



The **5th**
Saudi International
Physiotherapy Conference

مدينة سلطان
SULTAN CITY



TRANSFORMING PHYSIOTHERAPY PRACTICE IN SAUDI ARABIA: ENSURING SUSTAINABILITY WITHIN THE NEW MODEL OF CARE



27-29

NOVEMBER 2025



SULTAN BIN ABDULAZIZ
HUMANITARIAN CITY

SCIENTIFIC AGENDA

#SPTA25



SPTA-SA.COM

With credit hours

12 CONFERENCE CME + 35 WORKSHOPS CME



DAY 1

Thursday 27th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Riyadh Bin Abdulaziz International City

7:30 - 8:00	Registration
-------------	--------------

8:00 - 8:10	Opening Remarks
-------------	-----------------

Session 1: Integrating Physiotherapy within the New Model of Care

Time	Topic	Speaker
8:10 - 8:35	Keynote Presentation 1 Leadership in Preventive Healthcare: Building a Culture of Wellness Across Hospitals	Dr. Faisal AlDahmashi
8:35 - 9:00	Keynote Presentation 2 Physical Therapy Beyond Insurance Coverage: A Journey Toward Value-Based Care	Dr. Othman Alkassabi
9:00 - 9:25	Keynote Presentation 3 A Paradigm Shift from a Tissue- and Disease-Based Pain Management Approach Towards Multimodal Lifestyle Interventions for Persistent Musculoskeletal Pain	Dr. Jo Nijs
9:25 - 9:40	Invited Presentation 1 Redefining the Role of Physical Therapy in Value-Based and Integrated Care Models	Dr. Ali Alnahdi
9:40 - 9:55	Invited Presentation 2 Moving Beyond Surveys: Shifting Focus to Patient-Centered Outcomes	Dr. Ahmad Alalawi
9:55 - 10:35	Panel Discussion (Session 1) Moderator: Dr. Asma Alderaa	Dr. Faisal AlDahmashi
		Dr. Ali Alnahdi
		Dr. Mohammed Alghamdi
		Dr. Saad Alhammad
		Dr. Othman Alkassabi

10:35 - 11:15	Opening Ceremony
---------------	------------------

DAY 1

Thursday 27th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Saudi Arabia

Session 1: Poster Presentations 11:00 - 12:00 / Concurrent Session

Location: Poster Hall – Separate Hall
Find the full list of posters and schedules at the end of the agenda

Time	Topic	Speaker
11:15 - 11:25	Platform Presentation 1 Beyond Pain Relief: How Saudi Physiotherapists Navigate NSAID Knowledge and Practice	Dr. Samia Alamrani
11:25 - 11:35	Platform Presentation 2 Effect of Feeding Route and Stroke Type on Gastric Myoelectric Activity in Stroke Survivor Patients: A Preliminary Study	Dr. Mahmoud Al Desoky
11:35 - 11:45	Platform Presentation 3 Central Sensitization Mediates Responses to Brain Stimulation Intervention for Patients with Chronic Low Back Pain	Dr. Yousef Alshehre

11:45 - 11:55	Questions & Discussion
---------------	-----------------------------------

11:55 - 13:00	Prayer And Lunch
---------------	-------------------------

DAY 1

Thursday 27th November 2025



The 5th
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Saud Bin Abdulaziz Hospital
Saud Bin Abdulaziz Hospital

Session 2: Collaborative and Interdisciplinary Practice

Time	Topic	Speaker
13:00 - 13:15	Keynote Presentation 4 Collaborative Efforts: The Impact of Physical Therapy on Patient Care	Dr. Saad Alhammad
13:15 - 13:30	Invited Presentation 3 Closing the Loop: Physiotherapist as Key Players in Shared Care for Chronic Disease Management	Ms. Lamia Al Faleh
13:30 - 13:45	Invited Presentation 4 Connecting Care for the Frail: An Evidence-Based Physiotherapy Perspective	Dr. Hammad Alhasan
13:45 - 14:00	Invited Presentation 5 The Ministry of Defence's Project for Enhancing Medical Rehabilitation Services	Dr. Saeed Algarni
14:00 - 14:45	Panel Discussion (Session 2) Moderator: Dr. Yousef Alshehre	Dr. Saeed Algarni
		Dr. Terrence McGee
		Dr. Hammad Alhasan
		Mr. Mohammed Monshi

Session 2: Poster Presentations 14:00 - 15:00 / Concurrent Session

Session 3: Poster Presentations 15:00 - 16:00 / Concurrent Session

Location: Poster Hall – Separate Hall
Find the full list of posters and schedules at the end of the agenda

DAY 1

Thursday 27th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
سلطنة بن عبد العزيز للخدمات الإنسانية
SULTANA BEN ABDULAZIZ HUMANITARIAN CITY

Time	Topic	Speaker
14:45 - 14:55	Platform Presentation 4 A Multidisciplinary Approach and the Self-Training Educative Pain Sensation (STEPS) Model for Managing Orofacial Complex Regional Pain Syndrome	Dr. Mai Aldera
14:55 - 15:05	Platform Presentation 5 Exercise Improves Cardiorespiratory Fitness, but Not Arterial Health, after Spinal Cord Injury: A Randomized Controlled Trial	Dr. Abdullah Alrashidi
15:05 - 15:15	Platform Presentation 6 Attitudes Towards the Integration of Nutritional Assessment and Counseling in the Framework of Physical Therapy in Saudi Arabia	Dr. Mohamed Ahmed
15:15 - 15:25	Questions & Discussion	
15:25 - 15:35	Coffee Break	



DAY 1

Thursday 27th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Riyadh Bin Abdulaziz International City

Session 3: Community and Primary Care Integration

Time	Topic	Speaker
15:35 - 16:00	Keynote Presentation 5 Prevent. Empower. Transform: Physical Therapy Leading the Next Era of Primary Health Care	Dr. Hadi Samaneh
16:00 - 16:15	Invited Presentation 6 More Than Just the Knee: How Multisite OA and Pain Predict Quality of Life Decline	Dr. Aqeel Alenazi
16:15 - 16:30	Invited Presentation 7 Activating Physical Activity Prescriptions in Primary and Specialized Healthcare Centers in the Kingdom of Saudi Arabia: Another Opportunity to Enhance Physical Activity Nationwide	Mr. Tariq Almoosa
16:30 - 17:10	Panel Discussion (Session 3) Moderator: Dr. Mohammed Alshehri	Dr. Hani Alabad
		Dr. Hussein Alhassany
		Dr. Hadi Samaneh
		Dr. Aqeel Alenazi

Session 4: Poster Presentations 16:30 - 17:30 / Concurrent Session

Location: Poster Hall – Separate Hall
Find the full list of posters and schedules at the end of the agenda

DAY 1

Thursday 27th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
سلطنة بن عبد العزيز للمؤسسات الإنسانية
SALMAN BIN ABDOULAZIZ HUMANITARIAN CITY

Time	Topic	Speaker
17:10 - 17:20	Platform Presentation 7 Exploring Caregivers' Perceptions of Post-Stroke Fatigue: A Qualitative Study in Saudi Arabia	Ms. Asmaa Aldayel
17:20 - 17:30	Platform Presentation 8 It Feels Like I'm Stepping on Pebbles: A Qualitative Exploration of People's Lived Experiences with Plantar Heel Pain	Ms. Rasil Othman Alhogail
17:30 - 17:40	Platform Presentation 9 Effect of Breathing Exercises and Respiratory Muscle Training on Respiratory Muscle Strength, Sleep Quality, Stress and Physical Performance on College Students in Saudi Arabia	Dr. Najla Alzakari
17:40 - 17:50	Platform Presentation 10 Risk Factors and Locations of Falls Among Older Pilgrims During Hajj: Implications for Targeted Prevention	Ms. Bashaier Alosaimi

17:50 - 18:00	Questions & Discussion
---------------	------------------------

End of Day 1

DAY 2 Friday 28th November 2025



12:30 - 13:30	Prayer and Lunch
---------------	------------------

Session 4: Policy, Regulation, and Health System Alignment

Time	Topic	Speaker
13:30 - 13:55	Keynote Presentation 6 The impact of Cardiac Rehabilitation on Cardiovascular Outcomes Measures. Potentials Role of Racial Disparities	Dr. Saleh Alshammary
13:55 - 14:10	Invited Presentation 8 Conceptualizing Post Rehabilitation Readiness: A Multi-Factor Approach for Wildness Transitions	Dr. Faisal Alhuthaifi
14:10 - 14:25	Invited Presentation 9 Policy Gaps and Regulatory Challenges in Physiotherapy Practice in Saudi Arabia: Toward Unified National Standards	Dr. Roaa Sroge
14:25 - 15:05	Panel Discussion (Session 4) Moderator: Dr. Abdulfattah Alqahtani	Dr. Saleh Aloraini
		Dr. Saleh Alshammary
		Dr. Roaa Sroge

15:05 - 15:15	Coffee Break
---------------	--------------

Session 5: Poster Presentations 14:30 - 15:30 / Concurrent Session

Session 6: Poster Presentations 15:30 - 16:30 / Concurrent Session

Location: Poster Hall – Separate Hall
 Find the full list of posters and schedules at the end of the agenda

DAY 2

Friday 28th November 2025



The **5th**
Saudi International
Physiotherapy Conference



مدينة سلطان بن عبد العزيز للخدمات الإنسانية
SALMAN BIN ABDOULAZIZ HUMANITARIAN CITY

Time	Topic	Speaker
15:15 - 15:25	Platform Presentation 11 Determinants of Appointment Planning in Physical Therapy: Insights from Saudi Arabia	Mr. Abdulaziz Aljumaah
15:25 - 15:35	Platform Presentation 12 From Evaluation to Discharge: A National Study of Therapist Satisfaction with Session Duration in Physical Therapy	Mr. Omar Almuhanha
15:35 - 15:45	Platform Presentation 13 Work-Related Musculoskeletal Disorders: A Narrative Review of Risk Factors, Rehabilitation, and Workplace Interventions	Ms. Salma Abu Dayah
15:45 - 15:55	Platform Presentation 14 Radiological Interpretation in Physical Therapy Practice: Competencies, Attitudes, and Training Needs in Saudi Arabia	Dr. Samia Alamrani
15:55 - 16:05	Questions & Discussion	



DAY 2
Friday 28th November 2025

Session 5:
Workforce Transformation and Professional Development

Time	Topic	Speaker
16:05 - 16:30	Keynote Presentation 7 Clinical Reasoning: Context, Competence, and Care	Dr. Gail M Jensen
		Dr. Cara Felter
16:30 - 16:45	Invited Presentation 10 Empowering Early-Career Physiotherapists: Mentorship, Residency Models, and Leadership Pipelines	Dr. Faisal Almubarak
16:45 - 17:00	Invited Presentation 11 Fostering Research and Innovation in Physiotherapy: Advancing Care Quality and Shaping the Future of Healthcare	Dr. Ali Alshami
17:00 - 17:40	Panel Discussion (Session 5) Moderator: Dr. Ali Alsouhibani	Dr. Faisal AlHuthaifi
		Dr. Faisal Almubarak
		Dr. Nouf Aldhwayan
		Dr. Raed Alorabi

Session 7: Poster Presentations
17:00 - 18:00 / Concurrent Session

Location: Poster Hall – Separate Hall
Find the full list of posters and schedules at the end of the agenda

DAY 2

Friday 28th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
سلطنة بن عبد العزيز للمؤسسات الإنسانية
SULTAN BEN ABDULAZIZ HUMANITARIAN CITY

Time	Topic	Speaker
17:40 - 17:50	Platform Presentation 15 Impact of tDCS on Social Interaction in Autism Spectrum Disorder: A Systematic Review and Meta-Analysis	Ms. Maryam Alabbad
17:50 - 18:00	Platform Presentation 16 Usability Evaluation and Content Validation of a Prototype Arabic-Language Postnatal Exercise Application: A Cross Sectional Study	Ms. Atheer Almutairy
18:00 - 18:10	Platform Presentation 17 Translation and Validation of the Arabic Version of the Healthy Ageing Questionnaire Index	Ms. Dalal S. Alharbi
18:10 - 18:20	Platform Presentation 18 Exploring the Relations Between Running Variability and Injury Susceptibility	Dr. Zaheen Iqbal

18:20 - 18:30	Questions & Discussion
---------------	-----------------------------------

18:30 - 19:00	Recommendations and Closing
---------------	------------------------------------

Subject to be updated.

DAY 1

Thursday 27th November 2025



The 5th
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Saudi Arabia

Session 1: Poster Presentations (11:00 - 12:00)

Authors	Title of Abstracts
Ms. Zainab Aldarwish Ms. Shrooq Almutairi Dr. Rehab Aljuhni	8. The Validity and Reliability of Using Mobile Application for Lower Limb's Range of Motion Assessment: In-Person Vs. Tele-Assessment
Ms. Wlaf Bakri Dr. Ahmed Ghazwani	15. Cranial Electrotherapy Stimulation (CES) In Asthma Management: A Narrative Review of Its Effects on Autonomic Regulation, Anxiety, And Sleep
Ms. Ahdab Munshi Ms. Noha Alluqmani Ms. Zainab Saif Ms. Jana Madani Ms. Biyanda Baqyas Ms. Sharifah Al-Nashri	18. The Use of Artificial Intelligence in Assessment, Management in Neck Pain: A Systematic Review
Dr. Hanan Alsaif Dr. P Goodwin Dr. G Yeowell	24. Patient And Healthcare Provider Experience and Perceptions of a Preoperative Rehabilitation Class for Lumbar Discectomy: A Qualitative Study
Ms. Faya B. Alqawsi, Ms. Amnah A. Alauujaimi Dr. Maged Basha Dr. Sattam Almutairi	25. Exercise In Cancer Care: A Cross-Sectional Survey to Examine Knowledge, Practice, Barriers and Facilitators of Oncology Physicians Perspective on Exercise Promotion Among People with Cancer in Saudi Arabia.
Dr. Asma Alderaa Ms. Nora Alhajri Ms. Raneem Altassan	27. Perceptions Of Knowledge, Barriers, And Willingness Among Certified Lymphedema Therapists Toward Telerehabilitation Services: A Cross Sectional Study
Ms. Atheer Alenzi Ms. Arjwan Alhamed Ms. Amna Alauujaimi Ms. Ghaida Alsalamah, Ms. Sarah Alsikhan	32. Telerehabilitation Vs. Center-Based or Usual Care in Chronic Heart Failure: A Systematic Review & Meta-Analysis.
Mr. Ramin Jafari Mrs. Bitu Azmayesh saravani	40. Effectiveness Of Transcranial Direct Current Stimulation Combined with Exercise Therapy in the Management of Cervicogenic Headache: Insights from New Studies
Mr. Yazeed Alghamdi Mr. Ibrahim Aljulaymi Mr. Faisal Althumali.	79. Adherence To Total Knee Arthroplasty Guidelines in Saudi Physiotherapists
Mr. Anas Alhafidh	97. Perceptions And Practices of Contemporary Physiotherapy Approaches for Upper Limb Rehabilitation Post-Stroke: A Cross-Sectional Survey of Physiotherapists in Saudi Arabia
Mr. Shadab Uddin Mr. Waseem Ahmad	98. The Role of Physical Therapy in The Rehabilitation and Quality of Life of Cancer Survi-Vors: A Multidisciplinary Approach- A Narrative Review Article

DAY 1

Thursday 27th November 2025



The 5th
Saudi International
Physiotherapy Conference



مدينة سلطان بن عبد العزيز للخدمات الإنسانية
SULTAN BIN ABDULAZIZ HUMANITARIAN CITY

Session 2: Poster Presentations (14:00 - 15:00)

Authors	Title of Abstracts
Mr. Mohammed Khan	1. Radial Extracorporeal Shockwave Therapy for Spasticity in Children with Cerebral Palsy: Findings from A Narrative Review Assessing Treatment Protocols and Outcome Measurement Parameters
Ms. Reham Alhamyani	6. Sensory Integration Therapy and Sequential Oral Sensory Approaches in Managing Food Selectivity of Children with Global Developmental Delay: A Case Report
Mr. Abdulrhman Bajaber	10. Prevalence Of Developmental Disability Among School-Age Children in Saudi Arabia: A Cross-Sectional Study
Mr. Mohammad Al-Mahramah Mr. Saleh Alhirsan	89. Impact Of Video Games Experience on Motor Response and Performance Iv Virtual Reality Exergames
Ms. Sari Alanazi Mr. Mashhour Alanazi Mr. Mohammed Al Maharmeh	99. Functional Performance, Muscle Power, And Joint Mobility in Adolescent Football Players: A Cross-Sectional Comparative Study
Ms. Reham Alhamyani Dr. Ahmed Alghamdi	7. Sensory Processing Disorder in Saudi Children with And Without Neurodevelopmental Disorders.
Mr. Hani Almuafi Ms. Ali Basheikh	57. The Differences Between Limbs in Frontal Plane Projection Angles During 90 Degree Cutting Task Among Recreational Healthy Football Players
Mr. Ali Alqutami Mr. Mohammed Basodan	35. Movement Behaviors and Quality of Life Among Adult Fitness Center Attendees in Saudi Arabia: A Cross-Sectional Study
Mr. Amir Iqbal Dr. Zaheen IQBAL	39. Effect Of Chronic Ankle Sprain on Pain, Range of Motion, Proprioception, And Balance Among Athletes
Ms. Reham Alhamyani	74. Sensory Processing Disorder in Saudi Children with And Without Neurodevelopmental Disorders.
Dr. Sultan A. Alanazi Dr. Samia A. Alamrani Dr. Sarah S. Bajuaifer Ms. Layan Alhammad Ms. Nouf Alotaibi Dr. Naif Alrashdi Dr. Msaad Alzhirani Dr. Ahmed D. Alanazi Dr. Ahmed M. Almansour Dr. Abdulmajeed Alfayyadh Dr. Aqeel M. Alenazi	71. Physiotherapists' Experiences, Perceptions and Beliefs About Anterior Cruciate Ligament Injuries and Rehabilitation in Saudi Arabia: A Qualitative Study

DAY 1

Thursday 27th November 2025



The 5th
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
SALAH BIN ABDULAZIZ HUSSEIN ABU AL-AYYASH
SALAH BIN ABDULAZIZ HUSSEIN ABU AL-AYYASH

Session 3: Poster Presentations (15:00 - 16:00)

Authors	Title of Abstracts
Mr. Abdullah Alessa	2. Factors Considered for Safe Return to Sports and Adherence of Criteria After Anterior Cruciate Ligament Reconstruction – Physical Therapist Perspective: A Mixed Model Approach
Ms. Dina Mushari Dr. Afaf Shaheen	4. Physical Therapists' Perspectives and Clinical Practice on Assessment, Rehabilitation, And Return to Sport Criteria After Anterior Cruciate Ligament Injury and Reconstruction in Saudi Arabia
Dr. Salma Naseeb Dr. Ahmed Ghazwani Ms. Al Rheaq Alsafi Ms. Amjad Shunaymir Ms. Nada Alsharif Ms. Nouf Khabrani Ms. Bashayr Refaei	12. The Relationship Between Core Endurance and Explosive Lower Body Performance: A Correlational Study of Plank Test Time and Forward Jump Distance
Ms. Hissah Alhamdan Dr. Salem Alatawi	34. Knowledge, Attitudes, And Practices of Managing Hemiplegic Shoulder Pain Among Physiotherapists
Dr. Enas Abutaleb Dr. Hani Fahad Albalawi Ms. Renad Alenzi Ms. Maha alsharif Ms. Meeaad Alrashidi Ms. Sarah Alatawi Ms. Reema Assiri	49. Smartphone-Based Physical Activity Challenge to Improve Physical Activity Levels Among Students in The University of Tabuk, Saudi Arabia
Ms. Maryam Farahat Dr. Fatmah Alhasani Dr. Ahmad Bahammam	100. Prevalence of Sleep Disturbance in Patellofemoral Pain Patients
Ms. Afnan Shayani Dr. Hosam Alzahrani	90. Cross-Cultural Adaptation, Reliability, And Validity of The Arabic Version of The Foot-Health Status Questionnaire
Ms. Ashwag Alwagdani	86. The Relationship Between Kinesiophobia and Dynamic Balance Among Saudi with Patellofemoral Pain Syndrome: A Cross-Sectional
Ms. Nouf Al-Mutairi Ms. Waad Althowibi Dr. Ibrahim Aljulami	87. Correlational Study on Physical Therapy and Burnout in Saudi Arabia: A Nationwide Cross-Sectional Study"
Dr. Faisal Althumali	80. Rotator Cuff Disorders: A Survey of Current KSA Physiotherapy Practice
Ms. Seham Saad Albejali Dr. Ibrahim Aljulami Ms. Nawal Alzahrani	63. Burnout, Sleep Quality, And Resilience Among Physical Therapy Students at Taif University: A Cross-Sectional Study

DAY 1

Thursday 27th November 2025



The 5th
Saudi International
Physiotherapy Conference



مملكة سلطنة بن عبد العزيز للخدمات الإنسانية
SALMAN BIN ABDULAZIZ HUMANITARIAN CITY

Session 4: Poster Presentations (16:30 - 17:30)

Authors	Title of Abstracts
Mr. Mohammad Etoom Mrs. Saja Almomani	17. Psychometric Properties for Observational Gait Analysis Tools in Neurological Disorders. A Systematic Review and Meta-Analysis
Dr.Rehab Aljuhni Dr. Sangeetha Madhavan	29. The Effect of Sensory-Based Priming Using Repetitive Peripheral Magnetic Stimulation on Motor Skill Performance in Individuals with Stroke
Ms. Rawan Batarfi	33. Investigating Predictive Associations Among Postural Balance, Functional Mobility, Cognitive Function and Psychological Well-Being in Patients with Multiple Sclerosis: A Cross-Sectional Study
Ms. Dina Boshareh Dr. Mohammad AlWardart Dr. Khader Al-Mhdawi	51. The Prevalence of Stress and Its Association with Balance and Gait Speed in People with Multiple Sclerosis
Mr. Hassan Nahar Ms. Rahaf Barboud Mr. Tawfiq Alsulami	59. Short Vs Long Interval High-Intensity Interval Training in People with Stroke: A Systematic Review and Meta-Analysis
Dr. Samia Alamrani Ms. Lina Albalawi Ms. Suha Alasmari Ms. Relaf Alguhani Ms. Amirah Albalawi	41. Effects of Tablet Use on Neck Posture and Proprioception Among University of Tabuk Students
Dr. Abdullah A. Alrashidi	72. Post-Processing Peak Oxygen Uptake Data Post Spinal Cord Injury: A Scoping Review and Analysis of Different Post-Processing Strategies
Ms. Bsmah Alfaif	88. Neuromuscular Responses After A 90-Minute Moderate-Intensity Run: Knee and Plantar Flexors' Muscle Activation in Marathon Runners.
Mr. Uthman Hakami Dr. Mohammed Takroni Ms. Atheer AlQahtani	66. Knowledge And Early Mobilization Awareness of Extracorporeal Membrane Oxygenation (ECMO) Patients Among Physical Therapists in Saudi Arabia: A Cross-Sectional Study

DAY 1

Thursday 27th November 2025



The **5th**
Saudi International
Physiotherapy Conference



وزارة الصحة
سلطنة بن عبد العزيز للخدمات الإنسانية
SALMAN BIN ABDOULAZIZ HUMANITARIAN CITY

Authors	Title of Abstracts
Ms. Afyaa Babbain Dr. Hammad Alhasan Ms. Shmukh Alshareef Ms. Meral Alsayed Ms. Shouq Alluhaybi Ms. Fidaa Hawsawi	48. Exploring The Influence of Sleep and Physical Health On Balance in Community-Dwelling Adults
Ms. Haya Al Ameeri Dr. Ali Alshami Ms. Fatima AlHerz Ms. Huda AlMakky Ms. Roaa Almusaillet Ms. Hawraa AlNasser Ms. Shamma Alojaimi Ms. Wareef Alqarni Ms. Danah Alshamrani.	55. Bibliometric Insights into Postoperative Early Mobilization Research from Year 1946 To 2024



DAY 2
Friday 28th November 2025



The 5th
Saudi International
Physiotherapy Conference



وزارة الصحة
سلطان بن عبد العزيز للخدمات الإنسانية
SULTAN BIN ABDOULAZIZ HUMANITARIAN CITY

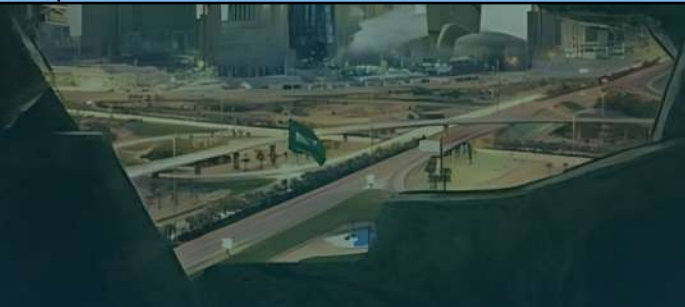
Session 5:
Poster Presentations (14:30 - 15:30)

Authors	Title of Abstracts
Dr. Lolwah Al-Humaid Ms. Noura Almekhaimer Ms. Jana Aloreidi	31. Musculoskeletal Pain and Sleep Disturbances in Female College Athletes
Ms. Orjwan Bantan Ms. Yara Noor Ms. Leen Sabbagh	85. The Effectiveness of Anti-Gravity Treadmill in Treating Patients with Knee Musculoskeletal Disorders. A Systematic Review and Meta-Analysis
Ms. Salwa Humedi Ms. Haifa Arishy	91. Musculoskeletal And Functional Recovery Following Severe Post-COVID-19 Complications: A Nearly Four-Years Case Follow-Up
Ms. Razan Albalawi Dr. Maysoun Saleh Ms. Danah Alenazi	95. Musculoskeletal Injuries and Pain Among Physical Therapy Interns in Saudi Arabia: Prevalence and Risk Factors
Dr. Wael Alghamdi	103. Community Prevalence and Predictors of Pelvic Floor–Related Symptoms in Saudi Men
Dr. Mohamed Eldesoky Dr. Yousef Alshehre Mr. Naif Alharbi Mr. Mohammed Albalawi Mr. Khalid Alghamdi Mr. Nawaf Alenazi Mr. Mohammed Asiri	20. Work-Related Musculoskeletal Disorders Among Healthcare Professionals in Tabuk City
Mr. Abdulaziz Alsubaie Dr. Mshari Alghadier, Mr. Abdulmajeed Alrabei	30. Work-Related Musculoskeletal Risks in Medical Laboratory Students: Insights from A RULA-Based Assessment
Mr. Salman Bakhsh Dr. Zaheen A. Iqbal	36. Work-Related Musculoskeletal Disorders Among Information Technology Professionals in Riyadh, Saudi Arabia

DAY 2

Friday 28th November 2025

Authors	Title of Abstracts
Ms. Nuha Alotaibi Ms. Danah Alkharashi Ms. Ghada Aldaham Ms. Sarah Alwuthayh Ms. Shojoun Alanizi Ms. Nabila Saihi	78. The Effect of Musculoskeletal Disorders on Absenteeism and Presenteeism Among King Saud University Office Workers
Dr. Karthick Balasubramanian Dr. Ramya Ramasamy Sanjeevi Ms. Hathami Ghazwani Ms. Sabreen Dallak Ms. Aisha Alaamri Ms. Rahaf Aburassen	28. Thumbs Under Strain: Investigating Smartphone Use and De Quervain's Tenosynovitis Among Young Adults in Jazan Saudi Arabia.
Dr. Shaima Alothman	73. Ramadan Fasting Effects on Lifestyle Behaviors: A Repeated Measures Study



DAY 2

Friday 28th November 2025



The 5th
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Riyadh, Saudi Arabia

Session 6: Poster Presentations (15:30 - 16:30)

Authors	Title of Abstracts
Ms. Hanen Alhdad Dr. Ahmad Alharbi Ms. Rimas Alotaibi Ms. Elham Saleem	45. Fall Risk Screening in Diabetes: The Clinical Value of Assessing Fall Efficacy
Mr. Mohanad Ayfan Ms. Salwa Aljende	53. The Effect of Smartphone Application Home-Based Exercises on Sleep Quality, Fatigue, Functional Capacity, And Quality of Life in Obstructive Sleep Apnea
Ms. Shaden Alsaawi Ms. Kadi Abalkhail Ms. Meznah Alammar Ms. Hajar Alajlan Ms. Norah Alharbi Dr. Sattam Almitairi Dr. Amal Alharbi	69. The Effect of NMES On Blood Glucose Level, Lipid Profile, Blood Inflammatory Markers, And Balance in Adults with Type 2 Diabetes.
Ms. Dalal S. Alharbi	44. Age-Related Diseases and The Capability of the Healthcare System to Support the Elderly in Saudi Arabia
Ms. Noor Zahri	83. Integrating Physiotherapy into Cancer Care: Development of the Phoenix Evidence-Informed Protocol
Ms. Lana Alsharif Dr. Mansour Alshehri	21. The Association of Physical Activity with Sleep Quality and Anxiety Among Healthy Adults in Saudi Arabia
Mr. Ahmed Baqtyan Mr. Sain Knott	64. Exploring Change in Self-Reported Physical Activity Behaviors During the Coronavirus Disease 2019 Lockdown Compared with Pre Lockdown: A Cross-Sectional Survey of Physically Active Adults in Saudi Arabia
Ms. Dalia Allihyani Dr. Ali Thabet Ms. Bayan Alotaibi	70. The Prevalence of Overweight and Its Influence on Balance and Quality of Life Among Umm Al-Qura University Female Students
Ms. Dalia Allihyani Ms. Mona Albalawi Dr. Afaf Shaheen	96. Psychometric Properties of the Arabic Version of The Physical Activity and Leisure Motivation Scale (PALMS) Among Adults
Ms. Rana Almutairi Ms. Reem Alwhaibi	65. Exploring The Association Between Smartphone Usage and Thumb Osteoarthritis Among University Students in Saudi Arabia: A Cross-Sectional Study

DAY 2

Friday 28th November 2025

Authors	Title of Abstracts
Dr. Abdulaziz Albalwi Ms. Fatimah Alhawiti Ms. Sumayah Asiri Ms. Rayanah Alshammari Ms. Reema Ghabban Ms. Ghadeer Aljuhani	52. Awareness of Fall Risks and Ways to Prevent Falls Among Older Adults in Tabuk, Saudi Arabia
Ms. Faezeh Habibollahi Najaf-abadi, Mr. Ramin Jafari	50. Artificial Intelligence and Wearable Technologies in Pelvic Floor Physiotherapy: A Narrative Review of Emerging Approaches in Strength and Contraction Quality Assessment



DAY 2

Friday 28th November 2025



The 5th
Saudi International
Physiotherapy Conference



وزارة الصحة
Ministry of Health
Saudia Bin Abdulaziz Humairiyah City

Session 7: Poster Presentations (17:00 - 18:00)

Authors	Title of Abstracts
Mr. Yahya Zubayni	3. Utilization Of Manual Therapy Among Licensed Physical Therapists in The Treatment of Low Back Pain in Saudi Arabia: A National Cross-Sectional Study
Dr. Sulaiman Alanazi Ms. Maysam Al-Ruwaili Ms. Jana Alruwaili	23. Prevalence And Risk Factor of Low Back Pain Among University Attendants in Saudi Arabia: A Systematic Review and Meta-Analysis
Ms. Almaha Akkam	56. Prevalence And Contributing Factors of Neck and Low Back Pain Among University Students During Examination Periods: A Survey Based Study at Jazan University.
Dr. Hamad Alamer Ms. Reham Alsumayra Ms. Raghad A. Alatawi, Ms. Asma A. Abduljalil Ms. Layan M. Alatawi Ms. Rama A. Alqarni	67. Effects Of High Heel Shoe Wearing on Low Back Pain, Lower Extremity Function, And Daily Living Activities Among Women a Comparative Study
Ms. Monera Almasoud Ms. Haya Alosaimi Ms. Aryam Almutairi Ms. Heesah Alobaid	68. Evaluating The Impact of an AI-Assisted Posture Correction Application on Neck and Back Pain and Quality of Life Among Office Workers a Blinded RCT
Ms. Maram Asiri Ms. Rania Almeheyawi	76. The Correlation of Kinesiophobia with Pain, Disability, And Health-Related Quality of Life in Adults with Chronic Low Back Pain
Ms. Raneem Allahyani Dr. Roaa Sroge Ms. Shahd Alfahmi	92. Effectiveness Of Virtual Reality for Chronic Low Back and Neck Pain: An Umbrella Review of Meta-Analyses on Pain, Disability and Kinesiophobia
Ms. Zainah Alammary Dr. Ibrahim Aljulaymi Dr. Ibrahim Dewir	13. Foot Health And Its Association with Quality of Life Among Adults in The Makkah Region: A Cross-Sectional Study
Dr. Samah Zahran Ms. Ghaida'a Albalawi Ms. Shahad Alatawi Ms. Rhagad Alatawi Ms. Rhagad Albalawi Ms. Khadijah Alenazi	61. Validity And Reliability of a Smartphone-Based Clinometer Application in Assessing Cervical Spine Mobility in Young Adult Females

DAY 2
Friday 28th November 2025



The 5th
Saudi International
Physiotherapy Conference



مدينة سلطان بن عبد العزيز للخدمات الإنسانية
 SALMAN BIN ABDOULAZIZ HUMANITARIAN CITY

Authors	Title of Abstracts
Dr. Fahad Alshehri Dr. Ibrahim Aljulaymi Ms. Fatimah Mobarki	75. Thumb Pain in Saudi Physical Therapists Practicing Manual Therapy: Prevalence and Consequences Cross-Sectional Study
Ms. Huda M Alotaibi	81. Randomized Control Trial: Pilot Study Testing Handgrip Strength Affected by Augmented Feedback.
Ms. Rawan Alsukait Ms. Taif Alrayes Ms. Rania Alqifari Ms. Noura Alobaid Ms. Arwa Moazin Ms. Aljowhara Alsoweilh	42. Exploring The Impact of Video Gaming on Endurance, Sleep Quality, And Social Relationships Among Adolescents in Riyadh: A Cross-Sectional Study

