

Curriculum Vitae

Personal Information

- **Name:** Naif Ziyad H Alrashdi
- **Nationality:** Saudi
- **Address:** College of Applied Medical Sciences, Majmaah University, Majmaah, K.S.A.
- **Phone:** 0559035192
- **Email:** n.alrashedy@mu.edu.sa

Academic Education:

- PhD Student, Rehabilitation Science Program, School of Health Professions, The University of Alabama at Birmingham, USA (August 2018 – December 2022).
- MSc. Concordia University Wisconsin, Mequon, Wisconsin, USA, Rehabilitation Science, 2017. Excellent Grade.
- B.S. Majmaah University, Majmaah, Riyadh, KSA, Physical Therapy and Rehabilitation, 2013. Excellent Grade.

Professional Certification:

- Graduate Certificate in Mentoring & Leadership, The University of Alabama at Birmingham
- Licensed Senior Physical Therapist, (2013- present), KSA.
- Physical Therapy Instructor, Ministry of Education, (2014-present).

Professional Membership:

- Saudi Physical Therapy Association.
- Saudi Occupational Therapy Association.

Work Experience

- Lecturer, Physical Therapy Department, Majmaah University, KSA (July 2017 – Present)
- Senior Physical Therapist, University Hospital, Majmaah University, KSA (2017-Present)
- Teaching Assistant, Physical Therapy Department, Majmaah University, KSA (November 2014 – July 2017)
- Sports Physical Therapist, Al-Faisal F.C, Harmah, KSA (January 2014- November 2014)

Service:

Service to the institution:

- A Better Way to Systematic Review, online lecture to Saudi Physical Therapy Students, April 2nd 2021
- Judge, 3MT Preliminary judging Competition, The University of Alabama at Birmingham 2018
- Principal, Students Affairs, College of Applied Medical Science, Majmaah University (2017 – 2018), KSA
- Member, Quality Unit, Physical Therapy Department, Majmaah University (2017-2018), KSA
- Member, Community and Students Service Unit, Physical Therapy Department, Majmaah University (2017-2018), KSA
- Member, Exam Committee, Physical Therapy Department, Majmaah University (2017-2018), KSA
- Course Coordinator, Musculoskeletal Anatomy “PHT 212”, Majmaah University (2017-2018), KSA
- Coordinator, Scientific Student Conference, Majmaah University (2015), KSA
- Principal, Students Affairs, College of Applied Medical Science, Majmaah University (2014-2015), KSA
- Coordinator, Clinical Training Unit, Physical Therapy Department, Majmaah University (2014-2015), KSA
- Member, Exam Committee, College of Applied Medical Science, Majmaah University (2014-2015), KSA
- Co-Teacher, Sports Medicine course, Majmaah University (2014-2015), KSA
- Participated in a research project " Prevalence and Risk Factors of Low Back Pain Among Nurses, the Sudair region, KSA" during college
- Invented a novel approach to treat flat-foot conditions called " Dynamic Foot Arch Support"

Service to the Society:

- World Physical Therapy Day, Awareness and education program to public, Majmaah Mall, (September 2017), KSA.
- Fall Risk Assessment and Prevention awareness program for elderly of Majmaah population, Majmaah Mall, (October 2017), KSA.
- Low Back Pain: Education, Assessment and Recommendations program, Main Hall, Majmaah, (December 2014), KSA.

Teaching:

- PT 791. Scientific Inquiry II, Department of Physical Therapy, School of Health Professions, University of Alabama at Birmingham. Reliability and Validity of Outcomes Measures, June 2021.
- PT 791. Scientific Inquiry II, Department of Physical Therapy, School of Health Professions, University of Alabama at Birmingham. Reliability and Validity of Outcomes Measures, June 2020.
- Therapeutic Exercise II (PHT 325), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Therapeutic Modality I (PHT 221), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Sports Medicine and Traumatology (PHT 333), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Musculoskeletal Anatomy (PHT 212), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Neuroanatomy (PHT213), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Geriatric Rehabilitation (PHT438), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Independent Study (PHT457), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.

Professional Development and Societies

- Attended the American Physical Therapy Association, Combined Section Meeting, San Antonio, TX, Feb. 2022; In-Person Meeting.
- Developmental Dysplasia of the Hip, Saudi Orthopedic Association, Online-lecture. The Role of Physical Therapy in DDH infants, May 17, 2020.
- Attended the American Physical Therapy Association, Combined Section Meeting, Orlando, FL, Feb. 2021; Virtual Meeting.
- Attended the American Physical Therapy Association, Combined Section Meeting, Washington DC, 2019.
- Attended the American Physical Therapy Association, Combined Section Meeting, San Antonio, Texas, 2017.
- Autism Awareness Day, King Abdulaziz Medical City, National Guard Ministry, Riyadh, K.S.A, 2013.
- The 9th Applied Medical Sciences Students Annual Meeting, King Abdulaziz University, Jeddah, KSA, 2013.
- Volunteer Physical Therapist, King Khalid Hospital and Comprehensive Rehabilitation Center, Majmaah, KSA, 2013.

- Workshop, Physical Therapy Management for Spinal Cord Injury, Majmaah University, KSA, 2012.
- First Saudi Physical Therapy Conference, National Guard Ministry, KSA, 2012.
- Physical therapy, Occupational therapy, Prosthetics and Orthotics, Speech language Pathology (POPS) Conference, King Faisal Specialist Hospital and Research Center, K.S.A, 2012.

Publications and Presentations

A. Publications:

- Mobility-related outcomes for periacetabular osteotomy in persons with acetabular dysplasia: setting the stage for measurement of real-world outcomes. **Naif Z Alrashdi**, Robert W Motl, Elroy J Aguiar, Michael K Ryan, Suzanne E Perumean-Chaney, Matthew P Ithurnburn. *Journal of Hip Preservation Surgery* (2021).
- Movement Patterns and their Associations with Pain, Function, and Morphology in Individuals with Femoroacetabular Impingement Syndrome. A Scoping Review. **Naif Z Alrashdi**, Lindsey Brown-Taylor, Megan M Bell, Matthew P Ithurnburn. *Physical Therapy and Rehabilitation Journal* (2021).
- Mazen Mushabab Alqahtani, M.A., Shady Alshewaier, Ahmed Mansour Almansour, Ahmad Alanazi, Sultan Ayyadah Alanazi, **Naif Ziyad Alrashdi**, Radhakrishnan Unnikrishnan, Wafaa AlRubaia, Savita Singh (2018). Patient-Rated Outcomes Measure Using Disease_Specific KOOS-PS Short Form Arabic Questionnaire in Knee Osteoarthritis.
- Talupuru, P. K., Kulandaivelan, S., **Alrashdi, N. Z.**, & Ateef, M. (2016). Effect of Age on Hand Grip Strength in Professional Cricket Players. *Indian Journal of Health and Wellbeing*, 7(7), 774.

B. Conference Presentations:

- Accelerometer-Determined Physical Activity Levels and Sedentary Behavior in Individuals with Pre-Arthritic Hip Diseases: A Cross-Sectional Analysis. ActiGraph Digital Data Summit, Pensacola, FL, November 13-15, 2022. **Naif Z. Alrashdi**; Robert W. Motl; Michael K. Ryan; and Matthew P. Ithurnburn. *Poster (Travel Award Winning)*
- Functional Recovery Measured by Longitudinal Daily Step Volume in Individuals with Acetabular Dysplasia Undergoing Periacetabular Osteotomy. **American Congress of Rehabilitation Medicine**, Chicago, IL, November 8-11, 2022. **Naif Z. Alrashdi**; Michael K. Ryan and Matthew P. Ithurnburn. *Oral Presentation*
- Demographic and Clinical Correlates of Device-Measured Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. **American Orthopaedic Society for Sports Medicine**, 2022. Matthew Ithurnburn; Robert Motl;

Sara Samchok; **Naif Alrashdi**; Amit Momaya; Benton Emblom; Michael Ryan.
Poster

- Accelerometer-Determined Step-Count, Peak 1-Minute Cadence, and Walking Intensity in Persons With and Without Acetabular Dysplasia. American College of Sports Medicine, San Diego, CA, May, 2022. **Naif Alrashdi**, Robert Motl, Elroy Aguiar, Donald Lein, Michael Ryan, and Matthew Ithurnburn. *Poster*
- Muscle Strength and Loading Patterns during Sport-Related Tasks in Persons with Acetabular Dysplasia. American College of Sports Medicine, San Diego, CA, May, 2022. **Naif Alrashdi**, Robert Motl, Michael Ryan, and Matthew Ithurnburn. *Poster*
- Muscle Performance and Physical Activity Levels in Persons with Symptomatic Acetabular Dysplasia: Preliminary Data. The American Physical Therapy Association Combined Section Meeting, San Antonio, TX, Feb. 2022. **Naif Alrashdi**, Robert Motl, Elroy Aguiar, Michael Ryan, Matthew Ithurnburn. *Poster*
- Mobility Outcomes for Periacetabular Osteotomy in Persons with Acetabular Dysplasia: The Need for Real-World Measurement. The American Physical Therapy Association Combined Section Meeting, San Antonio, TX, Feb. 2022. **Naif Alrashdi**, Robert Motl, Elroy Aguiar, Michael Ryan, Suzanne Perumean-Chaney, Matthew Ithurnburn. *Poster*
- Do Individuals with Femoroacetabular Impingement Syndrome Meet Recommended Physical Activity Guidelines? The American Physical Therapy Association Combined Section Meeting, San Antonio, TX, Feb. 2022. Sara Samchok; Robert W. Motl; **Naif Alrashdi**; Amit Momaya; Benton Emblom; Michael Ryan; Matthew Ithurnburn. *Platform Presentation*
- Accelerometer-Measured Physical Activity Levels and Sedentary Behavior in Individuals with Pre-Arthritic Hip Diseases: A Cross-Sectional Analysis. Alpha Eta-SHP Research Day, Feb. 2022. **Naif Z. Alrashdi**, Robert W. Motl, Michael K. Ryan, Matthew P. Ithurnburn. *Poster*
- Research Day at Majmaah University; Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. A Cross Sectional Examination. **Naif Alrashdi**. *Virtual Presentation*. April 2021
- Spotlight on Hip Research: Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome: The American Academy of Physical Therapy Orthopaedic. February 13th 2021 “Virtual Presentation”
- Movement Patterns and their Associations with Pain, Function, and Morphology in Individuals with Femoroacetabular Impingement Syndrome. A Scoping Review. The American Physical Therapy Association Combined Section Meeting, Orlando, FL 2021. *Virtual Poster*
- Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. The American Physical Therapy Association Combined Section Meeting, Orlando, FL 2021. *Virtual Poster*

- Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. The UAB Center for Exercise Medicine Conference, 2019. Poster.
- Concordia University Wisconsin: Too Fit to Fall or Fracture, Rehabilitation Science Department, Graduate Studies, Class Presentation, 2017.
- Concordia University Wisconsin: Long Term Athletic Development, Rehabilitation Science Department, Graduate Studies, Class Presentation, 2017.
- Concordia University Wisconsin: Cystic Fibrosis, Rehabilitation Science Department, Graduate studies, Class Project, 2016.
- Saudi Healthcare Innovation Competition: Dynamic Foot Arch Support. King Fahad Medical City, Riyadh, KSA, 2013.
- 4th Scientific Conference of Higher Education Students, Ministry of Higher Education: Dynamic Foot Arch Support, Macca, KSA, 2013.

Research Interests

- Pre-arthritis Hip Diseases in Young and Adult Population
- Hip Injury and Rehabilitation Outcomes
- Translation and Cross-Cultural Adaptation of Patient-reported Measures
- Disability-Related Research
- Physical Activity Measurements and Promotion

Ongoing Projects:

- Pain, Function, Muscle Performance, and Physical Activity in Individuals with Femoroacetabular Impingement syndrome. Cross-Sectional Analyses
- Muscle Performance and Physical Activity in Individuals with Acetabular Dysplasia. A Longitudinal Cohort Study.

Honors and Awards

- Travel Award, Student Poster Sponsorship, ActiGraph Digital Data Summit, November 4, 2021; Pensacola, Florida (**Among the Top 5 Research**).
- Top 4 Research Abstract: Spotlight on Hip Research, The American Academy of Orthopaedic Physical Therapy, February 13th 2021.
- Golden Medal, Fourth Scientific Conference, Innovation Branch, Macca, K.S.A, 2013.
- Achieved the Top 10 Winners Position, Health Care Innovation Conference, King Fahad Medical City, Riyadh, KSA, 2013.
- Awarded a scholarship, Ministry of Education, 2013 – Present.

- A Patent Certificate for "DYNAMIC FOOT ARCH SUPPORT" invention, King Abdulaziz City for Science and Technology, K.S.A.
- Awarded Excellency Certificate in Undergraduate Studies, Department of Physical, Majmaah University, KSA, 2013.
- Awarded an Appreciation Certificate for being participated in students' activities, Dean of Student Affairs. Majmaah University, 2012.