2018), KSA.
- Coordinator, Scientific Student Conference, Majmaah University (2015), KSA.
- Principal, Students Affairs, College of Applied Medical Science, Majmaah University (2014-2015), KSA.
- Coordinator, Clinical Training Unit, Physical Therapy Department, Majmaah University (2014-2015), KSA.

- Member, Exam Committee, College of Applied Medical Science, Majmaah University (2014-2015), KSA.
- Co-Teacher for Sports Medicine course, Majmaah University (2014-2015), KSA.
- Participated in a research project " Prevalence and Risk Factors of Low Back Pain Among Nurses, the Sudair region, KSA" during college.
- Invented a new approach to treat flat-foot conditions called " Dynamic Foot Arch Support".

### **Teaching:**

- Therapeutic Exercise II (PHT 325), Therapeutic Modality I (PHT 221), Sports Medicine and Traumatology (PHT 333), Musculoskeletal Anatomy (PHT 212).

### **Professional Development and Societies**

- American Physical Therapy Association Combined Section Meeting, San Antonio, Texas, 2017.
- Autism Awareness Day, King Abdulaziz Medical City, National Guard Ministry, Riyadh, K.S.A, 2013.
- 9<sup>th</sup> Applied Medical Sciences Students Annual Meeting, King Abdulaziz University, Jeddah, KSA, 2013.
- Volunteer Physical Therapist, King Khalid Hospital and Comprehensive Rehabilitation Center, Majma'ah, KSA, 2013.
- Physical Therapy Management for Spinal Cord Injury workshop, Majma'ah

University, KSA, 2012.

- First Saudi Physical Therapy Conference, National Guard Ministry, KSA, 2012.
- Physical therapy, Occupational therapy, Prosthetics and Orthotics, Speech language Pathology (POPS) Conference, King Faisal Specialist Hospital and Research Center, K.S.A, 2012.

### **Publications and Presentations**

- Talupuru, P. K., Kulandaivelan, S., **Alrashdi, N. Z.**, & Ateef, M. (2016). Effect of Age on Hand Grip Strength in Professional Cricket Players. *Indian Journal of Health and Wellbeing*, 7(7), 774.
- Concordia University Wisconsin: Too Fit to Fall or Fracture, Rehabilitation Science Department, Graduate Studies, **Class Presentation**, 2017.
- Concordia University Wisconsin: Long Term Athletic Development, Rehabilitation Science Department, Graduate Studies, **Class Presentation**, 2017.
- Concordia University Wisconsin: Cystic Fibrosis, Rehabilitation Science Department, Graduate studies, **Class Project**, 2016.
- Saudi Healthcare Innovation Competition: Dynamic Foot Arch Support. King Fahad Medical City, Riyadh, KSA, 2013.
- 4<sup>th</sup> Scientific Conference of Higher Education Students, Ministry of Higher Education: Dynamic Foot Arch Support, Macca, KSA, 2013.

## **Research Interests**

- Lower Limb Injury Rehabilitation, particularly; knee and ankle injuries.
- Back Rehabilitation, Low Back Pain and its impact on lower limb functions.

## **Ongoing Project**

- The Effect of Neural Mobilization on Neuro-Musculoskeletal Conditions: A Systematic Review and Meta-Analysis.

## **Honors and Awards**

- Golden Medal, Fourth Scientific Conference, innovation branch, Macca, K.S.A, 2013.
- Achieved the Top 10 winners position, HealthCare Innovation Conference, King Fahad Medical City, Riyadh, KSA, 2013.
- Awarded a scholarship, Ministry of Education, 2013 – Present.
- A patent certificate for "DYNAMIC FOOT ARCH SUPPORT" invention, King Abdulaziz City for Science and Technology, K.S.A.
- An award for Excellence in Studies, Department of Physical, Majmaah University, KSA, 2013
- Appreciation Certificate for being participated in students' activities from the dean of student affairs. Majmaah University, 2012.