

CURRICULUM VITAE

For

“Lolwah Ahmad AlRashed AlHumaid”

PRESENT ACADEMIC RANK AND POSITION

Lecturer, Department of Rehabilitation Sciences, College of Applied medical Sciences, King Saud University

Chair of the “Academic Advising and Registration Committees”, Rehabilitation Sciences Department, King Saud University

Senior Physiotherapy Specialist, Licensure: Saudi Commission for Health Specialties

EDUCATIONAL ATTAINMENT

2001: Secondary school degree from: Al Tarbia Al Islamia Schools (Graded with Excellence), Riyadh, Saudi Arabia.

2006: Obtained Bachelor Degree (BSc) of Applied Medical Sciences in the field of Rehabilitation- Physical therapy with first degree of honor from King Saud University, Riyadh, Saudi Arabia.

2007: Obtained Certificate of completion of one year internship, King Saud University, Riyadh, Saudi Arabia.

2012: Obtained Master’s degree (MSc) in Orthopedic Physical Therapy with first degree of honor from King Saud University, Riyadh, Saudi Arabia.

APPRECIATIONS & AWARDS

- Certificate of appreciation from AlJazeera National School for girls for participating in the awareness program of back care for elementary students (2004).
- Certificate of appreciation from the College of Applied Medical Sciences at King Saud University for participating in the fifth University and Community week (2005).
- Awarded “First Degree of Honor” in 2006, King Saud University.
- Certificate of appreciation from Saudi Physical Therapy Association for presenting a paper titled "Impact of bag carrying on weight distribution and postural steadiness" May, 2007, King Fahad Medical City, Riyadh, Saudi Arabia.

- Certificate of appreciation from the Rehabilitation Medicine Department of King Khaled University Hospital for presenting a lecture to physical therapists entitled “Exercise-oriented Spine Rehabilitation for Treatment of Chronic Low Back Pain: Review of evidence” (February, 2011).
- Passed the MSc thesis defense with “Distinction and Excellence”, ranked the first in the Physiotherapy Master’s class of 2012, King Saud University (January 2012).
- Certificate of appreciation for participating in the first congress of the College of Applied Medical Sciences. Presenting the physical therapy corner. (March 2012).
- Certificate of appreciation from National Guard Health Affairs, King Saud bin Abdulaziz University for Health Sciences for the outstanding contribution during the Saudi Physical Therapy Conference (May 2012), Riyadh, Saudi Arabia.

PROFESSIONAL AFFILIATIONS

- **2004- current:** Member of the Saudi Physical Therapy Association.
- **2008- 2012:** Member of the “Academic Advising and Registration Committees” at the Rehabilitation Sciences Department, King Saud University.
- **2010- 2011:** Member of the “Quality Committee” at the Rehabilitation Sciences Department, King Saud University.
- **2010- 2014:** Member of the “Research & Post-graduate Studies Committee” at the Rehabilitation Sciences Department, King Saud University.
- **2010- current:** Academic Advisor for physical therapy undergraduate students, King Saud University.
- **2012 – current:** Chair of the “Academic Advising and Registration Committees” at the Rehabilitation Sciences Department, King Saud University.
- **2013-current:** Member of North American Spine Society (NASS).

CLINICAL EXPERIENCE

- **2004:** Summer training at King Faisal Specialist Hospital and Research Centre, Riyadh, Saudi Arabia. Rotated through Oncology, Orthopedic in-patient, and Pediatric.
- **2006-2007:** Rotated through various specialties (Pediatrics, Neurology, Orthopedics, Cardiovascular, and Rehabilitation) in two major hospitals in Riyadh:
 - a) Riyadh Military Hospital.
 - b) King Fahad Medical City.

- **2010-2011:** Master thesis data collection: We recruited and treated chronic low back pain patients from the out-patient physical therapy clinics at the Rehabilitation Medicine Department, King Khaled University Hospital.
- **2014-current:** Teaching clinical musculoskeletal rehabilitation for physical therapy students at the Rehabilitation Medicine Department, King Khaled University Hospital, Riyadh, Saudi Arabia.

TEACHING EXPERIENCE:

- **2008 – 2012:** Teaching Assistant, Department of Rehabilitation Sciences, King Saud University. Assisted in teaching undergraduate physical therapy students the practical part of the following courses: “Therapeutic Exercise”, “Orthopedic physical therapy”, “Kinesiology”, “Electrotherapy”, “Chest Physical Therapy”, “Gross Anatomy”, “Hydrotherapy” and “Research Methods”, and “Clinical Musculoskeletal Rehabilitation”.
- **2012 – current:** Lecturer, Department of Rehabilitation Sciences, King Saud University. Teaching physical therapy students the “Kinesiology / Functional Anatomy & Movement” course, and assisting in teaching the “Clinical Musculoskeletal Rehabilitation”, “Electrotherapy”, “Gross Anatomy”, and “Research Methods” courses.

RESEARCH GRANTS:

- **2010-2011:** King Saud University, Deanship of Research: “Effectiveness of Non-pain Contingent Spine Rehabilitation in Females with Chronic Low Back Pain: A Randomized Controlled Trial”.

CONFERENCE PARTICIPATION

- Speaker at the Saudi Physical Therapy Symposium “Research at a glance” presenting a paper entitled: “Impact of Bag Carrying on Weight Distribution & Postural Steadiness”, May 2007, Riyadh, Saudi Arabia.
- Speaker at the Saudi Physical Therapy Conference presenting a paper entitled: “Effectiveness of Exercise -Oriented Spine Rehabilitation in Females with Chronic Low Back Pain: A Randomized Controlled Trial” May 2012, Riyadh, Saudi Arabia.
- Speaker at the 8th Interdisciplinary World Congress on Low Back & Pelvic Pain, presenting a paper entitled: “Effectiveness of Non-pain Contingent Spine Rehabilitation in Females with Chronic Low Back Pain: A Randomized Controlled Trial”, 27-31 October 2013, Dubai, United Arab Emirates.

- Speaker at “KSU speakers of 2014”, presenting: “The Secrets of Success”, April 2014, Riyadh, Saudi Arabia.

CONTINUING EDUCATION

- Cerebral Palsy A New Era- 1st King Saud University Symposium in Disability & Rehabilitation, March 2004, Riyadh, Saudi Arabia.
- “Diagnostic Imaging for Physiotherapists course” April 2006, Armed Forces Hospital, Riyadh, Saudi Arabia.
- Principle of Wheel Chair Prescription & Seating Symposium 2006, King Fahad Medical City, Riyadh, Saudi Arabia.
- Challenges in The Rehabilitation of Spinal Cord injury Symposium, January 2007, King Fahad Medical City, Riyadh, Saudi Arabia.
- Trigger Point Therapy Courses, The David G. Simons Academy:
 - A) Foundation Trigger Point Course MT1
 - B) Foundation Trigger Point Course MT2
 February 2007, King Fahad Medical City, Riyadh, Saudi Arabia.
- 3rd King Saud International Orthopedic Symposium, March 2009, College of Medicine, King Saud University, Riyadh, Saudi Arabia.
- “Learning Management System Course”, January 2011, Deanship of E-learning & distance learning, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.
- “Physical Therapy Approach to Female Pelvic Dysfunction” 2011, Dr. Sulaiman Al Habib Medical Center, Al Rayan Hospital, Riyadh, Saudi Arabia.
- The Myth of Core stability. Are we in the right path? “a clinical debate, SPTA talk” January 2012 King Faisal Specialist Hospital, Riyadh, Saudi Arabia.
- “Accreditation in Higher Education Workshop: What is True and What is Not?” February 2012, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.
- “The Saudi Physical Therapy Conference” May 2012, National Guard Health Affairs, King Saud bin Abdulaziz University of Health Sciences, Riyadh, Saudi Arabia.
- “Comprehensive Approach to Motor Control Training for Low Back & Pelvic Pain Course: Latest development in individualized management of motor control dysfunction & ultrasound imaging” May 2012, Presented by Prof. Paul Hodges, Center of Clinical Research in Spinal Pain Injury and Health, School of Health and Rehabilitation Sciences, The University of Queensland, Australia.
- “Counseling and Social entrepreneurship workshop” November 2012, Prince Salman Entrepreneurship Institute, Riyadh, Saudi Arabia.

- “Course goals & specifications workshop” January 2012, King Saud University, Riyadh, Saudi Arabia.
- “Higher education for girls in Kingdom of Saudi Arabia Seminar, from growth to competition” 14-15th of January 2013, King Saud University, Riyadh, Saudi Arabia.
- “Proper use of KPIs in Academic Program's Self-Study workshop” 23rd of February 2013, King Saud University, Riyadh, Saudi Arabia.
- “The Level of measurement, validity and reliability workshop” 3rd of March 2013, King Saud University, Riyadh, Saudi Arabia.
- “No Brain No Pain workshop” 31 March 2013, King Saud University, Riyadh, Saudi Arabia.
- “Systematic Reviews” Cochrane Back Review Group Workshop. Presenters: Maurits van Tulder & Bart Koes (full day), 27th of October 2013, Dubai, United Arab Emirates.
- The 8th Interdisciplinary World Congress on Low Back & Pelvic Pain, 27-31 October 2013, Dubai, United Arab Emirates.
- “The First Training Course in Health Communication”, May 2014, King Faisal Specialist Hospital & Research Center, Riyadh, Saudi Arabia.

RESEARCH INTERESTS:

- Orthopedics: my major interest is in low back pain; i.e., predisposing factors, psychological aspects, interventions, and treatment outcomes.
- Cognitive behavioral therapy, Exercise therapy, physical activity, obesity, and ergonomics.

PERSONAL

- Marital status: Married
- Citizenship: Saudi
- Language: Arabic and English

CONTACT INFORMATION:

Lolwah Ahmad AlRashed AlHumaid, Senior P.T., BSc., MSc., PhD (candidate)
 Chair of Academic Advising and Registration
 Department of Rehabilitation Sciences
 College of Applied Medical Sciences
 King Saud University
 Riyadh, Saudi Arabia
 Office: +966(11) 8052456
 e-mail: lalrashed@ksu.edu.sa