

Fahad S. Algarni., BScPT, MSc, PhD

Experienced as a Clinical Instructor, Lecturer and Researcher in Work-related Injuries and Disabilities
(Rehabilitation and Prevention Strategies), Biomechanics and Musculoskeletal Physical Therapy

PhD in Rehabilitation Science – University of Alberta, Canada

Master of Science (Rehabilitation Research) – Dalhousie University, Canada

QUALIFICATIONS

PhD in Rehabilitation Science – University of Alberta, Canada

Master of Science (Rehabilitation Research) – Dalhousie University, Canada

Bachelor of Science - Rehabilitation Sciences/Physical Therapy – King Saud University, Saudi Arabia

Proven ability to streamline processes, implement methodologies, improve performance and efficiency

Excellent organizational skills and ability to identify and manage changing priorities effectively

Strong skills in assessing, planning and implementing resources to meet workload demands

Proficient use of Microsoft Office applications and various industry related softwares

Enjoy working productively and efficiently in a team environment or independently

Proven ability to operate both on strategic and tactical levels within an organization

Excellent interpersonal, communication, public relations and influencing skills

Excellent ability to conceptualize abstract theory into realistic application

Adherence to safe work practices and promotion of safety standards

Strong proven ability to quickly establish credibility and respect

Solid integrity and work ethics

Fluent Arabic and English

AREAS OF EXPERTISE

Work-related Musculoskeletal injuries
Strategies for Preventing Work Disability
Predicting Return-to-Work
Physiotherapy Assessment and Treatment
McKenzie Technique
Trunk Muscle Activation
Measurement and Instrumentation

Neuromuscular Function
Metabolic Measurements
Electromyography
STATA Software
SPSS Software
GAITRite System

RESEARCH INTERESTS

My research focuses on disability prevention and prognosis of work-related musculoskeletal disorders, work disability in young and older workers, and enhancing the return to work process. My work also investigates effective methods to achieve safe and sustained return to work and ways to prevent work disability among older injured workers.

EDUCATIONAL BACKGROUND/PROFESSIONAL DEVELOPMENT

Philosophy Doctorate (PhD)– University of Alberta, Canada 2011 – 2015
PhD Studies in Rehabilitation Medicine and Physiotherapy at the Faculty of Rehabilitation Medicine
Academic Project in work-related Musculoskeletal Disorders and Disability (Treatment and Rehabilitation)

Master of Science (MSc)– Dalhousie University, Canada 2007 – 2010
School of Physiotherapy in Rehabilitation and Physiotherapy
Thesis in comparison of abdominal and hip abductor activation between chronic low back pain and asymptomatic individuals during walking

Bachelor of Science (BSc)- Rehabilitation Sciences/Physical Therapy – King Saud University, Saudi Arabia 1998 – 2003

Bio-statistics I, Bi-statistics II, Theory and Issues in Rehabilitation Science, 2011 - 2013
Research Design in Rehabilitation Science, Factors Influencing Work Disability in Injured Workers. University of Alberta. Alberta-Canada.

Thesis-Writing Strategies (15 hours: 28 Sept. to 2 Nov., 2012). Student Success Centre. 2012
University of Alberta. Alberta-Canada.

Health Ethics Symposium (Health Ethics Challenges and Cultural Diversity). John Dissector 2012
Heath Ethics Centre, University of Alberta. 13 June 2012.

Introduction to Systematic Review Searching 2012
John W. Scott Health Sciences Library- University of Alberta

Interdisciplinary health team simulations and activities as part of the Interdisciplinary Health Education Partnership project (IHEP). University of Alberta	2012
Measurement and Instrumentation, Quantitative Research Methods, Principles of Bio-statistics, Surface EMG, Foundations Seminar and Directed Study of Trunk Muscle Activation. Dalhousie University	2007 - 2008
Cardiopulmonary Resuscitation and Automated External Defibrillator training. Dalhousie University	2008
Workplace Hazardous Materials Information System. Dalhousie University	2008
English for Academic Purposes Program. ECL, Halifax, NS , Canada	2007
Introduction to Clinical Statistics. Saudi Physical Therapy Association	2006
Basics of Research Methodology Study Day and Workshop - Saudi Physical Therapy Association	2006
Clinical Education Workshop for Clinicians. Saudi Physical Therapy Association	2006
Clinical Education Workshop for Faculty. Saudi Physical Therapy Association	2006
Test of English as a Foreign Language	2006
Graduate Record Examinations	2006
The Musculoskeletal and the Electrotherapy Scientific Program – Saudi Physical Therapy Association	2005
Mechanical Diagnosis and Therapy (Problem-Solving Practical Workshop) – McKenzie Institute International	2005
Mechanical Diagnosis and Therapy (Lumbar Spine) - McKenzie Institute International	2004
Mechanical Diagnosis and Therapy (Cervical Spine) - McKenzie Institute International	2004
Gait Development and Analysis Course. Saudi Physical Therapy Association	2004
Statistics for Medical Research - Saudi Center for Health Training	2003

CAREER BACKGROUND

PhD Candidate – University of Alberta, Edmonton, Canada	2011 – 2015
Lecturer/Physical Therapist – King Saud University & University Hospitals, Saudi Arabia Examine patients' medical histories assess patients and develop treatment plans and strategies Physical therapy clinical and practical courses in hydrotherapy, manual muscle tests and measurements, electrotherapy, therapeutic exercises and orthopedic physical therapy	2010 – 2011
Main Investigator/Associated Investigator – School of Biomedical Engineering, Dalhousie University, CA Pilot study project on the effects of osteopathy on low back pain patients Project in trunk muscular activation and Gait analysis with/without low back pain during walking at different speeds EMG and Gait data collection and processing using SEMG and GAITRite systems, pre/post treatment Assessment of subjects' EMG and Gait data collection and processing using SEMG and GAITRite systems	2009

Teaching Assistant/Physical Therapist – King Saud University & University Hospitals, Saudi Arabia 2006 – 2007
Clinical Instructor/Physical Therapist – King Saud University & University Hospitals, Saudi Arabia 2004 – 2006
 Examine patients' medical histories assess patients and develop treatment plans and strategies
 Physical therapy clinical and practical courses in hydrotherapy, manual muscle tests and measurements, electrotherapy, therapeutic exercises, orthopedic physical therapy and cardiopulmonary physical therapy

Physical Therapist – Physical Therapists Center, Riyadh, Saudi Arabia 2004 – 2006
 Out patients treatment of neuromuscular disorders, geriatrics and musculoskeletal injuries
 Clinician assessing patients build treatment plans, apply electrotherapy and exercises treatment procedures

Instructor – Technical Institute of Health Training, Saudi Arabia 2004 – 2006
 Teaching the physical therapy diploma program for physical therapy technicians in hydrotherapy, tests and measurements, electrotherapy, therapeutic exercises and orthopaedic physical therapy

Internship 2003 – 2004
 King Khaled University Hospital (four months)
 Armed Forces Hospital (four months)
 Prince Salman Hospital (four months)

CONFERENCES PARTICIPATION & PUBLICATIONS

“Ageing workers with work-related musculoskeletal injuries”- F. S. Algarni; D. P. Gross; A. Senthilselvan; M. C. Battie- Occupational Medicine 2015;doi: 10.1093/occmed/kqu213

“Do Prognostic Factors for Return to Work Differ Between Older and Younger Workers?”- F. S. Algarni; D. P. Gross; A. Senthilselvan; M. C. Battie. WORKERS' COMPENSATION RESEARCH GROUP MEETING, Tuesday and Wednesday, March 3 – 4, 2015; Liberty Mutual Research Institute for Safety (Hopkinton, MA), USA.

“Ageing workers with work-related musculoskeletal injuries”- F. S. Algarni; D. P. Gross; A. Senthilselvan; M. C. Battie- WORKERS' COMPENSATION RESEARCH GROUP MEETING, Tuesday and Wednesday, March 3 – 4, 2015; Liberty Mutual Research Institute for Safety (Hopkinton, MA), USA.

“Aging Workers with Work-related Musculoskeletal Injuries”– Algarni-Fahad S, Gross DP, Senthilselva A and Battié MC. The third scientific conference on Work Disability Prevention and Integration. September 29th-October 1st, 2014. Toronto, Canada.

“Reference values for the SF-36 in Canadian injured workers undergoing rehabilitation” – Gross DP, Algarni F S and Niemeläinen R – J Occup Rehabil. 2015 Mar;25(1):116-26. doi: 10.1007/s10926-014-9531-8.

“Differences in abdominal muscle site activation and coordination during walking in chronic low back pain and asymptomatic individuals” – F. Algarni, E. Hanada and CL Hubley-Kozey – The 7th Interdisciplinary World Congress on Low Back & Pelvic Pain, held in Los Angeles, U.S.A. November 11th, 2010

“Hip abductor activation and coordination with abdominal muscles during walking in chronic low back pain and asymptomatic individual's – F. Algarni, E. Hanada and CL Hubley-Kozey - Canadian Society for Biomechanics 16th Biennial Conference held in Queens University, Kingston, ON, June 9-12, 2010

“Comparison of abdominal and hip abductor activation between chronic low back pain and asymptomatic individuals during walking” – F. Algarni - Master Thesis, School of Physiotherapy, Dalhousie University, Canada, Feb. 2nd 2010

“Comparison of abdominal and hip abductor activation between chronic low back pain and asymptomatic individuals during walking” – F. Algarni, E. Hanada and CL Hubley-Kozey - Proceedings of 7th Annual Meeting at the Crossroads Conference, Dalhousie University, Nova Scotia- Canada, April 26th, 2009

Geriatric Medicine 2013: Successful Healthy Aging Conference, Edmonton-Alberta, Canada, 2013

Research Day - School of Biomedical Engineering, Dalhousie University, Nova Scotia, Canada, 2009

Organizer of Clinical Education Workshops, King Faisal Specialist Hospital, Dammam, SA, 2006

Organizer of Clinical Education Workshops, King Fahad Medical City, Riyadh, SA, 2006

Organizer of Basics of Research Methodology study day/workshop, King Fahad Medical City, Riyadh SA, 2006

PROFESSIONAL MEMBERSHIPS

Member of Workers’ Compensation Research Group, Massachusetts, USA (2015- present)

Member of Saudi Physical Therapy Association, Riyadh, Saudi Arabia (2006-present)

Member of Canadian Society for Biomechanics, Canada (2009-2011)

Member of Musculoskeletal Health Research Group, Dalhousie University, Canada (2007-2010)

Member of Research Committee Membership at the Saudi Physical Therapy Association (2005-2006)

Academic Awards/Rewards and Grants

Physical Therapy Thesis Research Operating Grant Program from Dep. Of Physical therapy at University of Alberta, Edmonton-AB (September-2014)

Reward excellence from Saudi Cultural Bureau, Ottawa-ON (April-2015)

Reward excellence from Saudi Cultural Bureau, Ottawa-ON (October-2014)

Reward excellence from Saudi Cultural Bureau, Ottawa-ON (May-2012)

Doctoral degree (PhD) Scholarship from Kingdom of Saudi Arabia (2011–present)

Master Degree (MSc) Scholarship from Kingdom of Saudi Arabia (2007–2010)
