



Faculty Full Name: Sahar Saleh Abdulaziz

POSITION: Assistant professor

Personal Data

Nationality | Saudi

Date of Birth | 24 December 1985

Department | Physical Therapy

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Office Phone No. | 31354

Language Proficiency

Language	Read	Write	Speak
Arabic	Excellent	Excellent	Excellent
English	Very good	Very good	Very good

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2017	PhD in Rehabilitation Sciences	University of Pittsburgh,	Pittsburgh, United States
2012	Master of Science in Health and Rehabilitation Sciences	University of Pittsburgh,	Pittsburgh, United States
2009	Bachelor in Physical therapy	King Saud University	Riyadh, Saudi Arabia

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

PhD	The Effect of Instrumental Activities of Daily Living and Depressive Symptoms on Discharge Destination following Stroke Rehabilitation.
Master	Excellence Award for outstanding academic accomplishments as recognized by the Saudi Arabian Cultural Mission in May 24, 2014.



Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Assistant professor	Imam Abdulrahman Bin Faisal University, Dammam	2018- present
Lecturer	Imam Abdulrahman Bin Faisal University, Dammam	2012 - 2017
Demonstrator	Imam Abdulrahman Bin Faisal University, Dammam	2009- 2011

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
	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 Electromyographic Activity of Knee Muscles in Older Adults	Journal of Clinical Medicine, 2023
	Ahlam Al-Amri, Sahar Abdulaziz, Shahid Bashir, Mohammad Ahsan, Turki Abualait	Effects of smartphone addiction on cognitive function and physical activity in middle-school children: a cross-sectional study	Frontiers in Psychology, 2023
	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	Acta Bio Medica: Atenei Parmensis, 2023



Contribution to Scientific Conferences and Symposia

Conference Title	Place and Date of the Conference	Extent of Contribution
Facility Management and Safety in Healthcare Institutions According to CBAHI Standards	29 July 2025	Attended
Health Policy Development	27 - 28 July 2025	Attended
The Art of Scientific research Empowering Healthcare Workers 2nd part	27 Aug 2025	Attended
Infection Control in Healthcare Facilities	30 Jun 2025	Attended
The Future of Rehabilitation: Transformation and Innovation	Riyadh 03-05 December 2024	Attended
4 TH Saudi International Physiotherapy Conference	Riyadh 28-30 November 2024	Attended
How to use AI tools for Academic Writing?	CAMS, September 2024	Attended
International Stroke Rehabilitation Conference	Sofitel Alkhobar, 6-7 May 2024	Attended
How to search systematic review & full text online	CAMS, February 2023	Attended
How to write a Systematic Review Paper	CAMS, February 2023	Attended
Writing Systematic Literature Review	CAMS, November 2020	Attended
Stroke Imaging and Interventions	26 October 2020	Attended
21 st Century Teaching Skills in the Classroom	CAMS, September 2020	Attended
Using Action Research in Teaching and Assessment	CAMS, February 2020	Attended
3 rd Medina International Conference for Medical Rehabilitation Updates	Almedina – 28-30 October 2019	Attended
2019 Stroke Symposium	Le Meridien Hotel, Alkhobar, October 2019	Attended
Analyzing and reporting tests results	CAMS, September 2019	Attended
Written exam blueprinting	CAMS, September 2019	Attended
Writing a competitive proposal for international cooperation	CAMS, November 2018	Attended
Preventing faculty Burnout, recover the joy of teaching	CAMS, October 2018	Attended
Principles of questions writing	CAMS, October 2018	Attended



Alternative & Effective Assessment Methods	CAMS, April 2018	Attended
10 th GCC Neurology meeting and the 24 th Saudi Neurology Society Combined Section Meeting 2018	Le Meridien Hotel, Alkhobar, February 2018 New Orleans, USA	Attended Attended & participated
Using Multiple Choice Items to Test Higher thinking Skills	CAMS, October 2017	Attended
Vestibular Rehabilitation: an advanced course and update Combined Section Meeting 2018	University of Pittsburgh, May 2016 Los Angeles, USA	Organizing & attended Attended & participated
The 5th Annual Current Concepts in Brain Injury Rehabilitation	Pittsburgh, USA	Attended
Vestibular Rehabilitation: an advanced course and update	University of Pittsburgh, May 2014	Organizing & attended
Entering Mentoring Training Program	Office of Science Education Outreach, Health Science at University of Pittsburgh, 2014	Attended and completed the program
The Aging Research Day	University of Pittsburgh, April 2014	Attended & participated
Combined Section Meeting 2014	Las Vegas, USA	Attended
Vestibular Rehabilitation: an advanced course and update	University of Pittsburgh, May 2013	Organizing & attended
Strategies for Improving Function in Individuals with Stroke	University of Pittsburgh, September 2012	Attended
Research Coordinator Orientation	University of Pittsburgh, October 2012	Attended
Balance Rehabilitation: Translating Research into Evidence-Based Practice	University of Pittsburgh, March 2012	Attended
The 4th GCC International Physical Therapy Conference	Bahrain, April 2009	Attended
An Intensive Training of Myofascial Trigger Point and Proprioceptive Therapy	Bahrain, April 2009	Attended
Stroke Rehabilitation	Armed Force Hospital – Dhahran on 7th and 8th of April 2009	Attended
Communication Skills in Health Professional Education	at king Fahad Hospital of the University, February 2009	Attended
Palm Tech from Traditional Chinese Medicine"	Imam Abdulrahman Bin Faisal Hospital on 9-11 / Jun / 2008.	Attended
Child Development Workshop	King Fahad Military Medical Complex, May 2008	Attended



Gait Deviation in Adult Neurology Patients	King Fahad Military Medical Complex, May 2008	Attended
Taping and Strapping	Dhahran International Hotel, Dhahran, Saudi Arabia on 28-29 / May / 2008.	Attended
New Horizon in Spinal Cord Injuries Rehabilitation	King Fahad Specialist Hospital, Dammam, March 2008	Attended

Membership of Scientific and Professional Societies and Organizations

- Saudi Physical Therapy Association, from 2008- present
- Saudi Commission in Health Specialties / Consultant, from 2024 – present

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Neurology	411	2 credit hours (4 lectures)
	Neurosurgery	412	2 credit hours (4 lectures)
	Neurological physical therapy	417	4 credit hours (4 lectures, 3 labs)
	Clinical practice III	418	15 weeks, 3 credit hours, (practical)
	PT for selected conditions	424	3 credit hours (3 lectures)
	Special Topics in Rehabilitation	425	3 credit hours (3 lectures, 2 labs)
	Physical Therapy for Neurological Conditions 1	304	3 credit hours (4 lectures, 3 labs)

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

Neurology- 411: The course discusses the etiology, pathology, clinical features and appropriate evaluation and management procedures for various neurological and neuromuscular conditions
Neurosurgery-412: A course that deals with the study of surgical procedures of nervous system. The course discusses the indication, description and clinical procedure for various neurological surgeries.
Neurological physical therapy-417: Neurological physical therapy is a course designed based on a structured, comprehensive approach to examine and treat adults with neurologic dysfunction.
Clinical practice III- 418: supervised clinical experience in evaluation and rehabilitation of patients with common neurological conditions.
PT for selected conditions-424: A course that deals with the study of an integrated approach to theory and practice of physical therapy in the burns, gynecology, geriatric and cancer. Other selected studies may also be included.



Special Topics in Rehabilitation-425: A course that is designed to provide an overview on a range of theoretical or applied techniques which are related to rehabilitation and physical therapy.

Physical Therapy for Neurological Conditions 1: The main objective of the course is to identify different upper motor neuron lesions resulting from a disease or an injury and the physical therapy management of such conditions.

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Advances in Neurorehabilitation	744	7 lectures
2	Sensorimotor Integration in Rehabilitation	745	5 lectures
3	Seminar I: Journal Club	713	14 lectures
4	Seminar II: Case Scenarios	723	14 lectures
5	Seminar III: Literature Appraisal	730	14 lectures

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

1	This course gives an overview of current evidence base, theoretical knowledge and interventions in the context of functional recovery and neurorehabilitation and how the brain responds and remaps itself following injury.
2	This course focuses on the principles of sensorimotor integration, how the central nervous system integrates different sensory modalities to achieve goal-directed behavior.
3	This course provides students with an opportunity to meet and discuss published articles in the area of rehabilitation sciences
4	This course provides students with an opportunity apply the principles of evidence-based practice to selected patient cases across the field of rehabilitation sciences.
5	This course provides students with an opportunity to practice the principles of literature appraisal of published articles across the field of rehabilitation sciences.



Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
	2 nd year	10 students	2024	Today

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

Administrative Responsibilities

#	From	To	Position	Organization
1	2018	2022	Female's section Coordinator	Physical Therapy Department

Committee Membership

#	From	To	Position	Organization
1	2018	2022	Member in postgraduate studies and scientific research committee	CAMS, IAU
2	2018	Present	Coordinator of Postgraduate studies of Neurological Physical Therapy	PT department

Volunteer Work

#	From	To	Type of Volunteer	Organization
1	2013	2017	Shadowing	UPMC, Stroke Institute of Mercy Hospital
2	2013	2 days	Organizing	Carnegie Museum of Natural History (Roads of Arabia Exhibition Opening),
3	2014	1 day	Organizing	UPMC Senior Communities
4	2014	2017	Fundraising, Special events, Volunteer activities	The Islamic Center of Pittsburgh

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

1	Web Browsing and Online Research Skills
2	Proficiency in Microsoft Office Suite (Word, Excel, PowerPoint, Outlook)
3	Presentation Skills (creating and delivering presentations in PowerPoint or Google Slides)
4	Proficiency in using collaboration tools (such as Google Drive, Microsoft Teams)

Last Update

01/09/2025