

Banan Ahmad Mohammad Almass

Lecturer, Majmaah University, Almajmah, Kingdom of Saudi Arabia

Nationality: Saudi

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PERSONAL STATEMENT

As a highly motivated physical therapist strongly interested in clinical rehabilitation, my career vision is to help patients help themselves and become confident in their abilities after any disorder. My ambition is to build a career in physical rehabilitation as well as continue my higher education and develop the era of clinical research. I am capable of providing high-quality care, handling administrative tasks and organizing educational programs.

EDUCATION

- 2022** Masters of Science in Physical Therapy (Pediatric Specialty).
King Saud University, Riyadh, Saudi Arabia.
- 2016** Bachelors in Physical Therapy. Graduated with honor.
King Saud University, Riyadh, Saudi Arabia.

PROFESSIONAL EXPERIENCE

- July 2022 - Present** Lecturer at Majmaah University, Almajmah, Saudi Arabia.
- May 2019 – July 2022** Teaching Assistant at Majmaah University, Almajmah, Saudi Arabia.
- Nov 2018 – August 2021** Physical Therapist at Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- Oct 2016 – Aug 2017** Physical Therapist at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.
▪ [Pediatric Rehabilitation Unit supervisor.](#)
- Aug – Oct 2016** Physical Therapist at International Rehabilitation and Physiotherapy Center, Al Ahsa, Saudi Arabia.

INTERNSHIP / TRAINING EXPERINCE

- 2016** Internship training in Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2015** Internship training in King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 2012** Summer training in King Abdulaziz Medical City, Riyadh, Saudi Arabia.

CERTIFICATIONS

- 2020** **Personal Trainer**, International Sports Sciences Association, USA
- 2020** **Sport Nutritionist**, International Sports Sciences Association, USA
- 2018** **Saudi licensed Physical Therapist**, by Saudi Commission for Health Specialties, Riyadh, Saudi Arabia. (No. 16-R-A-0006246).
- 2017** **“Basic Life Support” (BLS) Provider**, Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.

RESEARCHES

- 2022** **Author** of a cross-sectional study titled **“Normative Values for Obstacles and Curb Tests”**. (Under establishing process).
- 2022** **Author** of a cross-sectional study titled **“Obstacles and Curb Tests’ Psychometric Properties for Children with Cerebral Palsy”**. (Under establishing process).
- 2020** **Author** of a cross-sectional study titled **“Awareness of Clinical Reasoning Among Pediatric Physical Therapists”**.
- 2018** **Co-author** of a cross-sectional study titled **“Level of Fatigue and its Impact on Physical Activity, Cognitive Function and Quality of Life Among Children with Cancer”**.
– I was honored to present this study in the First Saudi Physical Therapy Association Research Day. (2018)
- 2018** **Author** of a systematic review article titled **“Upper Extremity Functional Outcomes in Children with Arthrogyrosis Multiplex Congenita”**. (Under publication process).
- I was honored to present this study in the Almajmah University Physical Therapy Research Day. (2021)
- 2014** **Co-author** in a cross-sectional study titled **“Awareness, Perception and Believe of Physiotherapy among Physicians in Saudi Arabia”**. (Published in J. Phys. Ther. Sci. 28: 3435-3439, 2016).
– I was honored to present this study in King Saud University’s 6th Student Scientific Symposium, where it won **in the 10th place**. (2015)

PROFESSIONAL QUALIFICATIONS

- 2019** Trained in “**Manual Therapy**” 8-month course provided by Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2018** Trained in “**Physiotherapy Management of Spinal Cord Injuries**” 5-week course provided by the International Spinal Cord Society, United Kingdom.
- 2016** Trained in “**Management of Seating and Postural Impairment**” 4 days’ workshop in Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
Trained in “**Advanced Summer Course on Medical Research: Design to Publication**” 5 days’ workshop in King Khalid University Hospital, Riyadh, Saudi Arabia.
- 2015** Trained in “**Functional Independence Measures**” (FIM) 2 days’ workshop in King Abdulaziz Medical City, Riyadh, Saudi Arabia.

ACCOMPLISHMENTS

- 2019** **Designed** physical therapy group sessions in Intensive rehab unit, Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2017** **Presented** a Meniscal Tear pre and post-surgical repair Rehabilitation Program at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.
- 2016** **Published** printable and personalized home exercise programs specialized in Rotator Cuff Injury Rehabilitation and Hand Rehabilitation at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.
Presented in the Poster Competition between all health units at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.
- 2015** **Published** easy-to-use infographic manuals for physical therapy machines in King Abdulaziz Medical City, Riyadh, Saudi Arabia.
Designed physical therapy banners for Physical Therapy department in King Abdulaziz Medical City, Riyadh, Saudi Arabia.
Designed an educational poster providing safety body mechanisms aiming to benefit health care providers and caregivers while treating patients, King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 2014** **President** of Physical Therapy Student Club, King Saud University, Riyadh, Saudi Arabia.
- 2013** **Screeener** in “**The National Campaign of Spinal Deformities (Scoliosis II)**” held by the Research Chair of Spinal Deformities, Saudi Arabia.

LANGUAGES AND COMPUTER SKILLS

Languages	Fluent in Arabic and English, advanced in Italian.
Computer Skills	Expert in working with Microsoft Office Programs, SPSS Software data entry and interpretation, Photoshop designing, Movie Making, Database Searching, and development and designing of web pages.

PERSONAL QUALIFICATIONS

- **Respect, Appreciation and Gratitude** are what I live for. Helping **others** is my passion, and **people I love** are the pillars of my life.
- A **passionate** worker that enjoys **achieving goals**.
- **Responsible** and able to prioritize tasks.
- Enjoys working as a **team** member as much as a **leader**.
- Always eager to **develop** myself and have a passion to try everything new.