

Asma Alderaa

PRESENT ACADEMIC RANK AND POSITION

Assistance professor
Rehabilitation Department,
Collage of Applied Medical
Science, King Saud
University

ADDRESS

Riyadh, Kingdom of Saudi
Arabia

PHONE

+966 5042 61504

EMAIL

aalderaa@ksu.edu.sa

Short Biography

founder and president of the Saudi Arabia Lymphoedema Framework (SALF), which joined the International Lymphoedema Framework (ILF) in 2021. Head of the SALF subgroup in the Saudi Physical Therapy Association. (SPTA). She is also a member of the ILF and British Lymphoedema Society (BLS). She frequently speaks at national and international conferences. In addition, she has been contributing to community service through clinical work and community health education.

EDUCATION

1998 – 2003

Obtained a bachelor's degree (BSc) of Applied Medical Science in the field of Rehabilitation & Physical therapy from King Saud University, Riyadh, Saudi Arabia

2009 - 2011

Obtained a master's degree (MSc) in Rehabilitation from St. George's University, London, United Kingdom

2015 – 2021

Obtained a PhD from the University of Nottingham, UK. Specialized in Multiple sclerosis cases and Lymphatic system

CLINICAL EXPERIENCE

JAN 2005 – AUG 2005

Junior Physical therapist | Ministry of Social Affairs | Jeddah | Saudi Arabia

SEP 2005- SEP 2008

Junior Physical therapist | Ministry of Health | Prince Salman Hospital | Riyadh | Saudi Arabia.

JUN 2021 - CURRENT

Consultant | Out-patients lymphoedema, lipoedema and neuro rehabilitation clinic | Collage of Applied Medical Science Clinics | King Saud University

PROFESSIONAL AFFILIATION

2007 – 2009

Member of continuing education committee | Saudi Physical Therapy Association (SPTA) | central chapter

2011

Chair of the Lab committee | rehabilitation department | King Saud University

2011 - 2015

Member of Hiring & Contracting committee | rehabilitation department | King Saud University

2011 – 2015

Member of academic adviser committee | rehabilitation department | King Saud University

2013 – 2015

Chair of the timetabling & collaborator committee | rehabilitation department | King Saud University

2021 – 2023

Member of research committee | rehabilitation department | King Saud University

2021 – 2023

Chair of quality and development committee | rehabilitation department | King Saud University

2023 – Current

Member of quality and development committee | rehabilitation department | King Saud University

2021 – Current

Founder and President of the Saudi Arabia Lymphoedema Framework (SALF).

2021 – Current

Member of International Lymphoedema Framework (ILT) | United Kingdom.

TEACHING EXPERIENCES

2008 – 2009

Assistant lecturer for undergraduate students | Rehabilitation department | Collage of Applied Medical Science | King Saud University

2011 - 2015

Lecturer for undergraduate students | Rehabilitation department | Collage of Applied Medical Science | King Saud University

2021 - Current

Assistance professor for undergraduate and postgraduate students | Rehabilitation department | Collage of Applied Medical Science | King Saud University

HONOURS

2007-2008: certificate of appreciation from SPTA for efforts made in the continuing education committee.

2019: Awarded for best poster in the 7th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation. International conference. Roma, Italy.

2019: Awarded for best academic poster in the International Research and Development Summer School. Nottingham, UK.

2024: Awarded best research in the Research Day at the collage of Applied Medical Sciences.

RESEARCH INTEREST

Compliance and adherence to physical therapy treatment: designing motivational program to promote wellness and physical activity for people with MS, and lymphoedema and lipoedema patients. Shifting the conventional treatment to more effective management.

AI and Digital Health in Neurorehabilitation – Developing AI-driven tools, virtual reality (VR), and telerehabilitation systems to enhance patient outcomes.

Neurorehabilitation for Oncology Patients – Addressing neurological impairments caused by cancer and its treatments.

PUBLICATIONS

ORCI ID: <https://orcid.org/0000-0001-9812-0315>