

CURRICULUM VITAE

► Pro. Einas S. Al-Eisa

Academic Rank and Position:

- Vice Rector, Female Students Affairs of King Saud University
- Professor, Department of Rehabilitation Sciences, King Saud University
- Rehabilitation Consultant, Licensure: Saudi Council for Health Specialties

Scientific Qualifications:

- 2004: PhD in Anatomy and Neurobiology, Faculty of Medicine, Dalhousie University, Halifax, Canada.
- 1999: Master of Science in Physical Therapy, School of Physical Therapy, Dalhousie University, Halifax, Canada.
- 1996: Bachelor of Rehabilitation and Physical Therapy, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia.

Awards:

- 2008: Visiting Scientist Scholarship, Spaulding Rehabilitation Hospital, Boston, USA.
- 2007: Healthcare Professional Award for Research, Harvard Medical School International, Dubai, UAE.
- 2002: Distinction recognition for the performance at the PhD comprehensive exam, Dalhousie University, Canada.
- 1996: First Class Honor, King Saud University.
- 1995: Awarded student with Academic Distinction, King Saud University .
- 1991: Ranked 4th among Saudi High School Graduates, Saudi Arabia.

Professional Experience:

- 2015-Current: Vice Rector, Female Students Affair, KSU.
- 2011-2015: Dean of Science and Medical Studies, KSU.
- 2010-2014: Assistant Vice Rector for Academic & Educational Affairs, KSU.
- 2011-2012: Advisor for Rector Office, KSU.
- 2009-2011: Vice-Dean for Science and Medical Studies, KSU.
- 2007-2009: Vice-Dean, College of Nursing, KSU.

Academic Experience:

- 2018-Current: Professor, College of Applied Medical Sciences, KSU.
- 2013-2018: Associate Professor, College of Applied Medical Sciences, KSU.
- 2004- 2013: Assistant Professor, College of Applied Medical Sciences, KSU.
- 2002-2004: Teaching Assistant, Department of Anatomy and Neurobiology, College of Medicine, Dalhousie University, Canada.
- 1997-2004: Demonstrator, College of Applied Medical Sciences, KSU.

Clinical Experience:

- 2005-Current: Rehabilitation Consultant, King Saud University.
- 2005-2009: Part-Time Consultant, Rehabilitation Hospital, King Fahd Medical City.

Professional & Councils Membership:

- 2018- current: Chair, Constituent Team of National Observatory for Women's Participation in Development- King Saud University.
- 2018-current: Member, Steering National Labor Observatory – Human Resources Development Fund (HRDF)-Ministry of Labor and Social Development.
- 2018-current: Honorary member, King Saud University the -Saudi Association for Special Education-Saudi Arabia.
- 2018-Current: Member, Advisory Committee of Promising Research Center in Social Research & Women Studies – Princess Nourah Bint Abdulrahman University.
- 2016-Current: Board Member, Education Evaluation Commission.
- 2016-2018: Member, Advisory Committee, Coordinating Council of Women Employment, Council of Saudi Chambers.
- 2015-Current: Board Member, AlGhad Youth Association.
- 2012-2018: Member, Advisory Commission for the Development of Makah Region, Emirate of Makah Province.
- 2012-2014: Board Member, Center for Research & Studies, Ministry of Higher Education.
- 2012-2014: Editorial Board Member, World Journal of Orthopedics.
- 2012- 2014: Member, Steering Council for Women Employment, Ministry of Labor.
- 2012-2013: Board member, Prince Salman Center for Entrepreneurship.
- 2011-Current: Council Member, Saudi Alzheimer's Association- King Saud University.
- 2011-2014: Council Member, Prince Naif bin Abdulaziz Center for Health Research.
- 2008-2010: Research Council Member, Prince Salman Center for Disability Research.
- 2006-2011: Board Member, Research Center Council, Deanship of Scientific Research, KSU.
- 2006-2008: Board Member, Saudi Physical Therapy Association.

Selected Publications:

- Buragadda S, Al-Eisa E, Rao Melam G (2018). Fear Avoidance Beliefs and Disability among Women with Low Back Pain. **Neuropsychiatry**; 8(1), 80–86.
- Alkassabi OY, Al-Sobayel H, Al-Eisa E, Buragadda S, Alghadir AH, Iqbal A (2018). Job satisfaction among physiotherapists in Saudi Arabia: does the leadership style matter? **BMC Health Serv Res**;18(1):422.
- Alghadir AH, Zafar H, Iqbal ZA, Al-Eisa E (2018). Effect of voluntary teeth clenching and sitting posture on maximal static force of limb muscles. **J Sports Med Phys Fitness**. doi: 10.23736/S0022-4707.18.08341
- Alghadir AH, Al-Eisa E, Anwer S, Sarkar B (2008). Reliability, validity, and responsiveness of three scales for measuring balance in patients with chronic stroke. **BMC Neurol**; 18(1):141.
- Al-Eisa E & Buragadda S, Rao Melam G (2017). Health Literacy and Fear Avoidance Beliefs among Women with Chronic Low Back Pain. **Physical Medicine Rehabilitation**, 27:95-99.
- Anwer S, Alghadir AH, Al-Eisa E, & Iqbal ZA (2018). The relationships between shoulder pain, range of motion, and disability in patients with shoulder dysfunction. **J Back Musculoskelet Rehabil**, 31(1):163-167.
- Al-Muqiren TN, Al-Eisa E, Alghadir AH, & Anwer S (2017). Implementation and use of standardized outcome measures by physical therapists in Saudi Arabia: barriers, facilitators and perceptions. **BMC Health Serv**, 17(1):748.
- Alghadir AH, Zafar H, Al-Eisa ES, Iqbal ZA (2017). Effect of posture on swallowing. **Afr Health Sci**, 17(1):133-137.
- Alghadir AH, Al-Eisa E, & Anwer S. (2017). Cross-cultural adaptation and psychometric analysis of the Arabic version of the oxford knee score in adult male with knee osteoarthritis. **BMC Musculoskelet Disord**, 18(1):190.
- Alghadir AH, Gabr SA, & Al-Eisa E (2017). Mechanical factors and vitamin D deficiency in schoolchildren with low back pain: biochemical and cross-sectional survey analysis. **J Pain Res**, 10:855-865.
- Al-Eisa E, Gabr SA, Alghadir AH (2017). Effects of supervised aerobic training on the levels of anti-Mullerian hormone and adiposity measures in women with normo-ovulatory and polycystic ovary syndrome. **J Pak Med Assoc**, 67(4):499-507.
- Alghadir A, Zafar H, Iqbal ZA, Al-Eisa E (2017). Work-Related Low Back Pain Among Physical Therapists in Riyadh, Saudi Arabia. **Workplace Health and Safety**, 65(8):337-345.

- Al-Eisa E et al. (2016). The perceptions and readiness toward interprofessional education among female undergraduate health-care students at King Saud University. ***Journal of Physical Therapy Science***; 28: 1142–1146.
- Al-Eisa E & Alsobayel H (2016). Effectiveness of Motivational Education Program Combined with Pedometer Use in Promoting Physical Activity among Saudi Females: A Randomized Controlled Trial. ***Journal of Womens' Health, Issues & Care***; 5:5, doi.org/10.4172/2325-9795.1000245.
- Al-Eisa E et al. (2016). Correlation between vitamin D levels and muscle fatigue risk factors based on physical activity in healthy older adults. ***Clinical Interventions in Aging***; 11: 513–522.
- Al Qahtani M & Al Eisa E (2016). Physical Activity Performance among Obese Adolescents Who Are Enrolled in the Obesity Treatment Program: A Comparative Study. ***Open Journal of Therapy and Rehabilitation***; 4: 163-173.
- Al-Eisa E et al. (2016). Effect of Motivation by (Instagram) on Adherence to Physical Activity among Female College Students. ***Biomed Research International***; 2016:1546013. doi: 10.1155/2016/1546013.
- Al-Ghadir A, Gabr S, & Al-Eisa E (2016). Green tea and exercise interventions as nondrug remedies in geriatric patients with rheumatoid arthritis. ***Journal of Physical Therapy Science***; 28: 2820–2829.
- Al-Ghadir A, Gabr S, & Al-Eisa E (2016). Effects of Physical Activity on Trace Elements and Depression Related Biomarkers in Children and Adolescents. ***Biological Trace Element Research***; 172:299–306.
- Al-Eisa E et al. (2016). Measurement of physical activity in obese persons: How and why? A review. ***Journal of Physical Therapy Science***; 28: 2670–2674.
- Buragadda S & Al Eisa E (2016). Sleep Wake Patterns and Academic Performance in University Students of Saudi Arabia. ***Physical Medicine Rehabilitation***; accepted for publication.
- Al-Ghadir A, Gabr S, & Al-Eisa E (2016). Effects of Moderate Aerobic Exercise on Cognitive Abilities and Redox State Biomarkers in Older Adults. ***Oxidative Medicine and Cellular Longevity***; dx.doi.org/10.1155/2016/2545168.
- Al-Ghadir A, Gabr S, Al-Eisa E, & Al-Ghadir M (2016). Correlation between bone mineral density and serum trace elements in response to supervised aerobic training in older adults. ***Clinical Interventions in Aging***; 11: 265–273.

- Anwer S, Al-Ghadir A, Zafar H, & Al-Eisa E (2016). Effect of whole body vibration training on quadriceps muscle strength in individuals with knee osteoarthritis: a systematic review and meta-analysis. ***Physiotherapy***; 102: 145–151.
- Al-Eisa E et al. (2016). Exercise intervention as a protective modulator against metabolic disorders in cigarette smokers. ***Journal of Physical Therapy Science***; 28: 983–991.
- Alghadir A, Zafar H, Iqbal Z, & Al-Eisa E (2016). Effect of sitting postures and shoulder position on the cervicocephalic kinesthesia in healthy young males. ***Somatosensory & Motor Research***; 33(2): 93-98.
- Al-Ghadir, Gabr S, Anwer S & Al-Eisa E (2016). Fatigue and oxidative stress response to physical activity in type 2 diabetic patients. ***International Journal of Diabetes in Developing Countries***; 36(1):59–64.
- Al-Ghadir A, Gabr S, & Al-Eisa E (2016). Cellular fibronectin response to supervised moderate aerobic training in patients with type 2 diabetes. ***Journal of Physical Therapy Science***; 28: 1092–1099.
- Al-Eisa et al. (2015). Predictors of global job satisfaction among Saudi physiotherapists: A descriptive study. ***Annals of Saudi Medicine***; 35(1): 46-50.
- Al-Ghadir A, Gabr S, & Al-Eisa E (2015). Assessment of the effects of glutamic acid decarboxylase antibodies and trace elements on cognitive performance in older adults. ***Clinical Interventions in Aging***; 10: 1901–1907.
- Al-Ghadir A, Gabr S, & Al-Eisa E (2015). Physical activity and lifestyle effects bone mineral density among young adults: sociodemographic and biochemical analysis. ***Journal of Physical Therapy Science***; 27: 2261–2270.
- Al-Rashed L & Al-Eisa E (2015). Effectiveness of Non-Pain-Contingent Spine Rehabilitation in Females with Chronic Low Back Pain: A Randomized Controlled Trial. ***International Journal of Physical Medicine & Rehabilitation***; 3:260. doi:10.4172/2329-9096.
- Zafar H, Alghadir A, Anwer S, & Al-Eisa E (2015). Therapeutic Effects of Whole-Body Vibration Training in Knee Osteoarthritis: A Systematic Review and Meta-Analysis. ***Archives of Physical Medicine and Rehabilitation***; 96:1525-32.
- Al-Eisa E, Buragadda S, & Melam GR (2014) Association between physical activity and psychological status among Saudi female students. ***BMC Psychiatry***, 14:238.
- Al-Eisa E, Alghadir A, Hamzeh A, & Alghwiri A (2014). Diabetes risk 10 years forecast in the capital of Saudi Arabia: Canadian Diabetes Risk Assessment Questionnaire (CANRISK) Perspective. ***Biomedical Research***; 25 (1):88-96.

- Al-Sobayel H, Al-Eisa E, Buragadda S, & Melam GR (2014). Rehabilitation Services in Saudi Arabia: An Overview of its Current Structure and Future Challenges. ***Journal of General Practice***; 2(6): doi.org/10.4172/2329-9126.1000184.
- Al- Eisa E et al. (2013). Association between Physical Activity and Insomnia among Saudi female college students. ***Journal of Physical Therapy Science***; 25:1479–1482.
- Al-Eisa E & Al-Abbad H (2013). Occupational Back Pain among Rehabilitation Nurses in Saudi Arabia: The Influence of Knowledge and Awareness. ***Workplace Health & Safety***; 61(9):401-407.
- Al-Eisa E & Al-Khudeir R (2013). Applicability of the Pediatric Evaluation of Disability Inventory among Saudi children. ***Disability and Rehabilitation***; 36(8): 658-664.
- Al-Eisa E, Buragadda S, & Melam GR (2013). Effect of therapy ball seating on learning and sitting discomfort among Saudi female students. ***BioMed Research International***; 153-165.
- Al-Eisa E & Smith L (2013). Governance in Saudi Higher Education. Book Chapter in: Smith L & Abouammoh A (eds); ***Higher Education in Saudi Arabia***, Volume 40 of the series Higher Education Dynamics; pp 27-35, Springer Science.
- Al-Eisa E et al. (2012). Work related musculoskeletal disorders: Causes, prevalence and response among Egyptian and Saudi physical therapists. ***Middle-East Journal of Scientific Research***; 12(4):523-529.
- Al-Eisa E & Al-Sobayel H (2012). Physical Activity and health beliefs among Saudi women. ***Journal of Nutrition & Metabolism***; 10.1155/2012/642187.
- Al-Eisa E (2010). Indicators of adherence to physiotherapy attendance among Saudi Female patients with mechanical low back pain: a clinical audit. ***BMC Musculoskeletal Disorders***; 11:124.
- Al-Eisa E, Al-Aqeel S, Al-Sobayel H (2009). Governance in Higher Education: The Saudi Arabian Model. ***Center of Higher Education Research and Studies***. Ministry of Higher Education: Riyadh, Saudi Arabia.
- Al-Eisa E, Egan D, Deluzio K, & Wassersug R (2006). Effects of pelvic asymmetry on trunk kinematics during sitting: A comparison with standing. ***Spine***; 31(5): E135-143.
- Al-Eisa E, Egan D, Deluzio K, & Wassersug R (2006). Effects of pelvic skeletal asymmetry on trunk movement: Three-dimensional analysis in healthy individuals versus patients with mechanical low back pain. ***Spine***; 31(3): E71-79.

- Al-Eisa E, Egan D, & Fenety A (2004). The association between lateral pelvic tilt and asymmetry in sitting pressure distribution. *Journal of Manual and Manipulative Therapy*; 12: 133-142.
- Al-Eisa E, Egan D, & Wassersug R (2004). Fluctuating asymmetry and low back pain. *Evolution and Human Behavior*; 25: 31-37.
- Al-Eisa E, Fenety A, Egan D, & Crouse J (2000). Measurement of sitting pressure under the ischium: A reliability study. In: Winters J, editor. *Technology of the New Millennium*. Proceedings of the RESNA 2000 Annual Conference. Arlington (VA): RESNA Press; 357-359.
- Egan D, & Al-Eisa E (1999). Pelvic skeletal asymmetry, postural control, and the association with low back pain: A review of the evidence. *Critical Reviews in Physical and Rehabilitation Medicine*; 11: 299-338.

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