

# CURRICULUM VITAE

## PERSONAL



### Hana I. AlSobayel

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Gender: Female

## SUMMARY

A university scholar who has been mentoring and supervising hundreds of students and therapists on both an undergraduate and graduate levels for more than 30 years. One of the top professional leaders and advocates who is influential in the development of the physical therapy profession in Saudi Arabia and for women professional leadership. Nationally and internationally has been involved greatly as the Saudi delegate in international and national associations and organizations and has been instrumental in establishing research networks between Saudi Arabia and number of European countries and Australia. An active researcher who is leading research projects with international collaborations and involved in other scholar activities nationally and internationally.

## PROFESSIONAL QUALIFICATION

- 2011 Physiotherapy Consultant (11-R-A-0023857) – Saudi Commission for Health Specialties, Saudi Arabia.
- 2013 Certified Mulligan Practitioner – Mulligan Institute – New Zealand
- 2011 Certificate in Orthopaedic Manual Therapy – Manual Concepts, Perth, Australia.

## EDUCATION

- 2006 Ph.D. Applied Biomedical Sciences – Physiotherapy from King's College London – UK.  
*Thesis titled: "Patient education for women with knee osteoarthritis in Saudi Arabia: Development of patient education programme"*
- 1997 MSc. Rehabilitation Therapy from Queen's University – Canada.  
*Thesis titled: "Construction and validation of the Saudi Knee Function Scale: A knee osteoarthritis index"*
- 1990 BSc. Rehabilitation Sciences – Physical Therapy from College of Applied Medical Sciences – King Saud University, Riyadh

## WORK

### ADMINISTRATIVE

- 2012 – 2017: Dean of Nursing College, Princess Nourah Bent Abdulrahman University, Riyadh, Saudi Arabia.
- 2011 Dean of College of Health Sciences, King Saud University, Riyadh, Saudi Arabia
- 2009 – 2011: Vice-Dean College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia
- 2008 – 2010: Head, Quality Assurance and Development Unit, female section, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.
- 2007- 2011: Vice-chair, department of Rehabilitation Sciences, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.
- 1998 – 2001: Coordinator of physical therapy programme, female section, department of Rehabilitation Sciences – Physical therapy programme, college of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.

### RESPONSIBILITIES

Strategic planning | Financial management | Personnel management | Student learning management & support | Postgraduate & research organization and management | facility management | Curriculum development | Staff development and continuing education | National and international relations | Scholarship and training management | Quality management

## CONSULTATIONS

2019	Commissioned consultation for Ministry of Health
2018 – 2019	Member of the advisory committee in Vision Realization Office in Ministry of Health
2010 – 2012:	Member of Advisory board for King Saud University Rector.
2010 – 2011:	Consultant for College of Medicine, KSU, Riyadh

## RESPONSIBILITIES

Strategic planning | National and international relations | Organization restructuring | International representation

## ACADEMIC

2017 – present:	Associate professor in the department of Rehabilitation Sciences – Physical Therapy programme, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.
2015 – 2018	Adjunct Lecturer to pursue research activities in the Clinical and Rehabilitation Sciences Research Group, Faculty of Health Sciences, University of Sydney, Australia.
2006 – 2017:	Assistant professor in the department of Rehabilitation Sciences – Physical Therapy programme in College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia
1997 – 2006:	Lecturer in the department of Rehabilitation Sciences – Physical Therapy programme in College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.
1991 – 1995:	Demonstrator in the department of Rehabilitation Sciences – Physical Therapy programme in College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.

## CLINICAL

2006 – present,	Consultant Physiotherapist, Department of Rehabilitation Sciences, College of Applied Medical Sciences, King Saud University, Riyadh
1997 – 2001, 1991 – 1995	Clinical Tutor, Department of Rehabilitation Sciences, Physical Therapy, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.

## TEACHING/RESEARCH

### COURSES

Current courses	<b>PhD Program:</b> Research proposal Advanced Rehabilitation for Musculoskeletal Conditions
Previous courses 2006 – 2023:	<b>Graduate courses:</b> Research methodology, Physical Therapy for Orthopaedic Conditions, 1, 2 & 3 PhD Seminar PhD: Advanced Rehab for Musculoskeletal Conditions PhD: Directed studies <b>Undergraduate courses:</b> Orthopedics physical therapy Management of Physical Therapy services Physical examination for musculoskeletal system Physical therapy procedures for musculoskeletal conditions including: therapeutic exercises, hydrotherapy, thermal modalities, manual therapy Research methods in physical therapy Physical therapy management and professional issues. Physical therapy for orthopaedics & Rheumatology

### POSTGRADUATE SUPERVISION

<b>Current supervision</b>	Main supervisor for 1 PhD student with subspecialty physical therapy for Musculoskeletal conditions, department of Rehabilitation Sciences, King Saud University, Riyadh, Saudi Arabia. Co-supervisor for PhD student in collaboration with VUB university in Belgium
<b>Previous supervision</b>	Co-supervisor for PhD student in collaboration with University of Sydney, Australia. Co-supervisor for 1 post-graduate student and Main Supervisor for 8 postgraduate students in department of Rehabilitation Sciences, King Saud University, Riyadh, Saudi Arabia PhD student co-supervisor, Joint Supervision Program, King Saud University and University of Newcastle (UK) Co-supervisor for 2 MSc. Student in Computer Sciences College, King Saud University, Saudi Arabia.

## RESEARCH

### RESEARCH INTERESTS

Physiotherapy for musculoskeletal pain; Self-management for people with musculoskeletal conditions; physical therapy education; health beliefs; outcome measurement; wellness and lifestyle change. Professional issues and leadership in higher education; Virtual Reality in Rehabilitation.

### RESEARCH GROUPS & BOARDS:

2019 – present	Supervisor of Research Chair: Innovation in Health Care, sponsored by King Saud University
2018 – 2021	Member of the Science and Medical Specialties Research Board in Female section in King Saud University.
2017 – 2018	Member of the Institutions Review Board, Princess Nourah Bint Abdulrahman University, Riyadh, Saudi Arabia.
2015 - 2017	Founder and coordinator of the Saudi International Rehabilitation Research Network – Research network with members from national and international institutions including; University of Sydney, King Saud University, Sultan Bin Abdulaziz Humanitarian City, Princess Nourah Bent Abdulrahman University.
2014 - present	Saudi Cochrane Review Initiative – independent group
2011 – 2015	Low Back Pain Research Group – King Saud University
2011	Breast Cancer Research Group – University of Sydney - Australia

### EXTERNAL EXAMINER:

MSc. Thesis external examiner at King Saud University

MSc. Thesis external examiner at University of Sydney

PhD. Thesis external examiner at University of Cardiff

### JOURNAL REVIEWS AND EDITORIAL:

Guest editor for Healthcare Journal

Deputy editor of the Journal of Spine Practice

Member of Editorial Board for Physical Therapy Reviews

Former Member of the Editorial Board for the Saudi Physical Therapy Journal

Reviewer for Journal of Patient Education & Counselling

Reviewer for Rheumatology International

### ON-GOING RESEARCH:

- Virtual reality to promote physical activity among people with low back pain
- Digital health innovations for MSK conditions

### RESEARCH GRANTS

- 2022 – UK-KSA challenge fund - British Council (SR 325,000)
- 2020 - King Abdulaziz City for Science and Technology research grant (SR 400,000)
- 2019 – Research Chair, King Saud University (SR 250,000)
- 2018 – Makkah Valley Incubator, Saudi Arabia (SR 50,000)
- 2017 – New researchers grant, King Saud University (SR 70,000)
- 2009 – King Saud University Research Grant (SR 50,000)
- 2008 - King Abdulaziz City for Science and Technology research grant (SR 100,000)

## EXTRACURRICULAR ACTIVITIES

### IN KING SAUD UNIVERSITY, RIYADH

- 2019 – 2021: Mentor in the exceptional student program
- 2018, 2019: public workshops titled: “how to promote yourself” & “qualitative research”
- 2010: Organizer of Physical Activity Campaign
- 2010: Chairman, committee for interviews and examination of applicants for therapist position in KKAUH.
- 2008: Group leader, Strategic Planning workshop
- 2007: Member of Quality & Accreditation – Institutional committee

- 2007: Coordinator of student extracurricular activities in the College of Applied Medical Sciences
- 2008: Coordinator of Student Rehab Club in the College of Applied Medical Sciences
- 2007: Academic Supervisor Admission Committee for Health Colleges
- 2007: Member of Admission Interviews Committee for Health Colleges

#### OUTSIDE KING SAUD UNIVERSITY

- 2019: public workshops titled: "how to promote yourself"
- 2013 – 2017: Organizer of the World Physical Therapy Day celebration
- 2014: Member of the founding committee for Deans of Nursing College in Saudi Arabia.
- 2013: Princess Nourah Bent Abdulrahman University delegate for the Saudi Arabian Job Fair in Washington DC.
- 2011 (September – November): Visiting professor in University of Sydney – Australia
- 2011 (February): KSU Delegate – Visit to Weill Cornell Medical College in Qatar
- 2010 (July): KSU Delegate – Visit to King’s Learning Institute, King’s College London in UK.
- 2010 (March): Member of Ministry of Higher Education delegate with His Excellency the Minister of Higher Education in Saudi Arabia – Visit to Turkey higher education institutes.
- 2008 (July/August): Visiting professor in King’s College London, UK, sponsored by British Council.
- 2007/2008: Lectures (professional and public in various venues in Saudi Arabia):
  - What you do not know about knee pain
  - How to protect your back
  - Patient education for chronic conditions
  - Research design
  - Questionnaires in research
  - Decision making in physical therapy practice
  - How to publish a case study

#### AWARDS

- WCPT International Service Award in Education 2019
- King Saud University Scholarship Award 1995 & 2001
- British Council sponsorship 2008
- King Saud University Leadership Excellence Award 2013
- Professional Achievement Award nominee 2016 (British Education)

#### MEMBERSHIPS

- 2023 – present: Member of the standing committee for nomination of SCFHS committee members
- 2023 – present: member of the program advisory council for DPT program in Princess Nourah Bint Abdulrahman University.
- 2023 - 2024t: member of. Board of Trustees in Almaarefah University.
- 2019 – 2021: member of the program committee for the World Physiotherapy Congress 2021.
- 2020 – 2023: member of the Board of Trustees in Almousa College, Saudi Arabia
- 2020 – 2022: member of advisory committee in Almaarefah University, Saudi Arabia
- 2019 – present: Board member in Saudi Spine Society
- 2019: Founding member of the Saudi Musculoskeletal Group of the Saudi Physical Therapy Association.
- 2016 – 2018: Active Member of the Saudi Spine Society & Chair of the research committee.
- Life member of the Saudi Physical Therapy Association
- 2011 – 2022: Founder and board member of Saudi Physical Therapists in Women’s Health
- 2014: Member of International Association for the Study of Pain
- 2012 – 2016: Member of Princess Nourah Bint Abdulrahman University Council
- 2006 – present: Member of the department council – department of rehabilitation sciences – King Saud University
- 2003 – 2012: Board member of the Saudi Physical Therapy Association (Former President between 2008 to 2011)
- 2011: Associate member of the Australian Physiotherapy Association
- 2012: Associate member of the American Physical Therapy Association

#### CONTINUING EDUCATION

#### WORKSHOPS

##### PHYSICAL THERAPY WORKSHOPS

Date	Title	Function
Nov. 2020	Princess Nourah Bent Abdulrahman University Research Center training workshop: Physical activities among Saudi women, past and present	Speaker
March 2019	General Workshop Is Your Patient Really Improving? Introduction To Outcome Measurement	Speaker
Dec. 2018	8th Orthopedic Basic Science Course	Speaker
Oct. 2018	Towards Efficient Clinical Internship	
Dec. 2017	Saudi Spine Society Spine Workshop, Riyadh	Attendee
Dec. 2017	7th Orthopedic Basic Science Course, Riyadh	Speaker
Nov. 2017	Women’s Health and Wellbeing, Riyadh	Attendee & Speaker

Date	Title	Function
Sept. 2017	Scoliosis Specific Exercises, Riyadh	Attendee
Sept. 2017	Scoliosis Specific Exercises: Basic Schroth Method Approach, Dubai	Attendee
May 2017	Evidence into Practice: Physical Therapy for Neck Pain, Riyadh	Speaker
May 2017	Women's Health and Wellbeing, Riyadh	Speaker
April 2017	Low Impact Exercises (Tai Chi) for Arthritis, Riyadh	Attendee & Speaker
March 2017	Research Methods in Rehabilitation Science, Riyadh	Attendee
Dec. 2016	6th Orthopedic Basic Science Course, Riyadh	Speaker
Oct. 2016	6th Spine Update Conference & Workshop, Abha	Speaker
Jan. 2016	Cognitive Functional Therapy for Low Back Pain, Riyadh	Attendee
Jan 2016	An Introduction to Complex and Persistent Pain States, Riyadh	Attendee
Oct. 2015	Updates on Rheumatoid Arthritis and Systemic Manifestations, Riyadh	Speaker
June 2015	Manual Therapy for the Peripheral Joints, Riyadh	Attendee
April 2015	Manual Therapy for Hip and Taping Techniques, Riyadh	Attendee
April 2015	Orthopedic Manual Therapy: Ankle and Foot, Riyadh	Attendee
March 2015	McConnell Concept in Manual Therapy, Riyadh	Attendee
March 2015	Research and Imaging in Manual Therapy, Riyadh	Attendee & Speaker
March 2015	Management of Soft Tissue Disorders, Riyadh	Attendee
March 2015	Functional Approach to Management of Disabling Low Back Pain, Riyadh	Attendee
March 2015	An Introduction to Complex and Persistent Pain State, Riyadh	Attendee
May 2012	Mulligan Concept, Riyadh	Attendee
Sept. 2011	Certificate in Orthopedic Manual Therapy, Curtin University, Australia	Attendee
May 2012	"Lumbopelvic Motor Control", Paul Hodges, King Faisal Specialist Hospital and Research Center, Riyadh	Attendee
Jan. 2010	"Physical Activity prescription", Manamah, Bahrain	Attendee
March 2009	"Physical Therapy in Musculoskeletal Disorders", SPTA, Abha, Saudi Arabia	Speaker

#### ACADEMIC, MANAGEMENT AND LEADERSHIP WORKSHOPS

Date	Title	Function
April 2018	College of Applied Medical Sciences Annual Scientific Research day	Speaker
April 2018	Research Methods	Attendee
April 2018	Research Methods	Speaker
March 2017	"Translation of research into improved outcomes in low back pain", Paul Hodges, King Fahad Medical City, Riyadh,	Attendee
March 2014	"KAUST Saudi Leadership Program", UC Berkeley, King Abdullah University of Science and Technology, Thowal, Saudi Arabia	Attendee
2012	"Executive Education Program – Part II", Columbia University, Graduate School of Business, King Khalid Foundation, Riyadh.	Attendee
June 2011	"Executive Education Program – Part I", Columbia University, Graduate School of Business, King Khalid Foundation, Riyadh.	Attendee
November 2010	"Conducting & reading Cochrane Systematic Reviews; King Saud University Experience", College of Applied Medical Sciences, KSU, Riyadh.	Attendee
December 2010	"Assessing Competence in Health Sciences Education", KSU Chair in Medical Education, KSU, Riyadh.	Attendee
November 2010	"KSU academic programs and requirements of stake holders", KSU, Riyadh.	Attendee
December 2010	"Teaching How to Teach", KSU & Partners Harvard Medical International, Riyadh.	Attendee
May 2010	"Strategic workshop for health colleges", KSU, Riyadh.	Attendee
June 2010	"Administration Skills", Spearhead Training, Riyadh.	Attendee
May 2010	"Outcome based education workshop", King Saud University, Riyadh.	Attendee
December 2009	"Evidence Based Physiotherapy Introductory Workshop", Speaker, National & Gulf Center for Evidence Based Practice, Riyadh.	Attendee
November 2008	"Leading the Academic Department Program", King Saud University, Riyadh.	Attendee
2007	"Effective Teaching (Arabic)", KSU, Riyadh.	Attendee
2006	"Assessment and Accreditation" (1 & 2), organized by NCAAA, Riyadh.	Attendee
2006	"Clinical Education", King Fahad medical City, Riyadh.	Attendee

#### CONFERENCES

Year	Conference	City	Function
2024	The 4 <sup>th</sup> Saudi International Physical Therapy Conference	Riyadh	Chairman of Scientific Committee
2024	The 8 <sup>th</sup> Saudi Spine Society Meeting	Riyadh	Attendance
2023	Digital health conference	Riyadh	Attendance
2023	LEAP	Riyadh	Attendance
2022	SPINE20 annual meeting	Bali	Member of Scientific task force; chair, presenter
2021	World Physical Therapy Congress Online	Online	Member of Congress Program Committee, speaker, chair, moderator

Year	Conference	City	Function
2020	Virtual Physiotherapy UK conference	Manchester, UK	Delegate
2020	SPINE20	Riyadh, Saudi Arabia	Speaker, Member of Scientific Committee
2020	4 <sup>th</sup> Saudi Spine Society Annual Virtual Conference	Riyadh, Saudi Arabia	Member of Scientific Committee
2020	Physio Dubai Virtual conference	Dubai, UAE	Delegate
2019	3 <sup>rd</sup> Saudi Spine Society Annual Conference	Dammam, Saudi Arabia	Speaker, Member of Scientific Committee
2019	WCPT Congress	Geneva, Switzerland	Speaker, delegate
2018	2nd Saudi Spine Society Annual Conference	Jeddah, Saudi Arabia	Member of Scientific Committee
2018	The Future of Applied Medical Specialties KSA Vision 2030	Riyadh, Saudi Arabia	Speaker, Member of Scientific Committee
2018	Patient Safety	Riyadh, Saudi Arabia	Speaker
2018	International Patient Experience & Culture of Empathy Summit	Riyadh, Saudi Arabia	Delegate
2017	1st Saudi Spine Society Annual Symposium	Riyadh, Saudi Arabia	Speaker, Session Chair
2017	Partnership in Rehabilitation: Research into Practice	Riyadh, Saudi Arabia	Delegate
2017	World Confederation of Physical Therapy Congress	Cape Town	Presenter, Delegate, Member of the Scientific Committee
2016	Saudi Health: Physical Therapy Conference	Riyadh, Saudi Arabia	Speaker
2016	6 <sup>th</sup> Spine Update	Abha, Saudi Arabia	Presenter
2016	Gulf Disability Forum	Unaizah, Saudi Arabia	Presenter & Member of Scientific Committee
2015	World Confederation of Physical Therapy Congress	Singapore	Presenter
2015	Symposium on Musculoskeletal Disability	Riyadh, Saudi Arabia	Organizer & speaker
2014	4 <sup>th</sup> GCC symposium of HMG in Clinical Nutrition	Dubai, UAE	Presenter
2014	GWU & PNU Symposium on Women in Higher Education	Tokyo	Speaker Saudi Delegate
2013	Women's Higher Education Symposium: Growth and competition	Riyadh, Saudi Arabia	Delegate
2013	Asian West Pacific Congress for Physiotherapy	Taiwan	Speaker
2013	World Congress for Low Back and Pelvic Pain	Dubai	Speaker
2012	International Conference on Healthy Lifestyle & Noncommunicable Diseases in the Arab World and the Middle East	Riyadh, Saudi Arabia	Delegate
2012	IFOMPT Congress	Québec, Canada	Delegate
2012	POPS Conference	Riyadh, Saudi Arabia	Member of Scientific Committee
2012	Breast Cancer: Current Practice & Future Directions, Sydney-KSU symposium	Riyadh, Saudi Arabia	Member of Scientific & Organizing Committee Speaker
2012	Dubai Physiotherapy Conference	Dubai, UAE	Delegate
2012	Saudi Physical Therapy Conference	Riyadh, Saudi Arabia	Delegate
2012	4 <sup>th</sup> Research Day, Research Center, KSU	Riyadh, Saudi Arabia	Speaker
2011	"APA Conference"	Brisbane, Australia	Speaker
2011	"WCPT Congress"	Amsterdam, Holland	Panelist
2011	"International Obesity Conference"	Riyadh, Saudi Arabia	Session Chair
2010	"World Health Professions Conference on Regulation"	Geneva, Switzerland	Delegate
2010	Dubai Physiotherapy Conference	Dubai, UAE	Speaker
2010	"Symposium on Nutrition and Physical Activity among Adolescents in Arab Countries"	Manamah, Bahrain	Speaker
2010	1 <sup>st</sup> Saudi Occupational Therapy Symposium	Riyadh, Saudi Arabia	Delegate
2009	1 <sup>st</sup> International Conference & Workshop on Childhood & Adolescent Obesity	Riyadh, Saudi Arabia	Session Chair
2009	3 <sup>rd</sup> International Conference on Disability and Rehabilitation	Riyadh, Saudi Arabia	Delegate
2009	"First International Saudi Conference for Health Education and Training"	Riyadh	Delegate
2008	"EULAR conference"	Paris, France	Delegate
2008	8 <sup>th</sup> Meeting of Gulf Disability Society	Sharjah, UAE	Speaker
2007	WCPT Congress	Vancouver, Canada	Speaker
2007	2 <sup>nd</sup> Gulf Physical Therapy Colloquium	Alkhobar, Saudi Arabia	Speaker
2005	EULAR Conference	Vienna, Austria	Speaker

## PUBLICATIONS

### ABSTRACTS

1. **Alsobayel H.**, Outcome Measurement and value-based spine care, Proceedings, SPINE20, Riyadh, Saudi Arabia, 2020.
2. Alamrani S., Alnahdi A., **Alsobayel H.**, Negative Back Beliefs associated with Gender, Work Status and Disability among Individuals At Clinical Settings . Proceedings WCPT congress 2019, Geneva, Switzerland.
3. **Alsobayel H.**, Alazba A., Al-Khalifa H., A Proposed Game for Promoting Physical Activities among People with Low Back Pain using Virtual Reality , Proceedings WCPT congress 2019, Geneva, Switzerland.
4. Alazba A., Al-Khalifa H., **Alsobayel H.**, A Proposed Game for Promoting Physical Activities among People with Low Back Pain using Virtual

5. Al-Harthi A., **Alsobayel H.**, Al-Eisa E. "Dysfunctional breathing symptoms among healthcare workers with chronic neck pain: an observational pilot study. WCPT congress, Cape Town, 2017
6. Alemam D., Leaver A., Moloney N., **Alsobayel H.**, Alashaikh G., Mackey M. "The Pain Behaviour Scale (PABS): Reliability and construct validity in chronic low back pain population, WCPT congress, Cape Town, 2017
7. Alemam D., Moloney N., Leaver A., **Alsobayel H.**, Mackey M. "How important are pain intensity, psychosocial factors and pain-related behaviours in predicting disability related to chronic low back pain. WCPT Congress, Cape Town, 2017.
8. **H. Alsobayel**, M. Perry, O. Alkassabi, and T. Hall. "Is physiotherapy effective for referred leg pain arising from the lumbar spine? A systematic review". WCPT congress, Singapore, 2015.
9. Alemrany S., **Alsobayel H.**, Alnahdi A., Moloney N., Mackey M. "Cross-cultural adaptation, reliability and validity of the Arabic version of Back Beliefs Questionnaire". WCPT congress, Singapore, 2015.
10. **H. Alsobayel** & E. Al-Eisa. "Combined motivational program and pedometer use to promote physical activity: a randomized controlled study". WCPT-AWP Congress, Taichung, Taiwan, 2013.
11. O. Alkassabi, **H. Al-Sobayel**, E. Al-Eisa. "Physiotherapy management for neuropathic spinal pain: a systematic review". 8<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain, Dubai, 2013.
12. O. Alkassabi, E. Al-Eisa, **H. Alsobayel**. "Screening for red flags among patients with low back pain in outpatient setting: a systematic review of observational studies". 8<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain, Dubai, 2013.
13. ES Dylke, **H Al-Sobayel**, L Ward, M Liu, E Webb and SL Kilbreath. "Measurement of hand volume in healthy adults". Australian Lymphology Association, Cairns, Australia, 2012.
14. Al-Emam, D. & **Al-Sobayel, H.** "Burnout and coping strategies among Saudi physiotherapists." APA Conference, Brisbane, Australia, 2011
15. H. Al-Hazzaa & **H. Al-Sobayel**. "Lifestyle among high school students in Riyadh" – Bahrain, Obesity and Physical Activity conference, 2010 (Arabic)
16. E. Al-Eisa, **H. Al-Sobayel**. "Correlates of physical activity in Saudi Women" – Dubai Physiotherapy Conference, 2010
17. **H. Al-Sobayel.**, S. Kitchen "Spiritual Health Beliefs among British Muslims: Pilot Study" – Dubai Physiotherapy Conference, 2010
18. Al-Mutaileq, N. Al-Bawardi, S. Al-Qabbani, **H. Al-Sobayel**. "Intensive physical therapy for children with Cerebral Palsy". Abstract, 8<sup>th</sup> meeting of Gulf Disability Society, Sharjah, UAE, 2008.
19. H. Al-Owais, A. Al-Mutaileq, **H. Al-Sobayel**. "Healthy back healthy living": Saudi Physical Therapy Association campaign against low back pain". Abstract, 2<sup>nd</sup> Gulf Physical Therapy Colloquium, Al-Khobar, Saudi Arabia, 2007
20. **H. Al-Sobayel**, H. Holder-Powell, S. Kitchen. "Patient education programme for women with knee osteoarthritis in Saudi Arabia". Abstract, WCPT congress, Vancouver, Canada 2007.
21. **H. Al-Sobayel**, H. Holder-Powell, S. Kitchen. "The educational needs of women with knee osteoarthritis in Saudi Arabia". Poster presentation, EULAR conference, Vienna, Austria 2005.
22. Cooke, TDV, **H. Al-Sobayel**, B. Kelly, B. Khan, M. Gamal. "Standardized Knee Imaging in Radiographic Grading of Knee osteoarthritis". Update in Radiology KFSH & RC, Riyadh KSA, Feb. 2000
23. Cooke, TDV, **H. Al-Sobayel**, B. Kelly, B. Khan, "Radiographic Grading of Knee Osteoarthritis. A Scheme that relates to Alignment". Canadian Orthopedic Research Society. St. John's Newfoundland, Canada, July 4 1999

#### RESEARCH PAPERS

1. Shaheen, A.A.M., Algabbani, M.F., Alshahrani, M.M. *et al.* Efficacy of virtual reality-based rehabilitation following total knee replacement: a systematic review and meta-analysis of randomized control trials. *Bull Fac Phys Ther* **30**, 15 (2025). <https://doi.org/10.1186/s43161-024-00246-y>
2. Menezes CM, Tucci C, Tamai K, Chhabra HS, Alhelal FH, Bussi eres AE, Muehlbauer EJ, Roberts L, **Alsobayel HI**, Barneschi G, Campello MA, C  t e P, Duch  n Rodr  guez LM, Cristante AF, Kamra K, Kitamura K, Meves R, Riso-Neto MI, Vlok AJ, Wadhwa S, Wiechert K, Yurac R, Blattert T, Costanzo G, Darwono B, Nordin M, Al Athbah YS, Alturkistany A, Chahal R, Franke J, Ito M, Arand M, Pereira P, Ruosi C, Sullivan WJ, And  jar ALF, Ribeiro CH, Carelli LE, Sard a J Jr, Machado ALGE, AlEissa S. SPINE20 Recommendations 2024 -Spinal Disability: Social Inclusion as a Key to Prevention and Management. *Global Spine J*. 2025 Jan;15(1):8-20. doi: 10.1177/21925682241290226. Epub 2024 Oct 10. PMID: 39387468; PMCID: PMC11559935.
3. Nijs J, Kosek E, Chiarotto A, Cook C, Danneels LA, Fern andez-de-Las-Pe as C, Hodges PW, Koes B, Louw A, Ostelo R, Scholten-Peeters GGM, Sterling M, Alkassabi O, **Alsobayel H**, Beales D, Bilika P, Clark JR, De Baets P, Demoulin C, de Zoete RMJ, Elma  , Gutke A, Hanafi R, Hotz Boendermaker S, Huysmans E, Kapreli E, Lundberg M, Malfliet A, Meziat Filho N, Reis FJJ, Voogt L, Zimney K, Smeets R, Morlion B, de Vlam K, George SZ. Nociceptive, neuropathic, or nociplastic low back pain? The low back pain phenotyping (BACPAP) consortium's international and multidisciplinary consensus recommendations. *Lancet Rheumatol*. 2024 Mar;6(3):e178-e188. doi: 10.1016/S2665-9913(23)00324-7. Epub 2024 Feb 1. PMID: 38310923.
4. Almedlej, R., **Alsobayel, H.** ., Abdelkader, S., & Alodaibi, F. (2024). Assessing and Comparing Musculoskeletal Knowledge and Red Flag Identification Skills: A Cross-Sectional Study of Physical Therapists and Primary Care Physicians. *International Journal of Physical Therapy Research & Practice*, 3(7), 317–324. <https://doi.org/10.62464/ijopr.v3i7.44>
5. Zalah, M.A.; **Alsobayel, H.I.**; Algarni, F.S.; Vennu, V.; Ajeebi, Z.H.; Maeshi, H.M.; Bindawas, S.M. The Severity of Pain and Comorbidities Significantly Impact the Dependency on Activities of Daily Living among Musculoskeletal Patients in Jizan, Saudi Arabia. *Healthcare* **2023**, *11*, 2313. <https://doi.org/10.3390/healthcare11162313>
6. Hobani S, Alhakami AM, Uddin S, Ahmad F, **Alsobayel H**. Perceived Application and Barriers for Gait Assessment in Physical Therapy Practice in Saudi Arabia. *Life (Basel)*. 2022 Dec 24;13(1):50. doi: 10.3390/life13010050. PMID: 36675999; PMCID: PMC9862105.
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## SKILLS

**Languages:** Arabic (Native Speaker)

English – highly proficient

**Computer proficient:** MS Office | SPSS | Social Media | Web-based software