

# **Mansour S. Alghamdi**

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## **Objectives:**

To share my enthusiasm in learning and utilize my accumulated skills, knowledge, experiences, creativity to be an active part of a dynamic environment that built a new trend in my profession.

## **Education:**

### **King Saud University**

*Dec. 2002 to Feb 2007      Riyadh, KSA*

***BSc in Rehabilitation Sciences – Physical Therapy from the  
College of Applied Medical Science – GPA (3.84/5)***

### **ELS Language Center**

*Oct. 2009 to Feb 2010      Cleveland, USA*

***High Diploma in English Language Studies.***

### **Cleveland State University**

*Aug. 2010 to Aug 2012      Cleveland, USA*

***MS in Health Sciences - Cardiac Rehabilitation from the College  
of Sciences - GPA (3.8/4)***

***Title of the master project: Effectiveness of low to moderate  
physical exercise training on the level of low density  
lipoprotein (LDL): a systematic review.***

Great part of my master's courses contained working in the human performance lab at Cleveland State University conducting practical work and measuring cardiopulmonary characteristics like: performing VO2 max testing, submaximal testing, stress testing, pulmonary function testing, and ECG studies on athletes subjects. Attending lectures and observing in the Preventive Cardiology Department at Cleveland Clinic Foundation, Cleveland, Ohio, United States of America.

Also attended number of continues medical education courses undergrad and post grad in many topics including Academic writing, documentation in PT, Geriatrics rehabilitation, sport physical therapy, exercise testing and prescription, pulmonary function testing and cardiopulmonary rehabilitation

After I returned back to Saudi Arabia I improve my skills in performing echocardiography and attended courses that gave me the chance to perform echocardiography on athletes and normal subjects at Prince Sultan Cardiac Center at the Riyadh Military Hospital.

## **Publications:**

- Melam, G., Buragadda, S., Alhusaini, A., Alghamdi, MA., Alghamdi, MS., & Kaushal, P. (2014). Effect of Different Positions on FVC and FEV1 Measurements of Asthmatic Patients. *J Phys Ther Sci.*, 26(4), 591-3.
- *Master's project: Effectiveness of Low to Moderate Physical Exercise Training on The Level of Low Density Lipoprotein (LDL): A Systematic Review. (A manuscript has been submitted to Lipids in Health and Diseases Journal as the first author)*

## **Professional experiences:**

### **King Saud University**

*Sep. 2012 to present*

*Riyadh, KSA*

#### ***Lecturer***

- Responsible for theoretical teaching burden of cardiopulmonary rehabilitation in both Physical Therapy and Respiratory Therapy.
- Responsible for teaching practical skills for cardiopulmonary rehabilitation in the Physical Therapy section of the rehabilitation sciences department.
- Directing and teaching students at the cardiopulmonary performance lab including teaching the principals of exercise testing, and pulmonary function testing.
- Member of the Physical therapists and Physical Therapy Technicians committee of Rehabilitation Sciences Department.
- Member of The recruitment committee for lecturers and teaching assistants at the Rehabilitation Sciences Department.
- Member of the academic supervision committee for the students in the department.

*Dec. 2008 to Aug 2012*

*Riyadh, KSA*

#### ***Teaching Assistant***

- Responsible for teaching practical skills in the following undergraduate courses for undergrad physical therapy students: (Selective topics in physical therapy, pulmonary rehabilitation, and cardiac rehabilitation).
- Member of the Evaluation Committee of Rehabilitation Sciences Department Faculty.
- Member of The Final Exams Committee for The Preparatory Program in The College of Applied medical sciences.

### **King Faisal Specialist Hospital and Research Center:**

*Mar, 2008 to Mar 2009*

*Riyadh, KSA*

#### ***SCDP - Physical therapist***

- Provided Physical therapy services for outpatient and inpatient conditions including; oncology, surgical-medical intensive care unit, coronary care unit, cardiopulmonary rehabilitation, post-operative rehabilitation, and sports injuries.
- Documentation of physical therapy S.O.A.P. notes and writing physical therapy reports for patients as needed.

- Participated in public awareness programs for cardiovascular health.
- Participated as a lecturer in safer handling program for nurses and other medical professions provided by the physical therapy department in the hospital.

**Riyadh Health Clinic (Private practice):**

*Aug, 2008 to Oct 2009      Riyadh, KSA*  
***Physical Therapist (part-time)***

**King Faisal Specialist Hospital and Research Center:**

*Aug, 2007 to Jan, 2008      Riyadh, KSA*  
***Intern Physical Therapist***

**Riyadh Military Hospital:**

*Jan, 2007 to Aug, 2007      Riyadh, KSA*  
***Intern Physical Therapist***

**King Fahad International Stadium:**

*Apr, 2006 to Oct, 2009      Riyadh, KSA*  
***Health Care Organizer (part-time)***

- Responsible for organization and arrangement of health professions that work and provide health services for the sports teams plays in the stadium.

**Saudi Physical Therapy Association (SPTA)**

*Dec, 2005 to present      Riyadh, KSA*  
***Member of Continues Education Committee***

- Organized educational activities for physical therapists in all specialties.
- Contacted speakers from worldwide and arrange topics with them in the area of deficit, in local physical therapists work.

**Lectures given:**

- How to search through electronic databases?
- Evidence-based practice for undergrad students.
- Painful hemiplegic shoulder, evidences for current management.

**Research interest:**

Cardiovascular disease is a complex health problem that caused by multi factors, including elevated levels of blood lipids, rise in the inflammatory biomarkers in the blood and genetic susceptibility. Furthermore, it starts as a silent disease and deteriorates if not treated early and properly to be a killer disease. However, the medical treatment has improved, but the prevention plays an important role to help in the process of treating CVD before it becomes a life threatening danger. During the ageing process the human body pass through many changes and chronic inflammation that lead to problems like muscle wasting, is an important factor that increase the susceptibility of suffering from CVD. Another problem is the sedentary lifestyle and obesity in the society that relate directly to elevated inflammatory biomarkers in the blood. However, prevention is accessible and chances of gain longevity and healthy life is easier by utilization of exercises as a prevention tool. From the studies vigorous exercises elect more benefits to the fitness and endurance of a person, but in the same time it elevates the inflammatory

biomarkers. From this point my interest in this area began and my specialty in rehabilitation, and exercise prescription allows me to investigate prevention exercise programs that allow controlling the factors led to CVD. As they said free is always the best and exercise is a low cost and achievable method to control CVD and its complications.

**Languages:**

- Fluently speaking and writing both Arabic and English.
- TOEFL 2010 IBT (93)
- IELTS 2009 (6.5)

**Computer skills:**

- Handling both operating system (Windows and Mac).
- Good handling for Microsoft office applications and SPSS program.

**(All required documents will be provided as per requested)**