

Banan Ahmad Mohammad Almass

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PERSONAL STATEMENT

As a highly motivated physical therapist strongly interested in clinical rehabilitation, my career vision is to help patients help themselves and become confident in their abilities after any disorder. My ambition is to build a career in physical rehabilitation as well as continue my higher education and develop the era of clinical research.

EDUCATION

- 2022** Masters of Science in Physical Therapy (Pediatric Specialty).
King Saud University, Riyadh, Saudi Arabia.
- 2016** Bachelors in Physical Therapy. Graduated with honor.
King Saud University, Riyadh, Saudi Arabia.

PROFESSIONAL EXPERIENCE

- 2022–Present** Lecturer at Majmaah University, AlMajmaah, Saudi Arabia.
- 2019 – 2022** Teaching Assistant at Majmaah University, AlMajmaah, Saudi Arabia.
- 2018 – 2021** Physical Therapist at Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2016 – 2017** Physical Therapist at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.

TRAINING EXPERIENCE

- 2016** Internship training in Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2015** Internship training in King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 2012** Summer training in King Abdulaziz Medical City, Riyadh, Saudi Arabia.

CERTIFICATIONS

- 2020** **Personal Trainer**, International Sports Sciences Association, USA

- 2020** **Sport Nutritionist**, International Sports Sciences Association, USA
- 2018** **Saudi licensed Physical Therapist**, by Saudi Commission for Health Specialties, Riyadh, Saudi Arabia. (No. 16-R-A-0006246).

RESEARCHES

- 2022** **Author** of a cross-sectional study titled “**Normative reference values for Obstacles Test and Curb Test and their correlation with demographic characteristics: a cross-sectional study in Saudi children**”. (Published in Int J Rehabil Res. 46(1): 70-76, 2023).
- 2022** **Author** of a cross-sectional study titled “**Psychometric properties of the Obstacles and Curb tests and their discriminative ability across functional levels in ambulatory children with spastic cerebral palsy**”. (Published in Int J Rehabil Res. 46(2): 178-186, 2023).
- 2020** **Author** of a cross-sectional study titled “**Awareness of Clinical Reasoning Among Pediatric Physical Therapists**”.
- 2018** **Co-author** of a cross-sectional study titled “**Level of Fatigue and its Impact on Physical Activity, Cognitive Function and Quality of Life Among Children with Cancer**”.
- I was honored to present this study in the First Saudi Physical Therapy Association Research Day. (2018)
- 2018** **Author** of a systematic review article titled “**Upper Extremity Functional Outcomes in Children with Arthrogryposis Multiplex Congenita**”.
- I was honored to present this study in the Almajmah University Physical Therapy Research Day. (2021)
- 2014** **Co-author** in a cross-sectional study titled “**Awareness, Perception and Believe of Physiotherapy among Physicians in Saudi Arabia**”. (Published in J. Phys. Ther. Sci. 28: 3435-3439, 2016).
- I was honored to present this study in King Saud University’s 6th Student Scientific Symposium, where it won **in the 10th place**. (2015)

PROFESSIONAL QUALIFICATIONS

- 2019** Trained in “**Manual Therapy**” 8 month course provided by Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2018** Trained in “**Physiotherapy Management of Spinal Cord Injuries**” 5 week course provided by the International Spinal Cord Society, United Kingdom.
- 2016** Trained in “**Management of Seating and Postural Impairment**” 4 week course in Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.

ACCOMPLISHMENTS

- 2019** **Designed** physical therapy group sessions in Intensive rehab unit, Sultan bin Abdulaziz Humanitarian City, Riyadh, Saudi Arabia.
- 2017** **Presented** a Meniscal Tear pre and post-surgical repair Rehabilitation Program at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.
- 2016** **Published** printable and personalized home exercise programs specialized in Rotator Cuff Injury Rehabilitation and Hand Rehabilitation at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.
Presented in the Poster Competition between all health units at Almoosa Specialized Hospital, Al Ahsa, Saudi Arabia.

LANGUAGES AND COMPUTER SKILLS

- Languages** Fluent in Arabic and English, Great in Italian.
- Computer Skills** Expert in working with Microsoft Office Programs, SPSS Software data entry and interpretation, Photoshop designing, Movie Making, Database Searching, and development and designing of web pages.

PERSONAL QUALIFICATIONS

- **Respect, Appreciation** and **Gratitude** are what I live for. Helping **others** is my passion, and **people I love** are the pillars of my life.
- A **passionate** worker that enjoys **achieving goals**.
- **Responsible** and able to prioritize tasks.
- Enjoys working as a **team** member as much as a **leader**.
- Always eager to **develop** myself and have a passion to try everything new.