

# SHAIK ABDUL RAHIM

Assistant Professor

Dept. of Physical Therapy & Health Rehabilitation

College of Applied Medical Sciences (CAMS)

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## SCHOLASTIC RECORDS

- **Doctor of Philosophy (PhD)** **2013**  
Field of Exposure – *Neuromuscular and Ergonomic Rehabilitation*  
Yenepoya University, Mangalore, Karnataka
- **Master of Physiotherapy (MPT)** **2007**  
Field of Exposure - *Advanced Physiotherapy in Neurology*  
The Tamil Nadu Dr. M.G.R Medical University, Chennai
- **Bachelor of Physiotherapy (BPT)** **1997**  
Fields of Exposure – *Anatomy, Physiology, Electro therapy, Exercise therapy, Neurology, Cardiothoracic and Orthopedics,*  
Mangalore University, Mangalore, Karnataka

## OTHER COURSES

- Certificate course in *Yoga therapy*, Department of Human Resource Development, St. Aloysius College, Mangalore, March 1997 - August 1997
- Certificate course in *Manual therapy - Spinal Integrated Approach (Maitland, Mulligan, McKenzie and Butler concepts) for spinal dysfunctions*, Yenepoya University, Mangalore, 6<sup>th</sup>- 9<sup>th</sup> November 2009

## ACADEMIC, CLINICAL & ADMINISTRATIVE EXPERIENCE

- September 2014 - till date : Assistant Professor, Dept. of Physical Therapy & Health Rehabilitation, College of Applied Medical Sciences, Majmaah University, Al Majmaah
- February 2013 - July 2014 : Associate Professor & Vice Principal, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- October 2007 - January 2013 : Assistant Professor & Vice Principal, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- June 2006 - September 2007 : Lecturer, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- May 2004 - May 2006 : Master of Physiotherapy (MPT) programme, The Tamil Nadu Dr. M.G.R Medical University, Chennai
- August 2003 - April 2004 : Lecturer, Yenepoya Physiotherapy College & Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- June 2002 - July 2003 : Clinical Co-ordinator, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore

- February 2002 - May 2002 : Physiotherapist, Dept. of Physiotherapy, Yenepoya Medical College Hospital, Mangalore
- May 2001 - January 2002 : Physiotherapist, Dept. of Physiotherapy, Highland Hospital Research & Diagnostic Centre, Mangalore
- June 1998 - April 2001 : Assistant Lecturer cum Physiotherapist, City College of Physiotherapy & Clinical In-charge, Dept. of Physiotherapy, City Hospital Research & Diagnostic Centre, Mangalore

## TEACHING EXPERIENCE

- Total teaching & clinical experience - 22 years 4 months
- Teaching & clinical experience after Post-Doctoral - 9 years 6 months
- Teaching & clinical experience after Post Graduation - 15 years 1 month
- Teaching & clinical experience before Post Graduation - 7 years 3 months

## RESEARCH EXPERIENCE

- *Evaluation of Ergonomic Interventions for the Work - related Musculoskeletal Disorders among Dental Surgeons*, Doctor of Philosophy (PhD) thesis submitted to Yenepoya University, Mangalore, Karnataka, February 2013
- *The Effect of Transcutaneous Electrical Nerve Stimulation on Spinal Motor Neuron Excitability in Patients with Stroke*. Postgraduate (PG) dissertation submitted to the Tamil Nadu Dr. M.G.R Medical University, Chennai, September 2006
- *Emphysema*, Undergraduate (UG) project submitted to the Mangalore University, Mangalore, Karnataka, April 1997
- *Colle's Fracture – Clinical Aspects and the Program of Rehabilitation*, Undergraduate (UG) project submitted to the Mangalore University, Mangalore, Karnataka, April 1996

## RESEARCH GUIDANCE

- Recognized International Examiner for PhD thesis evaluation, NITTE University, Mangalore, India, October 2015 - till date
- Recognized Postgraduate Guide, Yenepoya Physiotherapy College, Yenepoya University, Mangalore, India, December 2010 - July 2014

## PUBLICATIONS

- **Abdul Rahim Shaik**. Relationship Between Physical & Mental Fitness & Associated Factors: A Cross Sectional Study on Parents of CP Children. *Eur Rev Med Pharmacol Sci* 2022.
- **Abdul Rahim Shaik**. Comparison Between Yoga Exercises Versus Tai Chi Exercises for Dynamic Balance Training Among Diabetic Neuropathy Patients. *Journal of Pharmaceutical Negative Results*. Volume 13 | Special Issue 5 | 2022
- **Shaik, A.R.**; Al Qahtani, M.; Ahmad, F.; Shaphe, M.A.; Alghadir, A.H.; Alduhishy, A.; Assiri, S.M.A.; Asad, M.R.; Iqbal, A. Impacts of Adiposity on the Attentional Cost of Sensory-Motor Performance Associated with Mobility in a Dual-Task Paradigm. *Int. J. Environ. Res. Public Health* 2022, 19 (20), 13118.
- **Shaik AR**. Comparison Between Muscle Strength Training Versus Qigong Exercise Training in Older Adults with Balance Impairment. *Journal of Complementary Medicine Research*, Vol. 13, No. 4, 2022 (pp. 127-130).

- Kalra S, Miraj M, Ajmera P, Shaik RA, Seyam MK, Shawky GM, Alasiry SM, Mohamed EH, Alasiri HM, Alzhrani M, Alanazi A, Alqahtani M, **Shaikh AR**, Al-Otaibi ML, Saleem S, Pal S, Jain V, Ahmad F. Effects of Yogic Interventions on Patients Diagnosed with Cardiac Diseases. A Systematic Review and Meta-Analysis. *Front Cardiovasc Med*. 2022 Aug 4; 9:942740.
- Mohammad Miraj, Faizan Kashoo, Shakir Saleem, Msaad Alzhrani, Ahmad Alanazi, Hosam Alzahrani, Mohammad Abu Shaphe, Mehrunnisha Ahmad, Fuzail Ahmad, **Abdul Rahim Shaik**, Ahmed Almansour, Mohamed Sherif Sirajudeen, Shady Abdullah Alshewaier, Mazen Alqahtani, Shabir Ahmad Mir, Mohammad Siddiq, Danah Alyahya, Riyaz Ahamed Shaik. Prevalence of night eating syndrome associated with psychological disorders among university students: A metanalysis. *Journal of King Saud University – Science* 2022; 34(4):102031.
- Mohammad Miraj, Msaad AlZhrani , Ahmad Alanazi , Fuzail Ahmad , Faizan Kashoo , **Abdul Rahim Shaik** , Mohamed Seyam, Deepak Kumar, Achal Pathak , Kamran Afzal , Ahmad Abdullah A Alsaleh , Mazen AlQahtani and Mehrunnisha Ahmad. Effectiveness of Hold Relax Proprioceptive Neuromuscular Facilitation Technique in Total Knee Arthroplasty. *Bioscience Biotechnology Research Communications*. Vol 14 No (4) Oct-Nov-Dec 2021. Pp 1919 -1923.
- **Shaik, Abdul Rahim** | Ahmad, Fuzail | Miraj, Mohammad | Alqahtani, Mazen | Alzhrani, Msaad | Alanazi, Ahmad | Kashoo, Faizan. Efficacy of the Structured Balance Awareness Program on Perceived Balance Confidence and Fear-related Maladaptive Behaviour in Post-stroke Survivors. *NeuroRehabilitation* 2021; 49(4): 547-552.
- Fuzail Ahmad, Mohammad Miraj, **Abdul Rahim Shaik**, Faizan Kashoo, Prashant Kashyap, Nivedita Kashyap, Shadab Uddin and Nishat Quddus. The Effectiveness of Self-Administered Contract Relax Agonist Contract (CRAC) Stretching on Performance of Hamstring Curls to Fatigue in Elderly Population. *Biosc.Biotech.Res.Comm*. Vol 13 No (4) Oct-Nov-Dec 2020. Pp 2355-2359.
- Mohamed K. Seyam, Ezzat E. Moubarak, **Abdul Rahim Shaik**. The effect of extracorporeal shock wave therapy for patients with diabetic frozen shoulder. *MJHS* 2018; 6(2): 40 - 49.
- **Shaik AR**, Sripathi Rao BH, Husain A. Correlation between ergonomic risk factors and work-related musculoskeletal disorders in dental surgeons. *Int J Health Sci Res* 2016; 6(12):114 -120.
- Shine G, Saad S, Nusaibath S, **Shaik AR**, Padmakumar S. Comparison of effectiveness of diaphragmatic breathing and pursed-lip expiration exercises in improving the forced expiratory flow rate and chest expansion in patients with bronchial asthma. *International Journal of Physiotherapy* 2016; 3(2): 154 -158.
- Hashmi S, **Shaik AR**, Somasekharan Pillai P. Comparison of transcutaneous electrical nerve stimulation and kati basti for patients with sciatica. *Int J Cur Res Rev* 2015; 7(15): 44 - 48.
- Nusaibath S, **Shaik AR**, Saad S, Padmakumar S. Prevalence of work-related musculoskeletal disorders among dental students in southern karnataka district. *International Journal of Physiotherapy* 2015; 2(3): 518 - 523.
- **Shaik AR**. Dental ergonomics: Basic steps to enhance work efficiency. *Arch Med Health Sci* 2015; 3:138 - 44.
- **Shaik AR**, Shemjaz AM. The Rise of Physical Therapy: A History in Footsteps. *Arch Med Health Sci* 2014; 2:257- 60.
- **Shaik AR**. Effectiveness of ergonomics awareness training programme in minimizing work-related musculoskeletal disorders among dental surgeons. *International Journal of Physical Therapy Research & Practice* 2014; 2(3):2 -14.
- **Shaik AR**, Sripathi Rao BH, Husain A, D'sa JL. Effectiveness of ergonomics awareness training programme in minimizing the ergonomic risk factors in dental surgeons. In: Mohd Yusuf R, Ahmad SA, Indah Daruis DD, Md Deros B, Md Dawal SZ, editors. *Advanced engineering forum*. Switzerland: Trans tech publications; 2013. *Current trends in ergonomics*. p. 148 -153.
- **Shaik AR**, Sripathi Rao BH, Husain A, D'Sa JL. Association between Musculoskeletal Symptoms Experienced by Dentists and Selected Socio Demographic Variables in a Southern Karnataka District. *Kathmandu Univ Med J* 2012; 38(2): 9 -13.
- **Shaik AR**, Sripathi Rao BH, Husain A, D'sa J. Work-related musculoskeletal disorders among dental surgeons: A pilot study. *Contemp Clin Dent* 2011; 2(4): 308 -12.

## AFFILIATION WITH PROFESSIONAL BODY

- Consultant in Physiotherapy (16-R-A-0012105) – Saudi Commission for Health Specialties (SCFHS), June 2017 - till date
- Life Member (5810) – The Indian Association of Physiotherapists (IAP), Member of World Confederation for Physical Therapy, July 2000

## CONFERENCES / WORKSHOPS / SEMINARS ATTENDED

- Resource speaker, *Health care ergonomics*, Injures Symposium - Prevention and Methods of Treatment & Rehabilitation, College of Applied Medical Sciences, Majmaah University, Al Majmaah, Kingdom of Saudi Arabia, 4<sup>th</sup> & 5<sup>th</sup> May 2016
- 2<sup>nd</sup> Madinah International Conference for *Medical Rehabilitation Updates*, Madinah, 3<sup>rd</sup> – 6<sup>th</sup> November 2015
- Resource speaker, *Stroke Rehabilitation*, Conference on Rehabilitation and Physiotherapy – improving the quality of life, Northern Area Armed Forces Hospital, Hafer Al Batin, Kingdom of Saudi Arabia, 21<sup>st</sup> – 22<sup>nd</sup> October 2015
- Resource speaker, *Physical Therapy - Stroke Care and Prevention*, S A T S C Stroke Research Chair Workshop, King Khalid Hospital, Majmaah University, Al Majmaah, 25<sup>th</sup> December 2014
- Member, organizing committee, workshop on *Spinal Cord Injury Assessment & Rehabilitation*, Department of Physical Therapy, College of Applied Medical Sciences, Majmaah University, Al Majmaah, 24<sup>th</sup> December 2014
- Resource speaker, *Ergonomics – Enhancing Work Efficiency in Dentistry*, UAE International Dental Conference & Arab Dental Exhibition, AEEDC Dubai 2014, Dubai Health Authority, Dubai, 4<sup>th</sup> - 6<sup>th</sup> February 2014
- Workshop on *Radiology for health Professionals – Learn through Virtual Animation*, Yenepoya Physiotherapy College, Mangalore, 23<sup>rd</sup> & 24<sup>th</sup> January 2014
- Workshop on *OSCE for Physiotherapists*, Yenepoya Physiotherapy College, Mangalore, 7<sup>th</sup> December 2013
- Resource speaker – *Role of Care Takers in Rehabilitation*, International Day of Persons with Disability, Sarvashikshana Abhiyana, Block Resource Centre, Mangalore south, Karnataka, 3<sup>rd</sup> December 2013
- Workshop on *Problem Based Learning – A Journey Ahead*, Yenepoya University, Mangalore, 6<sup>th</sup> & 7<sup>th</sup> November 2013
- Resource speaker – *Is it possible to work in dentistry without risking one's musculoskeletal health*, CDE program, Indian Dental Association, Dakshina Kannada Branch, Mangalore, 1<sup>st</sup> October 2013
- 2<sup>nd</sup> International Conference on *Ergonomics* (ICE 2013), Kuala Lumpur, Malaysia, 2<sup>nd</sup> to 4<sup>th</sup> September 2013
- Workshop on *Extramural Research Funding: Opportunities and Challenges*, Yenepoya University, Mangalore, 29<sup>th</sup> July 2013
- International workshop on *Physiotherapy Management of Spinal Cord Injuries and Related Neurological Disabilities*, Yenepoya Physiotherapy College, Mangalore, 18<sup>th</sup> & 19<sup>th</sup> February 2011
- Workshop on *Research methodology and Biostatistics*, Yenepoya University, Mangalore, 17<sup>th</sup> to 19<sup>th</sup> August 2010
- Workshop on *Epidemiology and Research*, Yenepoya University, Mangalore, 16<sup>th</sup> & 17<sup>th</sup> April 2010
- 3<sup>rd</sup> International Conference on *Genetic and Molecular diagnosis in Modern Medicine and Biology*, Yenepoya University, Mangalore, 27<sup>th</sup> February to 1<sup>st</sup> March 2010
- Workshop on *Electro Physical Agents*, Yenepoya University, Mangalore, 25<sup>th</sup> & 26<sup>th</sup> January 2010
- 48<sup>th</sup> Annual Conference of the IAP, Dr. T.M.A. Pai International Convention Center, Mangalore, 22<sup>nd</sup> to 24<sup>th</sup> January 2010
- Workshop on *Neuro Developmental Therapy*, South kanara Physiotherapy Teachers Association, Mangalore, 30<sup>th</sup> January 2009
- Workshop on *Research Methodology*, Yenepoya Research Centre, Yenepoya University, Mangalore, 16<sup>th</sup> October 2008
- Resource speaker - *Professionally related Musculoskeletal Disorders among Dental Surgeons*, CDE program, Yenepoya University, Mangalore, 14<sup>th</sup> October 2008

- Workshop on *Vestibular Rehabilitation*, Yenepoya Physiotherapy College, Mangalore, 8<sup>th</sup> December 2007

## HONORARY OFFICE & MEMBERSHIPS

- Head - *Curriculum Development Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, September 2022 – till date
- Member - *Scientific Research & Innovations Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, September 2022 – till date
- Member - *Scientific Research Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2022 – till date
- Member - *Scientific Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2019 – till date
- Member – *Academic Affairs Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2019 – till date
- Head - *Scientific Research Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2016 – August 2021
- Member - Editorial Board, *Majmaah Journal of Health Sciences (MJHS)*, Majmaah University, January 2018 – till date
- Member - *Department Council Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2015 – till date
- Member - *DPT Program Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2017 - till date
- Associate Editor – *Archives of Medicine & Health Sciences (AMHS)*, The Official Journal of Yenepoya University, January 2013 - till date
- Member - *Health Sciences Research Center*, Deanship of Scientific Research, Majmaah University, January 2018 – October 2019
- Head - *Scientific Affairs Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2016 – September 2017
- Member - *Academic Affairs Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2016 – September 2017
- Member - *Curriculum Development Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2016 – September 2017
- Head - *International Cooperation Unit*, College of Applied Medical Sciences (CAMS), Majmaah University, October 2015 – September 2016
- Member - *Quality & Academic Accreditation Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2015 – September 2016
- Member - *Training Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2015 - September 2016
- Coordinator - *The National Commission for Academic Accreditation & Assessment (NCAAA)*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, February 2015 - September 2016
- Member - *Academic Affairs Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2014 – September 2015
- Member - *IT, Research and Innovation Committee*, Dept. of Physical Therapy & Health Rehabilitation, CAMS, Majmaah University, October 2014 - September 2015

- Editor-in-Chief - *Annual Report 2012-13, Yenepoya University, Mangalore*
- Member - *Teachers Grievance Redressal Committee, Yenepoya University, Mangalore, March 2013 – July 2014*
- Executive Editor - *IQRA, Magazine of Yenepoya University, Mangalore, July 2012 – July 2014*
- Member - *Editorial Board, Annual Report 2010-11 & 2011-12, Yenepoya University, Mangalore*
- Member - *National Service Scheme (NSS) Advisory Committee, Yenepoya University, Mangalore, June 2011 – July 2014*
- Member - *Faculty of Allied Health & Basic Sciences, Yenepoya University, Mangalore, January 2011 – July 2014*
- Member - *Board of Studies, Yenepoya Physiotherapy College, Yenepoya University, Mangalore, January 2011 – July 2014*
- Member - *Employment and Placement Cell, Yenepoya University, Mangalore, September 2011 – April 2014*
- Member - *Task force for Research, Consultancy and Extension, Yenepoya University, Mangalore, July 2011- July 2014*
- Coordinator - *Student Mentorship Program, Yenepoya Physiotherapy College, Yenepoya University, Mangalore, April 2011 – July 2014*
- Member - *Equal Opportunities Cell, Yenepoya University, Mangalore, August 2010 – March 2013*
- Member - *Academic Council, Yenepoya University, Mangalore, May 2010 – April 2013*
- Member - *Internal Quality Assurance Cell (IQAC), Yenepoya University, Mangalore, August 2010 – April 2013*
- Member - *Yenepoya University Ethical Committee, Yenepoya University, Mangalore, September 2008 – December 2012*
- Convener - *Organizing committee of the Indian Society of Hospital Waste Management Conference (ISHWMCON 2012), Yenepoya Medical College, Mangalore, 1<sup>st</sup> & 2<sup>nd</sup> December 2012*
- Convener - *Scientific management committee of the National Conference on Safety and Quality Aspects in Hospitals, Yenepoya University, Mangalore, 5<sup>th</sup> & 6<sup>th</sup> February 2011*
- Co-Convener - *Organizing committee of the 3<sup>rd</sup> International conference on Genetic and Molecular Diagnosis in Modern Medicine and Biology, Yenepoya University, Mangalore, 27<sup>th</sup> February – 1<sup>st</sup> March 2010*
- Coordinator - *Organizing committee of Post Conference Course of 48<sup>th</sup> Annual Conference of IAP 2010 - Yenepoya University, Mangalore, 25<sup>th</sup> & 26<sup>th</sup> January 2010*
- Convener - *Organizing committee of CPE on 'Vestibular Rehabilitation', Yenepoya Physiotherapy College, Mangalore, 8<sup>th</sup> December 2007*

## PERSONAL AND OTHER DETAILS

- Date of Birth : 01/ 07/1972
- Nationality : Indian
- Marital Status : Married
- Languages Known : English, Urdu, Hindi, Telugu, Kannada, Malayalam
- Address (India) : Flat # 5B, Delta Court Apartments, S.L. Mathias Road, Falnir, Mangalore 575001  
Karnataka, India
- Address (At Present) : Dept. of Physical Therapy & Health Rehabilitation, College of Applied Medical Sciences, Majmaah University, P.O. Box: 66, Al Majmaah 11952, Riyadh, Kingdom of Saudi Arabia
- Office Phone : 00966 16404 2972
- Passport Details : No: T9284084, Place of issue: Riyadh, Date of issue: 17/08/2020, Date of expiry: 16/08/2030