



FACULTY FULL NAME: Wafa Hashem Abdullah Al Muslem

POSITION: Assistant Professor

Personal Data

Nationality | Saudi

Department | Physical Therapy

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Language Proficiency

Language	Read	Write	Speak
Arabic	✓	✓	✓
English	✓	✓	✓
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2018	PhD	Manchester Metropolitan University	The United Kingdom Manchester
2013	MSc	Manchester Metropolitan University	The United Kingdom Manchester
2009	Bachelor	King Saud University	Saudi Arabia Riyadh

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	The sympathetic nervous system effects of spinal mobilization in those with and without nonspecific low back pain
Master	Spinal mobilization: The Concurrent Effects OF Hyperalgesia, Sympathoexcitation and Motor Control
Fellowship	



Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Assistant professor	Physical Therapy Department- College of Applied Medical Sciences- IAU	2019- current
Lecturer	Physical Therapy Department- College of Applied Medical Sciences- IAU	2013-2014
Demonstrator	Physical Therapy Department- College of Applied Medical Sciences- IAU	2009-2011

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Vice Chair of The Head of Department- Female section coordinator		2022- Current

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Ahmed Farrag, Duaa Al Saleh, Wafa Al Muslem, , Reem Algheryafi, Wafa Shaheen, & Walaa Elsayed.	The Arabic version of the Exercise Adherence Rating Scale: Translation, cross-cultural adaptation and psychometric properties for Arab chronic low back patients.	Disability and Rehabilitation 2025
2	Mohammad Ahsan; Turki Abualait; Mohammed Al-Subaiei; Wafa Al Muslem; Maitha Aldokhayyil; Shibili Nuhmani; Abdullah Alzahrani	Determining characteristics of gait variability with preferred walking speed in hypertensive and normotensive participants	Clinical Epidemiology and Global Health 2023
3	Abdulhadi Al-Makhalas; Turki Abualait; Mohammad Ahsan; Sahar Abdulaziz; Wafa Al Muslem	A gender based comparison and correlation of spatiotemporal gait parameters and postural stability: Gait Parameters and Postural Stability	Acta Biomedica Atenei Parmensis 2023



4	Sahar Zaidi; Asfak Ahamad; Anam Fatima; Irshad Ahmad; DEEPAK MALHOTRA; Wafa Hashem Al Muslem; Sahar Abdulaziz; shibili nuhmani	Immediate and long term effectiveness of proprioceptive neuromuscular facilitation and static stretching on joint range of motion, flexibility, and electromyography activity of knee muscles in older adults	Journal of Clinical Medicine	2023
5	Bari Mohd Arshad Mir Haq Nawaz Parrey Junaid Ahmad Ateeq Amir Ajhar Arish Al Muslem Wafa Hashem Nuhmani Shibili Alduhishy Anas Alsubaiei Mohammed Essa	Exploring variations in gait patterns and joint motion characteristics in school-aged children across different walking speeds: a comprehensive motion analysis study	Journal of Medicine and Life	2023
6	Ali AlTaweel; shibili nuhmani; Dr Mohammad Ahsan; Wafa Hashem Al Muslem; Turki Abualait; Qassim Ibrahim Muaidi	Analysis of Anaerobic power output, dynamic stability, lower limb strength, and power of elite soccer players based on their field position	Health Care Journal	2022
7	Priya Sirohi; Moazzam Hussain Khan; Saurabh Sharma; shibili nuhmani; Wafa Hashem Al Muslem; Turki Abualait	A systematic review of effects of daytime napping strategies on sport performance in physically active individuals with and without partial-sleep deprivation	Peer Journal	2022
8	Nuhmani, S.; Ahsan, M.; Bari, M.A.; Malhotra, D.; Al Muslem, W.H.; Alsaadi, S.M.; Muaidi, Q.I.	Patellar Tendinopathy— Does Injection Therapy Have a Role? A Systematic Review of Randomised Control Trials (2022)	Journal of Clinical Medicine	2022
9	Jha, P.; Nuhmani, S.; Kapoor, G.; Muslem, W.H.A.; Joseph, R.; Kachanathu, S.J.; Alsaadi, S.M.	- Efficacy of core stability training on upper extremity performance in collegiate athletes (2022)	Journal of Musculoskeletal Neuronal Interactions	2022
10	Muhannad Almushahhim; shibili nuhmani; Royes Joseph; Wafa Hashem Al Muslem; Turki Abualait	- Short-Term Effects of Dry Needling with a Standard Exercise Program on Pain and Quality of Life in Patients	Journal of Clinical Medicine	2022



		with Chronic Mechanical Neck Pain (2022)	
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Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	The 8th MMU Postgraduate Research Conference, 5th Nov 2015	Manchester UK	Poster presentation
2	The 9th Saudi Students Conference in Birmingham, UK, 13th – 14th Feb 2016.	Birmingham, UK	Poster presentation
3	MMU Faculty HPSC Faculty Research In High Summer Conference, 4th – 5th July 2017.	Manchester , UK	Poster presentation

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Physical Therapy Profession	PT 204	Teaching- Coordinator
2	Therapeutic Exercises	PT 210	Teaching- Coordinator
3	Physical Therapy for Musculoskeletal Conditions 1	PT 303	Teaching- Coordinator
4	Clinical Practice 1	PT 305	Clinical instructor
5	Physical Therapy for Musculoskeletal Conditions 2	PT 307	Teaching- Coordinator
6	Clinical Practice 2	PT 310	Clinical instructor
7	Graduation Project 2	PT 410	Supervisor
8	Fundamentals of Physical Therapy Assessment	PT 205	Teaching
9	Women's Health Physical Therapy	PT 453	Teaching



10	Exercise Physiology	PT 451	Teaching
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Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

Physical Therapy Profession PT 204: The main objective of the course is to introduce the physical therapy profession (PT) and its regulation within the healthcare system in Saudi Arabia for undergraduate students and provide them with knowledge of graduate programs, research activities, and community services experience.
Fundamentals of Physical Therapy Assessment PT 205: The main objective of this course is to provide the students with the fundamentals of clinical assessment. This course focuses on theoretical knowledge and practical skills utilized in physical examination of different conditions.
Therapeutic Exercises PT 210: The main objective of the course is to introduce the students with therapeutic exercise as a main tool for physical therapy rehabilitation. This course is concerned with developing theoretical and practical skills in the application of basic exercise techniques including those specifically related to upper, lower limbs and trunk.
Physical Therapy for Musculoskeletal Conditions I PT 303: The main objective of this course is to explain the fundamentals of musculoskeletal and orthopedic conditions and to state the suitable physical therapy management for these conditions.
Clinical Practice 1 PT 305: The main objective of this course is to develop the clinical skills required for managing patients with musculoskeletal disorders of the upper and lower extremities as well as upper motor neuron conditions in both out-patient / in-patient settings.
Physical Therapy for Musculoskeletal Conditions II PT 307: The main objective of this course is to outline the basics of spinal, sacroiliac, temporomandibular musculoskeletal problems and to identify the appropriate physical therapy management for these problems.
Clinical Practice 2 PT 310: The main objective of this course is to expose the student to the decision-making, case-management planning, and problem-solving role that physical therapist plays in patient management of spinal .musculoskeletal and/or neurological conditions
Graduation Project 2 PT 410: The main objective of this course is to demonstrate the basic knowledge needed to develop a research project.
Women's Health Physical Therapy PT 453: The main objective of this course is to teach physical therapy students examination methods and management of conditions that affect women health, specially, those associated with age, emphasizing evidence-based physical therapy interventions.
Exercise Physiology PT 451: The main objective of the course is to provide students with an up-to-date theoretical and practical understanding of the physiological responses/ adaptations to exercise training and the relevant clinical applications highlighting problem solving and utilizing research-based leaning.



Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Advanced Musculoskeletal Clinical Practice I	PT 521	Clinical Instructor -Coordinator
2	Advanced Musculoskeletal Clinical Practice II	PT 530	Clinical Instructor - Coordinator

Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

Advanced Musculoskeletal Clinical Practice I PT 521

This course is the first of two clinical education components of the MSc Physical Therapy program. This course is designed to advance the students' expertise in the examination, evaluation, diagnosis, prognosis, intervention, and management of patients in musculoskeletal physical therapy

Advanced Musculoskeletal Clinical Practice II PT 530

This course is the second of two clinical education components of the MSc Physical Therapy program. This course is designed to advance the students' expertise in the examination, evaluation, diagnosis, prognosis, intervention, and management of patients in musculoskeletal physical therapy

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
	Fourth year students	5	9-2022	5-2023
	Second year students	7	9-2023	5-2024
	Third year students	10	9-2024	5-2025

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Committee Membership

#	From	To	Institute	Full-time or Part-time
1	2020	2021	Physical Therapy Fellowship postgraduate committee- Physical Therapy Department-IAU	Full-Time
2	2019	current	Graduate studies affairs committee- Physical Therapy Department-IAU	Full-Time
3	2019	current	Academic affairs committee- Physical Therapy Department-IAU	Full-Time



4	2019	current	Examination quality committee- Physical Therapy Department-IAU	Full-Time
5	2019	current	Quality steering committee- Physical Therapy Department-IAU	Full-Time
6	2019	current	Employment committee- Physical Therapy Department-IAU	Full-Time

Volunteer Work

#	From	To	Type of Volunteer	Organization
	2020	Current	Musculoskeletal Physical Therapy Consultant	Family and Community Medicine Center- IAU (FAMCO)

Workshops/ courses Attended

- How to Use Education as an Intervention in Osteoarthritis on December 2006 at Security Force Hospital (Riyadh, KSA).
- The Quality of Healthcare without Rehabilitation on November 2007 at King Fahad Medical City (Riyadh, KSA).
- Present a lecture (Sacroiliac Joint Dysfunction) on February 2008 at King Fahad Hospital (Alhasa, KSA).
- The Advanced Course on Rehabilitation of Knee Dysfunction on February 2008 at King Fahad Hospital (Alhasa, KSA).
- Lifting and Transferring of Patient on April 2008 at King Fahad Hospital (Alhasa, KSA).
- The Movement Disorders Symposium on October 2008 at AL Qatif Central Hospital (Alqatif, KSA).
- The Female Pelvic Floor Muscle Rehabilitation on November 2008 (Manama, Bahrain).
- The CPR (Cardiopulmonary Resuscitation) course on January 2009 at King Fahad Specialist Hospital (Dammam, KSA).
- Prognosis of Conservative Management ACL on January 2009 at King Fahad Military Medical Complex (Dhahran, KSA).
- Stroke Rehabilitation on 2009 at King Fahad Military Medical Complex (Dhahran, KSA).
- Mini Symposium /Introduction to Research on Jun 2010 at College of Nursing, University of Dammam (Dammam, KSA)
- Saudi Physical Therapy Conference on May 2010 at Department of Physical Therapy, College of Applied Medical Sciences, University of Dammam (Dammam, KSA).



- Ankle Injuries: Fact, Fiction, and Evidence-Based Care on May 2010 at Department of Physical Therapy, College of Applied Medical Sciences, University of Dammam (Dammam, KSA).
- Searching Literature for Evidence-Based Practice on Jun 2010 at King Fahad Specialist Hospital (Dammam, KSA).

- Maitland Clinical Approach to Lumbo-Pelvic Dysfunctions on November 2010 at King Fahad Hospital of the University (Khobar, KSA).
- IELTS preparation course at Future Institution for Development January 2011(Khobar ,KSA)
- Research Methodology course on May 2011 at King Fahad Hospital of the University (Khobar, KSA).
- Attended the following workshops delivered by the Graduate School at Manchester Metropolitan University (2015-2017):
 - Introduction to QDA with Nvivo
 - Presentation skills
 - The engaging researcher
 - Networking to make a more impactful conference
 - Poster design and presentation
 - Managing your research project
 - keeping research informed
 - Writing for Publication
 - Introduction to Ethical issues
 - Advanced Searching: Techniques for Improving Your Literature Searches
 - Intro to Knowledge Exchange and Developing Your KE Offer
 - The Online Researcher
 - Experimental Design and Regression Models
 - Podcasting for Researchers
 - Increasing Your Productivity: Evernote for Researchers
 - Ethics in Digital Research
 - Using Sources Effectively
 - Getting the Most out of the RDF and RDF Planner
 - Presenting at a conference
 - Conference Paper Presentation
 - Endnote: Taking the pain out of organizing your references
 - Critical thinking, reading and writing

- Attended the following workshops/ courses delivered by the Deanship of Academic development and Deanship of E-learning and Distance learning at Imam Abdulrahman bin Faisal University (2020-2025):
 - Basic Life Support
 - Teacher-Student Interaction during bedside teaching
 - Exam blue print



- Analyzing exam question
 - Reflection and feedback
 - High quality assessment through the use of rubric
 - Principles of questions writing
 - Using action research in teaching and assessment
 - Developing and scoring essay questions
 - Students motivation and learning
 - Values in global world
 - What is artificial intelligence and how to use it
 - Strategies for Empowering students with self-learning skills
 - Fundamentals of designing class schedules using the Act Time Table Program
 - Exams in blackboard
 - Active learning
 - Introduction to the Certificate System
 - A High-Quality Continuing Education Experience
 - Designing Interactive Presentations
 - Activating the Plagiarism Detection Tool on Blackboard
 - Governance of Generative Artificial Intelligence Tool and Applications in Education
 - The importance of Artificial Intelligence, examining its role in teaching and learning
 - Generative Artificial Intelligence: A game changer in Higher Education
 - Writing a Teaching Philosophy
 - E-learning competencies and professional certificates
 - An introductory overview of educational videos
 - Identifying students at Risk of academic struggles
 - Data analysis using the advanced PBI program
 - Using Social Media Channels in Teaching and Learning
 - Peer Observation of Teaching
 - Practical applications of Mind Maps in classroom Settings
 - Say it Like You Mean it: Communication Skills for Instructors
 - 10 Effective Formative Assessment Techniques for the Classroom
 - The Charisma of a Faculty Member
 - Enhancing graduate capabilities through teaching and learning
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- CAMS Research and Innovation Day 2023
 - 2024 Annual Physical Therapy Research Day
 - 2025 Annual Physical Therapy Research Day
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- Attended the following workshops accredited by the Saudi Commission for Health Specialities:
 - Healthcare leadership skills
 - Clinical documentation



Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Excellent computer skills
2	Communication skills
3	Teamwork and collaboration skills
4	Problem-Solving Skills

Last Update

15/5/2025