

CURRICULUM VITAE

For

Einas Al-Eisa

PRESENT ACADEMIC RANK AND POSITION:

Dean of Center for Science and Medical Studies, King Saud University
Assistant Vice Chancellor for Academic Affairs
Vice Dean, Center for Science and Medical Studies, King Saud University
Advisor, Rector Office, King Saud University
Assistant Professor, College of Applied Medical Sciences, King Saud University
Research Consultant, Rehabilitation Hospital, King Fahad Medical City
Rehabilitation Consultant, Licensure: Saudi Council for Health Specialties

UNIVERSITY EDUCATION:

1990 – 1995: Obtained a Bachelor Degree (BSc) of Applied Medical Sciences in the field of Rehabilitation & Physical Therapy from King Saud University, Riyadh, Saudi Arabia.

1997 – 1999: Obtained a Master's Degree (MSc) in Physical Therapy, Dalhousie University, Halifax, Nova Scotia, Canada.

1999 – 2004: Obtained a Ph.D. Degree from the Department of Anatomy and Neurobiology, Faculty of Medicine, Dalhousie University, Halifax, Nova Scotia, Canada.

AWARDS:

- Ranked 4th among Saudi high school graduates in 1990.
- Awarded student with “Academic Distinction” in 1994, King Saud University.
- Awarded “First Class Honour” in 1995, King Saud University.
- Passed the PhD comprehensive exam with “Distinction” in 2002, Faculty of Medicine, Dalhousie University.
- Awarded “Healthcare Professional Award for Research” in 2007, Harvard Medical School, Harvard International.
- Awarded “Visiting Scientist Scholarship” in 2008, Harvard medical School, Boston.

PROFESSIONAL AFFILIATIONS:

- 2005- current: Chair of the “Rehabilitation Research Team” at the Rehabilitation Hospital, King Fahad Medical City.
- 2006- 2008: Board Member of the Saudi Physical Therapy Association.
- 2006- 2008: Chair of the “Research Committee” at the Saudi Physical Therapy Association.
- 2006- 2008: Member of the “Academic Accreditation Steering Committee” at King Saud University.
- 2006- current: Member of the “Research Center Council” at King Saud University.
- 2007- 2008: Chair of the “Nursing Academic Accreditation Committee” at King Saud University.
- 2007: Member of the “Medical and Health Professions Admission Committee” at King Saud University.
- 2007- 2008: Chair of the “Curriculum Committee/ Physiotherapy Program” at Riyadh University for Girls.
- 2007- 2009: Vice Dean, College of Nursing, King Saud University.
- 2008- 2009: Member of the “Hiring and Contracting Committee” at the College of Nursing, King Saud University.
- 2008- 2010: Member of the “Research Committee” at Prince Salman Center for Disability Research.
- 2008- current: Member of the “Academic and Administrative Decision Making Committee” at the Center for Scientific and Medical Colleges, King Saud University.
- 2008- current: Member of the “Curriculum and By-Laws Steering Committee” at King Saud University.
- 2008 – current: Chair of the “Appointing & Hiring Committee” at the Rehabilitation Sciences Department, King Saud University.
- 2008- current: Reviewer for the Journal of Clinical Anatomy.

CLINICAL EXPERIENCE:

1995 – 1997: Rotated through various specialties (Pediatrics, Neurology, Orthopedics, and Oncology) in three locations:

- Sports Medicine Hospital, Riyadh, Saudi Arabia.
- Riyadh Military Hospital, Riyadh, Saudi Arabia.
- King Faisal Specialist Hospital and Research Centre, Riyadh, Saudi Arabia.

2005 – 2009: Part-Time Consultant at the Rehabilitation Hospital, King Fahad Medical City.

2010 – current: Rehabilitation Consultant, King Khalid University Hospital.

TEACHING EXPERIENCE:

2000 – 2002: Teaching Assistant, Department of Anatomy, Faculty of Medicine, Dalhousie University.

2002 – 2004: Lectured on the “Gross Anatomy of the Back” for the Physical and Occupational Therapy Students, Dalhousie University.

2002 – 2004: Lectured on the “Clinical Anatomy and Kinematics of the Back” in the “Biomechanics of Human Gait” course for Biomedical Engineering Students, Dalhousie University.

2004 – current: Teaching four courses “Traumatology”, “Kinesiology / Functional Anatomy & Movement”, “Gross Anatomy” and “Research Methods” at the Department of Rehabilitation Sciences, King Saud University.

2005 – 2009: Teaching “Research Methodology” and “Literature Critical Appraisal” to clinicians at the Rehabilitation Hospital, King Fahad Medical City.

PUBLICATIONS:

Egan D, & Al-Eisa E (1999). Pelvic skeletal asymmetry, postural control, and the association with low back pain: A review of the evidence. *Critical Reviews in Physical and Rehabilitation Medicine*; 11: 299-338.

Al-Eisa E, Fenety A, Egan D, & Crouse J (2000). Measurement of sitting pressure under the ischium: A reliability study. In: Winters J, editor. *Technology of the New Millennium*. Proceedings of the RESNA 2000 Annual Conference. Arlington (VA): RESNA Press; 357-359.

Al-Eisa E, Egan D, & Wassersug R (2004). Fluctuating asymmetry and low back pain. *Evolution and Human Behavior*; 25: 31-37.

- Al-Eisa E, Egan D, & Fenety A (2004). The association between lateral pelvic tilt and asymmetry in sitting pressure distribution. *Journal of Manual and Manipulative Therapy*; 12: 133-142.
- Al-Eisa E, Egan D, Deluzio K, & Wassersug R (2006). Effects of pelvic skeletal asymmetry on trunk movement: Three-dimensional analysis in healthy individuals versus patients with mechanical low back pain. *Spine*; 31(3): E71-79.
- Al-Eisa E, Egan D, Deluzio K, & Wassersug R (2006). Effects of pelvic asymmetry on trunk kinematics during sitting: A comparison with standing. *Spine*; 31(5): E135-143.
- Al-Eisa E (2009). Indicators of adherence to physical therapy treatment. *Musculoskeletal Disorders*; In Press.
- Al-Eisa E & Al-Abbad H (2009). Prevalence of Occupational Back Problems among Nurses in Saudi Arabia: Influences of Awareness, Knowledge and Exposure. *Rehabilitation of Movement Dysfunction: A Physiotherapist's Talent*. Emirates Physiotherapy Conference Proceeding. Dubai: Emirates Physiotherapy Society; 38.
- Al-Eisa E, Al-Aqeel S, Al-Sobayel H (2009). *Governance in Higher Education: The Saudi Arabian Model*. Center of Higher Education Research and Studies. Ministry of Higher Education: Riyadh, Saudi Arabia.
- Al-Eisa E & Al-Abbad H (2009). The effectiveness of risk assessment and control concept as a prevention for occupational back problems among nurses. *Moving Evidence Based Practice into Action: 3rd International Nursing Conference Proceedings*. Ministry of Health: Saudi Arabia.
- Al-Eisa E & Al-Khudeir R (2010). Applicability and adaptation of pediatric disability inventory in Saud Arabia. *Physiotherapy Updates: 3rd International Physiotherapy Conference Proceedings*. Emirates Physiotherapy Society & World Confederation of Physical Therapy.
- Al-Eisa E, Al-Sadhan B, Aboeish H (2010). Effect of Swiss-ball seating on attention among college students. *Physiotherapy Updates: 3rd International Physiotherapy Conference Proceedings*. Emirates Physiotherapy Society & World Confederation of Physical Therapy.
- Al-Eisa E (2010). Indicators of adherence to physiotherapy attendance among Saudi Female patients with mechanical low back pain: a clinical audit. *Musculoskeletal Disorders*; 11:124.
- Al-Eisa E & Al-Sobayel H (2010). Correlates of Physical Activity among Saudi Females. *Journal of Physical Activity & Health*, submitted.

RESEARCH GRANTS:

- 2008: **King Saud University**, Deanship of Research: "Correlates of Physical Activity among Saudi Females"
- 2009: **Ministry of Higher Education**, Center for Research & Studies: "Modeling New Governance Structure: A Proposed Model for the Saudi Higher Education System"
- 2010- current: **King AbdulAziz City for Science & Technology**: " Combined Motivation Program and Pedometers Use to Promote Physical Activity among Saudi Females: A Randomized Controlled Trial"

CONFERENCES PARTICIPATION:

- Speaker at the Rehabilitation Engineering & Assistive Technology Society of North America meeting (2000) entitled: "Measurement of sitting pressure under the ischium: A reliability study" Florida, United States.
- Poster presentation at the 7th McKenzie Institute International Conference (2002) entitled: "Objective Measurements of Lumbar Movement Patterns Associated with Pelvic Skeletal Asymmetry in Healthy Persons and Subjects with Non-Specific Low Back Pain" Ontario, Canada.
- Three podium presentations at the Canadian Society for Biomechanics Conference (2004), Nova Scotia, Canada, entitled:
 - 1) Quantification of trunk lateral flexion and axial rotation using a 3-dimensional motion analysis system.
 - 2) Objective measurement of trunk motion patterns in healthy individuals and patients with mechanical low back pain.
 - 3) Pelvic skeletal asymmetry and asymmetry in selected trunk movements: Three-dimensional analysis in healthy individuals and patients with mechanical low back pain.
- Member of the scientific committee for the "International Physical Therapy Conference in Saudi Arabia: New Horizons in Rehabilitation" December 6-8, 2005.
- Speaker at the "Future Professional Development / Journal Club" February 14, 2006, Security Forces Hospital, Riyadh, Saudi Arabia.
- Speaker at the "Emirates Physiotherapy Conference" April 29-May 01, 2006, Dubai, United Arab Emirates.
- Speaker & organizer at the "Basics of Research Methodology Study Day and Workshop" May 4, 2006, King Fahad Medical City, Riyadh Saudi Arabia.

- Organizer for the “Electrical Stimulation Management in Low Back Pain / Journal Club” May 9, 2006, Security Forces Hospital, Riyadh, Saudi Arabia.
- Organizer for the “Evidence Based Physiotherapy Oriented Workshop” in collaboration with the “National & Gulf Center for Evidence-Based Medicine” September 21, 2006, King Fahad Medical City, Riyadh, Saudi Arabia.
- Organizer for the “Clinical Education Workshops” November 29- December 2, 2006, King Fahad Medical City, Riyadh, Saudi Arabia.
- Organizer for the “Clinical Education Workshops” December 4-6, 2006, King Faisal Specialist Hospital, Dammam, Saudi Arabia.
- Speaker at the “Patients Handling and Back Pain Among Nurses Workshop” April 10-11, 2007, Prince Salman Center for Disability Research, Riyadh, Saudi Arabia.
- Organizer for the “Technology Incubators Symposium” November 18-19, 2007, Malaz Research Center, King Saud University, Riyadh, Saudi Arabia.
- Organizer for the “Nano-Technology Information Day” January 20, 2008, Malaz Research Center, King Saud University, Riyadh, Saudi Arabia.
- Advisory Committee member for the “Emirates Physiotherapy Conference” April 21-23, 2008, Dubai, United Arab Emirates.
- Scientific committee member at the “Partnership in Rehabilitation: The Holistic Approach Conference” November 4-6, 2008, King Fahad Medical City, Riyadh, Saudi Arabia.
- Chair of the scientific committee for the “Alternative Medicine” January 5-6, 2008, Malaz Research Center, King Saud University, Riyadh, Saudi Arabia.
- Chair of the scientific committee for the “New Trends in Physical Therapy Education Workshops” January 12-15, 2008, King Faisal Specialist Hospital and Research Center, Riyadh, Saudi Arabia.
- Chair of the organizing and public relations committee for the "First International Conference on Entrepreneurship" October 25-26, 2009, Entrepreneurship Center, King Saud University, Riyadh, Saudi Arabia.
- Organizer for the “Plastic Surgeries under the Microscope Symposium” March 16-17, 2010, Malaz Research Center, King Saud University, Riyadh, Saudi Arabia.
- Organizer for the “Autism Children Conference” April 11, 2010, Faisal Bin Fahad Mother Center for Autism, Riyadh, Saudi Arabia.

- Speaker at the “3rd International Emirates Physiotherapy Conference” April 28-31, 2010, Dubai, United Arab Emirates.
- Speaker at the “2nd Research Day” June 6-7, 2010, Deanship of Research, King Saud University, Riyadh, Saudi Arabia.

CONTINUING EDUCATION:

- 2nd Annual International Evidence-Based Physical Therapy Conference, May 20, 2006, Health Education Seminars, London, United Kingdom.
- “Critical Appraisal of the Medical Literature Workshop” March 21-22, 2006, Riyadh, Saudi Arabia.
- “Establishing Internal Quality Assurance Systems Workshop” September 19-20, 2006, National Commission for Academic Accreditation & Assessment, Riyadh, Saudi Arabia.
- “Essentials of Research for Publication Workshop” December 2006, Research Center, King Saud University, Riyadh, Saudi Arabia.
- 1st National Conference on Quality Assurance in Higher Education, March 2007, Riyadh, Saudi Arabia.
- “Training of Trainers for Quality Assurance in Higher Education” May 7-9, 2007, National Commission for Academic Accreditation & Assessment, AlQassim, Saudi Arabia.
- 6th Interdisciplinary World Congress on Low Back & Pelvic Pain, November 7-10, 2007, Barcelona, Spain.
- “Strategies for the Professional Development of Staff Workshop” February 18-20, 2008, British Council & National Commission for Academic Accreditation & Assessment, Riyadh, Saudi Arabia.
- “Strategic Planning Project: SWOT Analysis Workshop” March 15, 2008, King Saud University, Riyadh, Saudi Arabia.
- “Planning, Quality Assurance, and Accreditation in Higher Education Workshop” May 24-28, 2008, Riyadh Saudi Arabia.
- Observership at Spaulding Rehabilitation Hospital, July 31- September 2, 2008, Boston, Massachusetts, USA.

- “Faculty Role in the International Review for Institutional and Program Accreditation Workshop” October 19, 2008, Riyadh Saudi Arabia.
- “Leading Academic Departments Workshop” November 18-20, 2008, Riyadh, Saudi Arabia.
- “International Symposium in University Technology Transfer & Innovation Management” November 23-24, 2008, Riyadh, Saudi Arabia.
- “First International Saudi Conference for Health Education and Training” January 19-21, 2009, Riyadh, Saudi Arabia.
- “Academic Program Development and Preparation for Accreditation Workshop” February 1-2, 2009, Riyadh, Saudi Arabia.
- “Saudi Universities and their Need for a University Press Workshop” March 10, 2009, Riyadh, Saudi Arabia.
- “Riyadh Technology Incubation Center Workshop” March 15-16, 2009, Riyadh, Saudi Arabia.
- “International Conference on Disability & Rehabilitation: Scientific research in the Field of Disability” March 22-25, 2009, Riyadh, Saudi Arabia.
- “From Administration to Leadership Workshop” May 24, 2009, Dar Al Uloom University, Riyadh, Saudi Arabia.
- “Quality Assurance in Higher Education” May 25-26, 2009, Riyadh, Saudi Arabia.
- "Functional Biomechanics of the Lower Quarter" July 11-12, 2009, The American Physical Therapy Association, Portland OR, USA.
- “Education Reform in Arabic Countries: Saudi Arabia Model” October 11-13, 2009, Riyadh, Saudi Arabia.
- "3rd International Conference on World-Class Universities" November 2-4, 2009, Shanghai, China.
- "Arab Universities: Challenges and Opportunities Conference" January 9-11, 2010, Arab Administrative Development Organization, Egypt.
- "External Review Training Program" February 28- March 3, 2010, National Commission for Academic Accreditation and Assessment (NCAAA), Riyadh, Saudi Arabia.

- "Assessment in Health Education Workshop" April 7, 2010, Vice Rectorship for Branches Affairs & Medical Education Chair, King Saud University, Riyadh, Saudi Arabia.
- "Active Teaching & Motivating Students" September 19-21, 2010, Deanship of Skills Development, King Saud University, Riyadh, Saudi Arabia.
- "Future Views to Interdisciplinary Postgraduate Studies in the Health Colleges" Workshop September 29, 2010, Vice Rectorship for Health Specialties, King Saud University, Riyadh, Saudi Arabia.
- "Program for Leading Innovations in Healthcare and Education" June 13-18, 2010, Harvard Medical School, Boston, USA.

RESEARCH INTERESTS:

- Compliance and adherence to physical therapy treatment: designing motivational programs to promote wellness and physical activity.
- Functional morphology: studying the correlations among human skeletal asymmetries, fitness, and health.
- Biomechanics: three-dimensional analysis and quantification of human movement.
- Orthopedics: my major interest is in low back pain; i.e., predisposing factors, neural mechanisms, interventions, and treatment outcomes.

FUTURE PLANS:

Currently, I hold administrative and faculty position at King Saud University, Riyadh, Saudi Arabia. In this position I plan to:

- Teach Clinical Orthopedics and Basic Sciences, mainly Human Anatomy.
- Teach Research Methods to both undergraduate and graduate level students.
- Be involved in undergraduate & graduate curriculum development.
- Upgrade physiotherapy education in Saudi Arabia to the international standards by implementing Entry-Level Masters degree.
- Continue research on human movement, locomotion, skeletal asymmetry, sitting posture, and back pain.
- Be involved in community-based services for health promotion and disease prevention.
- Develop teaching strategies to produce a cadre of critical thinkers and creative communicators.
- Continue to work cooperatively with other health professionals in search for excellence in teaching, research, practice, and public service.

PERSONAL:

Marital Status: Married
Citizenship: Saudi
Languages: English and Arabic

CONTACT INFORMATION:

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Vice Dean, Center for Science & Medical Studies
Rehabilitation Consultant
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