

CURRICULUM VITAE

PERSONAL DATA

Name Sami Saleh Ahamed AlAbdulwahab (Mr.)
Sex Male
Nationality Saudi Arabian
Academic Rank Professor
Place of work King Saud University, Faculty of Applied Medical Sciences, Rehabilitation Sciences Department, Riyadh, Saudi Arabia. swahab@ksu.edu.sa
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ACADEMIC DEGREES

1986/87 BSc. Rehabilitation Sciences, Faculty of Applied Medical Sciences
King Saud University, Saudi Arabia
1992 Ph.D. Rehabilitation Sciences, School of Medicine, University of
Southampton, UK
1998 Postdoctoral Fellowship in Advanced Rehabilitation Sciences, Texas
Woman's University USA

HONORARY ACADEMIC DEGREES

2021 Honorary Degree of Ph.D. Business Administration, Seoul University of Integrated
Sciences & Technologies. Republic of Korea.

ACADEMIC EMPLOYMENT HISTORY

2001-Now, Professor of Physical Disability & Rehabilitation, Department of
Rehabilitation Sciences, King Saud University
1997-1998 Visiting Professor Texas Woman's University, Houston Texas
1996-2001, Associate Professor, Rehabilitation Sciences Department, King
Saud University
1992-1996 Assistant Professor, Rehabilitation Sciences Department, King
Saud University

1987-1988 Demonstrator, Rehabilitation Sciences Department, King Saud University

ADMINISTRATIVE ASSIGNMENTS

2016-2021 Head of Cultural Office, Royal Embassy of Saudi Arabia in South Korea

2011-2016 General Secretary for Excellence Research Centers, Higher Education Affairs, Ministry of Education.

2005-2011 General Secretary Assistant for Professional Accreditation and Registration, Saudi Council for Health Specialties

2002-2005 Chairman, Rehabilitation Sciences Department, King Saud University

1994-1997 Chairman, Rehabilitation Sciences Department, King Saud University

ASSIGNMENTS IN A PRIVATE UNIVERSITY

2012-2013 Chairman of the Board of Trustees of Global Colleges (appointed to smooth legal closure), Riyadh, Saudi Arabia

2015-2017 Member of the Board of Trustees of Dar Al Uloom University, Riyadh, Saudi Arabia

ACADEMIC AND SCIENTIFIC WORKS

A. Scientific Publications

1. Albishi AM, Almutairi F, Alshehri WM, Almurdi MM, and Alabdulwahab SS. Knowledge, practice, and awareness of stroke warning signs and potential risk factors among future rehabilitation specialists in Saudi Arabia. *Front. Med.* 2026;13:1758191. doi: 10.3389/fmed.2026.1758191
2. Alhammad SA, Aldubayan HT, Albalawi MS, Mutawam AA, Alabdulwahab SS. Associations of Psychological Distress, Cognitive Function, and Physical Activity with Daily Functioning and Quality of Life Across Disability Levels in Multiple Sclerosis. *Medicina (Kaunas)*. 2026 Feb 3;62(2):316. doi: 10.3390/medicina62020316. PMID: 41752715; PMCID: PMC12943730.
3. Tahani F, Alothman, Maha F, Algabbani, Haya Khamis Alqahtani, Raghad Khalid Alghamdi, Reem Abdullah Dammas, Jaber Mohammed Fagehi, Samiha Mohamed Abd Elkader, Adel A. Alhusaini, Sami S. Alabdulwahab, Nada A. M. AlSari & Afaf Shaheen. The Effect of Listening to Auditory Content using Headphones on Static and Dynamic Balance among Young Females Aged 18–25 Years. *Indian J Otolaryngol Head Neck Surg* (2025). <https://doi.org/10.1007/s12070-025-05606-1>
4. Alabdulwahab, S.S.; Aldhaferi, A.S.; Alsubiheen, A.M.; Alharbi, S.H.; Alotaibi, F.H.; Alghamdi, M.A.; Basonbul, A.; El Sousai, A.; Al-Harbi, M.M.; Almurdi, M.M. The Effects of Functional Electrical Stimulation of Hip Abductor and Tibialis Anterior Muscles on Standing and Gait Characteristics in

- Patients with Stroke. *J. Clin. Med.* 2025, 14, 2309. <https://doi.org/10.3390/jcm14072309>
5. AlAbdulwahab, S.S.; Altwerqi, S.H.; Mubarak, A.A.; Algabbani, M.F. Modulation of Primary Afferent Nerve Fiber (Ia) Reciprocal Inhibition Under Voluntary and Electrically Stimulated Muscle Conditions: Within-Subject Study Design. *J. Clin. Med.* 2025, 14, 1178. <https://doi.org/10.3390/jcm14041178>
 6. Almalki, S.K.; Azzam, A.M.; Alhammad, S.A.; Alabdulwahab, S.; Alshamrani, A.A.; Alotaibi, A.N. Outcomes of a Structured Olfactory and Gustatory Rehabilitation Program in Children with Post-COVID-19 Smell and Taste Disturbances. *J. Clin. Med.* 2025, 14, 272. <https://doi.org/10.3390/jcm14010272>
 7. Alsaleh HM, Alsaad SM, Alabdulwahab SS, Vennu V, Bindawas SM. Fall Prevention in Older Adults: Insights from Saudi Arabian Physical Therapists on the Otago Exercise Program. *Risk Manag Health Policy.* 2024 Nov 4;17:2689-2703. doi: 10.2147/RMHP.S495695. PMID: 39525679; PMCID: PMC11545608.
 8. Alaa M Albishi, Hanan M Al-Ageel & Sami S AlAbdulwahab (2024) Knowledge and Attitude Towards Bell's Palsy Rehabilitation Among Physical Therapists in Saudi Arabia: A Cross-Sectional Study. *Risk Management and Healthcare Policy*, 2401-2413, DOI: 10.2147/ RMHP.S481457
 9. Alhammad S, AlAbdulwahab S, Alzamil A, Alqahtani A, Algabbani M. Appropriate Stair-Step Height for Comfort, Satisfaction, and Cardiovascular Response: Implications for Design and Active Living. *Int J Physiother.* 2024; 11(3), 52-59. DOI: [10.15621/ijphy/2024/v11i3/1466](https://doi.org/10.15621/ijphy/2024/v11i3/1466)
 10. Al-Otaibi, S.L.; Algabbani, M.F.; Alboraih, A.M.; AlAbdulwahab, S.S. Effectiveness of Family–Professional Collaboration on Functional Goals Achievement of Children with Cerebral Palsy and Caregivers' Quality of Life and Burden: A Randomized Comparative Study. *J. Clin. Med.* 2024, 13, 4057. <https://doi.org/10.3390/jcm13144057>.
 11. Kachanathu S., AlAbdulwahab S., Hafez A., Aldaihan M., Nuhmani S., Rizvi M. A randomized controlled trial between hamstring muscle tightness and lumbar lordotic angle. *Comparative Exercise Physiology* March 2022; DOI: 10.3920/CEP220001
 12. AlAbdulwahab SS, Kachanathu SJ, AlSunaidi AS. A cross-sectional study on fear-avoidance beliefs and chronic low back pain in fighter pilots. *International Journal of Critical Illness and Injury Science.* 2021;11(1): 29.
 13. Algarni F., Kachanathu S., AlAbdulwahab S. A Cross-Sectional Study on the Association of Patterns and Physical Risk Factors with Musculoskeletal Disorders among Academicians in Saudi Arabia. *BioMed Research International* 2020(2):1-7

14. AlAbdulwahab, SS, Kachanathu SJ, Alaulami, AA. Health-related quality of life among dentists in Middle-East countries—A cross-sectional study. *J Indian Assoc Public Health Dent*. 2020;18:168-172.
15. AlAbdulwahab S., Kachanathu J., AlSaeed A. Role of cognitive assessment for high school graduates prior to choosing their college major *Journal of Physical Therapy Science* 2018; 30(2):304-306
16. AlAbdulwahab S., Kachanathu S., Alodaibi F. Influence of Isokinetic Knee Muscle Torque at Different Angular Velocities on Standing Posture Stability in Healthy Adults. *Physikalische Medizin Rehabilitationsmedizin Kurortmedizin*. 2018; 28(02):129-134
17. AlAbdulwahab S, Kachanathu S, AlMutairy M. Smartphone use addiction can cause neck disability. *Musculoskeletal Care* · 2017; 2017; 15:10–12.
18. AlAbdulwahab S. Back extension exercises decompress the spinal root and improve standing mobility in patients with sub-acute lumbosacral radiculopathy. *Somatosensory and Motor Research* 2016;33(3-4):196-199. November 2016 DOI: 10.1080/08990220.2016.1251895
19. AlAbdulwahab S, Kachanathu S. Effects of body mass index on foot posture alignment and core stability in a healthy adult population. *Journal of Exercise Rehabilitation* 2016;12(3):182-18
20. AlAbdulwahab S, Kachanathu S, Khamee A. Cognitive abilities of health and art college students a pilot study. *Journal of Physical Therapy Science* 28(5):1454-1458 · May 2016. DOI: 10.1589/jpts.28.1454 · License: CC BY-NC-ND 4.0
21. Shaji John Kachanathu, Sami Alabdulwahab, Nidhi Negi, Pooja Anand, Ashraf Ramadan Hafez. An analysis of physical performance between backward and forward walking training in young healthy individuals. *Saudi Journal of Sports Medicine*, 2016;16(1) 68-73
22. AlAbdulwahab S, et al. Effects of Functional Limb Overloading on Symmetrical Weight Bearing, Walking Speed, Perceived Mobility, and Community Participation among Patients with Chronic Stroke. *Hindawi Publishing Corporation Rehabilitation Research and Practice* Volume 2015, Article ID 241519, 6 pages <http://dx.doi.org/10.1155/2015/241519>
23. AlAbdulwahab S, Kachanathu S. The effect of various degrees of foot posture on standing balance in a healthy adult population. *Somatosensory & Motor Research* · September 2015 DOI: 10.3109/08990220.2015.1029608
24. Al-Bannay H, jongbloed L, Jarus T, AlAbdulwahab S, et al. Outcomes of a type 2 diabetes education program adapted to the cultural contexts of Saudi women. A pilot study. *Saudi medical journal* 36(7):869-73 · July 2015 DOI: 10.15537/smj.2015.7.11681 ·
25. Al-Hezan M, AlAbdulwahab S, Kachanathu S. Mohan Natho. Sensory processing dysfunction among Saudi children with and without autism. *J. Phys Ther Sci* 2015; 27: 1313 –1316.

26. AlAbdulwahab S, Kachanathu s, Oluseye K. Physical activity associated with prayer regimes improves standing dynamic balance of healthy people. *J Phys Ther Sci* 2013; 25:1565-1568
27. Dean E, Al-Obaidi S, De Andrade AD, Gosselink R, Umerah G, AlAbdulwahabS, et al The First Physical Therapy Summit on Global Health: implications and recommendations for the 21st century. *Physiother Theory Pract* 2011 Nov;27(8):531-47. Epub 2011 May 25.
28. AlAbdulwahab S. Electrical Stimulation Improves gait in Children with Spastic Cerebral Palsy. *Neurorehabilitation* 2011;29(1):37-43
29. AlAbdulwahab S and Al-Murdi M. Whirlpool therapy improves nerve function and dynamic standing balance in patients with diabetic peripheral neuropathy. *J. Physical Medicine and Rehabilitation Sciences* 2010;13:58-64
30. AlAbdulwahab S and Al-Gabbani M. Transcutaneous electrical stimulation of hip adductors improves gait parameters of children with cerebral palsy. *Neurorehabilitation Journal* 2010;26(2):115-22
31. AlAbdulwahab S Electrical stimulation of hip adductors and abductors improves gait parameters of children with spastic diplegic cerebral palsy: -pilot study- Proceedings of the 4th International Convention on Rehabilitation Engineering & Assistive Technology; article 28; Shanghai, China. July 21 - 24, 2010. Singapore Therapeutic, Assistive & Rehabilitative Technologies (START) Centre.
32. Al-Abdulwahab S and Al-Khatrawi W. Neuromuscular electrical stimulation of gluteus medius improves the gait of children with cerebral palsy. *Neurorehabilitation Journal*: 2009;24(3):209-217
33. Al-Abdulwahab S and Al-Jaber J. The effect of repeated back extension exercise on H-reflex in patients with lumbosacral radiculopathy. *Journal of Back and Musculoskeletal Rehabilitation* 2008;21(4):227-231
34. Al-Abdulwahab S and Beatti A. The Effect of interferential therapy on physical disability in patients with radiculopathy. *Advances in Physiotherapy* 2006;8(2):82-87
35. Abdulwahab S. Electrodiagnosis directed treatment of cervical radiculopathy. *Journal of the Neuromusculoskeletal System* 2002; 10(1):1-4
36. Al-Abdulwahab S. and Al-Qan S. Attitudes of health professionals toward people with disabilities. *Asia Pacific Disability Rehabilitation Journal* 2003, 14(1):53-60
37. Al-Qan S and Al-Abdulwahab S. Issues and Obstacles in Disability Research in Saudi Arabia. *Asia Pacific Disability Rehabilitation Journal* 2002, 13(1):45-49
38. Abdulwahab S and Sabbahi M. Neck Retractions Promote Cervical Root Decompression and Reduce Neck Pain. *Journal of Orthopaedic and Sports Physical Therapy* 2000;30(1):4-9.
39. Abdulwahab S. A treatment programme based on electrodiagnostic testing improves functional ability in patients with radiculopathy. *Asia Pacific Disability Rehabilitation Journal* 2000;11(2):80-85

40. AL-Abdulwahab S and Al-Dosery R. Hallux valgus and preferred shoe types among young healthy Saudi Arabian females. *Annals of Saudi Medicine* 2000;20(3-4):319-321
41. Abdulwahab S. The use of H-reflex as a predictor for therapeutic exercise for patients with cervical radiculopathy. *Medical Journal of Cairo University* 2000;68(4)737-741.
42. Sabbahi M and Abdulwahab S. Cervical Root Compression Monitoring by Flexor Carpi Radialis H-reflex in Normal Subjects. *Spine* 1999;24(2):137-141.
43. Abdulwahab S, The effects of aging on muscle Strength and Functional Ability of Healthy Saudi Arabian Males. *Annals of Saudi Medicine* 1999;19(3):211-215.
44. Abdulwahab S. Treatment Based on H-reflex Testing Improves Disability Status in Patients with Cervical Radiculopathy. *International Journal of Rehabilitation Research* 1999;22(3):207-214.
45. Al-Abdulwahab S, Al-Ayda N. Shahrani B. Effect of lateral and medial rotation of the lower leg on the strength of hamstrings muscle. *Saudi Journal of Sports Medicine* 1999;3(2):78-81
46. AL-Abdulwahab S Hamstring imbalance in patients with anterior cruciate legament. *Saudi Journal of Sports Medicine* 1999;4(1):13-17
47. Abdulwahab S. The Effect of Reading and Traction on Patients with Cervical Radiculopathy Based on Electrodiagnostic Testing. *Journal of the Neuromusculoskeletal System* 1999;7(3):91-96.
48. Abdulwahab S and Sabbahi M. Neck Retraction Increased Cervical H-reflex and Decreased Neck Pain. *Medicine & Science in Sports & Exercise* 1998;30(5):S245.
49. Abdulwahab S. Spinal Flexibility in Non-professional Healthy Saudi Arabian Athletes. *The Saudi Journal of Sports Medicine* 1997; 1(2):104-108.
50. Al-Abdulwahab S. Aging versus muscular strength: effects on functional ability of healthy Saudi Arabian males. *Saudi Journal of Disability and Rehabilitation* 1997;3(3):173.
51. Abdulwahab S and AL-Mogren N. The Spinal Flexibility of Saudi Arabia Healthy Female Children - Normative values. *Medical Sciences Research* 1996; 24:213-214.
52. Abdulwahab S. Physical Disability in Patients with Hemiparesis. *International Journal of Rehabilitation Research* 1996;19(2):157-161
53. Abdulwahab S. Causes for Standing Transfer Difficulty in Adult Patients with recent Hemiparesis. *Bulletin of Egyptian Society for Physiological Sciences* 1996;16(1):330-339.
54. Abdulwahab S. The Spinal Flexibility and Physical Disability Status in Patients with Cerebral Palsy. *Acta Orthop Traumatol Turc* 1996;30:425-427.

55. Abdulwahab S, Oluseye K, Zendaki R, and Arab A. Saudi Arabistanli saglikli kadinlarda spinal mobilite-standart degerler. Acta Orthop Traumatol Turc 1996;30:423-424

B. Published books

1. إضاءات على التعليم في كوريا الجنوبية. علم الكتب الحديث للنشر والتوزيع. 2024
2. البحث والتطوير وريادة الأعمال في الجامعات الكورية الجنوبية -1442هـ
3. القيم والمبادئ ولأخلاق الإنسانية المشتركة بين المجتمعين السعودي والكوري الجنوبي. 1441هـ
4. التعليم العالي الجامعي في جمهورية كوريا الجنوبية: نشأة وتطور-نموذج لمقياس مرجعي-. وزارة التعليم العالي. 1439هـ
5. المعلم في جمهورية كوريا الجنوبية -واقع وحقائق- 1440هـ
6. AlAbdulwahab S. Home care management for children with cerebral palsy: Mother instructions and advice. Alhilal Publisher, Riyadh, Saudi Arabia, 1996.
7. AlAbdulwahab S. School care management for persons with physical disability. Altaknia publisher, Riyadh, Saudi Arabia, 2001

C. Patents innovation

1. A patent application has been filed for a portable hot-and-cold whirlpool system. It is a device designed to support and improve diabetic foot function by removing hardened skin, promoting sensory and motor nerve function, and enhancing the flexibility of superficial blood vessels—potentially helping maintain foot health and balance during standing and walking.

D. Professional & Scientific Activities

2023-now Editor-in-Chief, International Journal of Physical Therapy Research and Practice
2022-now Board member for the Faculty of Applied Medical Sciences, King Saud University
2012-2016 Advisor board for the Faculty of Applied Medical Sciences, King Saud University
2013-2016 Advisor board for the Faculty of Applied Medical Sciences, Majma University
2012-2016 Advisor board for Clinical Laboratory Sciences department, Faculty of Applied Medical Sciences, King Saud University
2013-2016 Editor-in-Chief, International Journal of Physical Therapy Research & Practice
2012-2014 Chairman of the board of advisors for the Faculty of Applied Medical Sciences, Prince Sattam Bin Abdulaziz University.
2011-2015 President of Saudi Physical Therapy Association
2005-2011 Saudi Central Board for Accreditation of Health Care Institutions
2005-2011 Executive Board, Saudi Commission for Health Specialties
2007-2011 Advisory Committee for the National Center for Alternative Medicine
2001-2005 Scientific Board, King Saud University

PROFESSIONAL AND ACADEMIC INTERESTS

1. Preparing, applying, and evaluating health training, academic, and professional programs
2. Quality and professional accreditation.
3. Strategic plans and implementation for academic institutions and research centers.
4. Budgeting and resource allocation for academic institutes and research centers.
5. Health, academic, and professional rules, regulations, and regulations
6. International professional health and academic relations
7. Developing and evaluating diagnostic and rehabilitative means for the physically disabled
8. Managing, organizing, and evaluating centers of research excellence and centers of creative knowledge products
9. Entrepreneurship

GENERAL TECHNICAL, SOFT, AND PERSONAL SKILLS

Proficiency in Arabic and English, use of statistical analyses, use of Microsoft programs, integrity, self-reliance, practical communication skills, teamwork and adaptation skills, leadership, problem-solving skills, and critical thinking. Time management skills. Willingness to keep learning, leadership skills.