



Msaad Alzhrani

Consultant Sports Physiotherapist, Dean of Applied Medical Sciences College

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About me

A highly motivated, confident individual with exceptional multi-tasking and organizational skills. Able to communicate effectively and sensitively with colleagues to maximize the work outcomes and to ensure solving of often complex workplace issues. Excellent academic and clinical experience with the ability to work closely with other healthcare professionals to assess academic and clinical needs and devise suitable plans for robust results. Great experience in managing projects and achieving the required targets. Ready and qualified for the next stage in a successful career and looking forward to making a significant contribution.

Main Work Experiences

Dean of Applied Medical Sciences College 2021 - Present
Majmaah University, Saudi Arabia

Consultant Sports Physiotherapist 2019 - Present
Majmaah, Saudi Arabia
International Rehabilitation and Prosthetics Center

Assistant Professor 2018 - Present
Majmaah University, Saudi Arabia
Physical Therapy Department, College of Applied Medical Sciences

Senior Physiotherapist 2015 - 2018
Manchester, United Kingdom
Research collaboration with a couple of English football teams to including Birmingham City FC, Sheffield United FC, Port Vale FC, Crewe Alexander FC, and Wolverhampton Wanderers FC.

Vice Dean for Graduate Studies and Research 2019 - 2022
Majmaah University, Saudi Arabia
College of Applied Medical Sciences

Vice Dean for Academic Affairs 2013 - 2014
Majmaah University, Saudi Arabia
College of Applied Medical Sciences

Consultant of University President 2019 - 2020
Almaarefa University

Supreme Quality Committee member 2013 - Present
Majmaah University, Saudi Arabia
College of Applied Medical Sciences

Lecturer 2009 - 2018
Majmaah University, Saudi Arabia
Physical Therapy Department, College of Applied Medical Sciences

Teaching Assistant, and Physiotherapist June 2009 - Aug 2009
King Saud University, Saudi Arabia
Physical Therapy Department, College of Applied Medical Sciences.

Senior Physiotherapist 2018 - Present
Majmaah, Saudi Arabia
King Khalid Hospital

Education

PhD of Physiotherapy, Sports medicine 2014 - 2018
University of Salford, United Kingdom

Scholarship Award to study a Ph.D degree in Physiotherapy abroad from AlMajmaah University in 2013. The Phd degree was on Musculoskeletal injuries, focusing on lower limbs sport injuries.

Master of Science in Musculoskeletal PT 2010 - 2012
University of Pittsburgh, United States

Scholarship Award to study a master degree in Physiotherapy In Uniter State of America from King Saud University in 2009.

Bachelor of Health Sciences in Physiotherapy 2003 - 2008
King Saud University, Saudi Arabia

Languages

Arabic

Native language

English

Fluent (speaking, reading, writing)

Personal Skills

- Great Verbal Communication
- Good Commercial Awareness
- Analyzing and Investigating Ability for problems and opportunity.
- Initiative
- Planning & Organizing
- Decision-Making and Action Planning
- Creative
- Leadership

Conferences and Courses

The 4 Essential Roles of Leadership FranklinCovey	Mar - 2019
Project Management for Development Professionals (PMD Pro) APMG International	Feb - 2020
Leadership and Quality Skills for Healthcare Practitioners Disabled Children's Association	27th - 30 Oct 2020
Academic Quality Practitioner Education and Training Evaluation Commission - Riyadh, Saudi Arabia	16h - Nov 2020
How to Develop Academic Program Learning Outcomes (PLOs) According to the (NQF-KSA) Education and Training Evaluation Commission - Riyadh, Saudi Arabia	11th - Oct 2020
A practical Review of a Programmatic Quality Management System against the NCAAA Evaluation Rubrics Education and Training Evaluation Commission - Riyadh, Saudi Arabia	10th - Oct 2020
17th Asian Federation of Sports Medicine Congress Riyadh, Saudi Arabia	13th - 15th Dec 2019
Therapy Expo Birmingham, United Kingdom	23th - 24th Nov 2016
BASEM/FSEM Annual Conference 2016 British Association of Sport and Exercise medicine - Liverpool, UK	13th - 14th Oct 2016
XXIV International Conference on Sports rehab and Trauma, Football Medicine Strategies for Player Care Queen Elizabeth II Conference Centre - London, UK	11th - 12th April, 2015
ACPSEM Autumn Study Day, Technology in Sport and Rehabilitation University Hospital of Wales - Cardiff, UK	5th - 6th Nov 2016
American Physical Therapy Association's Annual Conference and Exposition Tampa Convention Center - Florida, USA	6th - 9th June 2012
Opportunity and Challenges for Faculty Members Today Academic Leadership Development Workshop - Washington DC, USA	5th - 11th May 2011
CPR Certificate "Healthcare Provider" University of Pittsburgh, Tri-Community South Centre - PA, USA	2nd - 5th March 2011
15 Hours CME in Ethics, Researches Integrity and Good Clinical Practice. Feb, 2011 University of Pittsburgh, Center of Continuing Education in Health Sciences - PA, USA	2011 - 2012
Certified Cardiopulmonary Rescuer Saudi Heart Association, KSA	20th - Feb 2011
The Holistic Approach Symposium King Fahd Medical City - Riyadh, KSA	3rd - 5th Nov, 2008
Certified ShockMaster Alnakheel Hospital - Riyadh, KSA	4th - 5th Jun, 2008
Assessment of Physical Fitness King Faisal Specialist Hospital & Research - Riyadh, KSA	6th - 7th May, 2008
2nd Gulf Colloquium for Physiotherapy King Fahd Hospital - Alkhobar, KSA	28th - 29th Nov, 2007
Heart failure Management Prince Sultan Cardiac Center - Riyadh, KSA	13th - 15th Nov, 2007
The International Physical Therapy Of "New Horizons In Rehabilitation" Sultan Bin Abadulaziz Humanitarian City - Riyadh, KSA	6th - 8th Dec, 2005

Research and Publications

The effects of a high-intensity exercise bout on landing biomechanics post anterior cruciate ligament reconstruction: a quasi-experimental study

BMC Sports Science, Medicine and Rehabilitation, 2021

Efficacy of the structured balance awareness program on perceived balance confidence and fear-related maladaptive behaviour in post-stroke survivors

NeuroRehabilitation, 2021

The Current Application of the OSTRC Knee Injury Prevention Program among Professional Basketball, Handball, Soccer, and Volleyball Players in the Gulf Cooperation Council Countries

International Journal of Human Movement and Sports Sciences, 2021

Is Hip Muscle Strength Associated with Dynamic Knee Valgus in a Healthy Adult Population? A Systematic Review

International journal of environmental research and public health, 2021

Effect of Walking on Sand with Dietary Intervention in Overweight Type 2 Diabetes Mellitus Patients: A Randomized Controlled Trial

Healthcare Journal, 2020

Landing Evaluation in Soccer Players with or without Anterior Cruciate Ligament Reconstruction

International Journal of Sports Medicine, 2020

Generalized joint hypermobility among school-aged children in Majmaah region, Saudi Arabia

PeerJ Journal, 2020

Psychometric Properties of the Athens Insomnia Scale in Occupational Computer Users

Healthcare Journal, 2020

Current Physical Therapy Practice in the Intensive Care Unit in Saudi Arabia: A Multiple Centre Cross-Sectional Survey

Europe PMC Journal, 2019

Physical Function and Quality of Life and Modification of Authentic Islamic Prayer Procedure by Osteoarthritis Knee Patients in Saudi Arabia: A Cross Sectional Study

Journal of Religion and Health, 2019

The reliability and criterion validity of 2D video assessment of single leg squat and hop landing.

Journal of Electromyography and Kinesiology, 2017.

The Lower Limb Kinematics Difference Between Legs and Across a Sport Season

Sports Medicine Congress 2018, Copenhagen, Denmark.

Performance-variability of Single Leg squatting and Single leg Landing Across Season.

Scottish Sport & Exercise Medicine Conference, Glasgow, May 2017.

Courses and Workshops Speaker

Evidence Based Ankle Sprain Injury Rehabilitation

Ministry of Health, Riyadh - Saudi Arabia 2020

Spine and Posture

King Fahad Secondary School, Majmaah - Saudi Arabia, 2018

Physical Therapy from Research to Practice

King Fahad Armed Forces Hospital, Jeddah - Saudi Arabia, 2019

Sports Activities During Lockdown Time

Majmaah University, 2020

Tatweer, Sport's Development Company, 2019

Dealing with knee problems

Ministry of Health, Riyadh - Saudi Arabia, 2019

Councils and Committees Membership

- Majmaah University
 - Applied Medical Sciences College Council
 - Rehabilitation and Physical Therapy Department
 - Continuing Medical Education committee
 - Graduate Students Affair committee
 - Supreme Quality committee
 - Teaching assistants and lecturers affairs committee

Health Association Memberships

- Saudi Physical Therapy Association
- American Physical Therapy Association
- The Chartered Society of Physiotherapy, UK
- Saudi Medical Sensors Association

Clinical Skills

- Ability to identify signs of illness or deteriorating health in a patient.
- Able to organize time and resources based on the individual needs of clients. Knowledge of all relevant legislation, policies, and practices.
- Physically fit and able to lift and move care patients adequately.
Compassionate and understanding as well as possessing cultural awareness.
- Experience of working in a patient's homes, nursing homes, children's facilities, hospices & rehab centers.

Clinical Responsibility

- Work with patients who have a range of conditions, including neurological, neuromusculoskeletal, cardiovascular, and respiratory, sometimes over a period of weeks.
- Diagnose, assess, and treat their physical problem/condition.
- Develop and review treatment programs that encourage exercise and movement through the use of a range of techniques.
- Involve parents and carers in the treatment, review, and rehabilitation of patients.
- Educate patients and their carers about how to prevent and/or improve conditions.
- Write patient case notes and reports and collect statistics.
- Liaise with other healthcare professionals, such as GPs, occupational therapists, and social workers, to exchange information about the background and progress of patients, as well as to refer patients who require other medical attention.
- Keep up to date with new techniques and technologies available for treating patients.
- Supervise student and junior physiotherapists and physiotherapy support workers.
- Be legally responsible and accountable.
- Be caring, compassionate, and professional at all times.
- Manage clinical risk.