

Biographical

Name: Professor Alia A. Alghwiri

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Education

- 1) PhD, Rehabilitation Sciences, 2011, University of Pittsburgh, PA, USA.
- 2) MSc, Neurological Physical Therapy, 2008, University of Pittsburgh, PA, USA.
- 3) BSc, Physical Therapy, 2005, University of Jordan, Amman, Jordan.

Title of PhD dissertation:

The Development and Validation of the Vestibular Activities and Participation Measure for People with Vestibular Disorders Based on the International Classification of Functioning, Disability and Health.

Academic Experiences

A) Academic Positions

1. Full Professor, Department of Physiotherapy, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan (3/2019-Present).

Responsibilities: *Teaching physical therapy courses at the undergraduate and graduate levels.
Conducting research projects related to physical therapy.
Serving the community with physical therapy initiatives.*

Key Accomplishments: (1) Developing the entry-level physical therapy curriculum, (2) Establishing 2 master's programs (physical therapy and athletic therapy), (3) Publishing more than 70 publications in peer-reviewed journals and books, (4) registering 4 Patents in rehabilitation at UK.GOV, (5) Provided national and international leadership in the physical therapy profession by serving as President of the Jordanian Physical Therapy Society and as a Board Member and Chair of the Education Committee at World Physiotherapy, contributing to professional governance, educational standards, and global advancement of physical therapy.

2. Associate Professor, Department of Physiotherapy, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan (2015-2019).

3. Assistant Professor, Department of Physiotherapy, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan (2011-2015).

4. Adjunct Professor, Department of Physiotherapy, School of Health and Rehabilitation Sciences, University of Pittsburgh, USA (2022-4/2025).

5. Research assistant, department of otolaryngology, University of Pittsburgh Medical Center, Pittsburgh, PA USA (2008-2011).

Responsibilities *Conduct physical therapy research projects (collect, enter, and analyze data).*

6. Teaching assistant, department of Physiotherapy, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan (2006-2007).

Responsibilities *Teach physical therapy practical labs.
Supervise physical therapy students in clinical placements.*

7. Peer Reviewer, Journal of Geriatric Physical Therapy, USA (2010-2016).

Responsibilities *Review papers related to physical therapy for older adults.*

B) Administrative Positions at University of Jordan

1. Vice Dean for the School of Rehabilitation Sciences, University of Jordan, Amman, Jordan (2018-2023).

Responsibilities: (1) The development of two Master's program; one in Neuromuscular/Musculoskeletal and the second one was in Athletic Therapy, (2) The chair of Research committee: reviewing research projects and guiding faculty member in formulating research.

Assistant dean for development and quality assurance, deanship of academic research and quality assurance, University of Jordan, Amman, Jordan (2016-2018).

Responsibilities *Develop and monitor the research process in university of Jordan.*
Edit and modify the research law and regulations related to academic research. Create regulations related to ethics committee and research assistants.
Enhance the process of publishing in the university scientific journals.

2. Head of students' support department, deanship of students affairs, University of Jordan, Amman, Jordan (2015-2016).

Responsibilities *Facilitate educational process for students with disability at the university.*
Allocate sign language interpreter for students with hearing disability.
Enhance the university environment for students with physical disability.
Conduct and participate in activities related to disability in Jordan.

3. Head of physiotherapy department, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan (2011-2012).

Responsibilities *Develop a new curriculum for the bachelor degree in physical therapy. Document and archive the department member achievements.*

C) Physical Therapy Administrative Positions

1. **President** of the Jordanian Physiotherapy Society, Amman, Jordan (2017-2020) + (2024-present).
2. **Chair of Educational Committee** at the World Physiotherapy, London, UK (2022-2023).
3. **Executive Board Member** at the World Physiotherapy, London, UK (2022-2023).
4. **General Secretary** at the Jordanian Athletic Therapy Association, Amman, Jordan (2020-present).
5. **Medical committee member** at the Jordanian Football Association, Amman, Jordan (2019).
6. **Board member** at the Jordanian Sports Medicine Federation, Amman, Jordan (2017-2022).
7. **Head of Media Committee**, Jordanian Physiotherapy Society, Amman, Jordan (2016-2017).
8. **Head of Scientific Committee**, Jordanian Physiotherapy Society, Amman, Jordan (2011-2012).

D) Teaching Experience

Over 14 years of teaching experience in the field of physical therapy and other rehabilitation sciences for undergraduate and graduate levels.

1. **Theoretical and practical courses:** neuromuscular physiotherapy I, neuromuscular physiotherapy II, physical therapy for gynecology and obstetrics, occupational therapy techniques, principles and ethics of medical rehabilitation, occupational therapy approaches, physical and electrical modalities, prosthetics & orthotics, Anatomy, and Physiology.
2. **Clinical training:** clinical neuromuscular physiotherapy I and II.
3. **Master's courses:** current topics in neuromuscular physiotherapy, measuring and analyzing health outcomes, advanced neuromuscular physiotherapy practice, and thesis supervision.
4. **DPT courses:** Advanced practice and neuromuscular disorders, advanced practice and musculoskeletal disorders, therapeutic notes in physiotherapy, evidence-based practice approach, and clinical reasoning.

Licensure and Membership

- The World Confederation for Physical Therapy (WCPT) Congress Programme Committee (CPC), (2017-2019).
- The Bárány Society (2016-Present).
- The International Parkinson and Movement Disorder Society (MDS), Europe (2016).
- Association of Physiotherapists in Parkinson's Disease Europe (APPDE), Europe (2016).
- The Jordanian Physiotherapy Society, Amman, Jordan (2011-Present).
- Humanity and Inclusion: participated in the development of Rehabilitation Strategy using STARS.

Clinical Training

- Clinical Neurological and vestibular rehabilitation in Jordan (2011-Present).
- Traumatic Brain Injury clinic, University of Pittsburgh Medical Center, Pittsburgh, PA, USA (2007).
- The Jordan Center of Balance and Hearing Disorder, Pittsburgh, PA, USA (2007).
- Jordan University Hospital, Amman, Jordan (2006).

Publications

- 1) Mariotti, Max; Selb, Melissa; Imamura, Marta; **Alghwiri, Alia**; Amatya, Bhasker; Ceravolo, Maria Gabriella; Gimigliano, Francesca; Giraldo-Prieto, Mario; Hu, Xiaolei; Kambou, Sinforian; Kiekens, Charlotte; Li, Jianan; Liu, Shouguo; Mukaino, Masahiko; Oral, Aydan; Stucki, Gerold; van de Velde, Dominique; Perret, Claudio. (2026). From Concept to Practice: The Development of ClinFIT for Musculoskeletal Disorders. *American Journal of Physical Medicine & Rehabilitation*, 105 (4), 321-329. <https://doi.org/10.1097/PHM.0000000000002875>.
- 2) Muhammad Arif Razak1, Nor Azlin Mohd Nordin, Nor Faridah Ahmad Roslan, **Alia A. Alghwiri**, Haidzir Manaf (2026). Patient education for improving the quality of life among community-dwelling survivors of stroke: A scoping review. *Malaysian Family Physician*, 21:11. doi:10.51866/rv.694.
- 3) Binash Afzal, Rabiya Noor, **Alia A. Alghwiri**, Aqsa Umar (2026). Effects of Extracorporeal Shockwave Therapy Combined with Neuroplasticity-Based Training Protocol on Lower Limb Spasticity in Stroke Patients: A Randomized Controlled Trial with Ultrasonography Evaluation. *NeuroRehabilitation*, 58(1):154-172. doi:10.1177/10538135251403026.
- 4) Hadeel M. Badwan , Ziad Hawamdeh , Mohamed I. Mabrouk , Mohamed I. Kamel , Alia A. Alghwiri. (2025). Arabic Adaptation and Validation of the SARC-F Questionnaire for Sarcopenia Screening in Elderly Populations: Exploration of Associated Factors. *Journal of Aging Research*. <https://doi.org/10.1155/jare/7405872>.
- 5) Duha Batayneh, Mohd Razif Shahril, Sumaiyah Mat, Deepashini Harithasan, **Alia A. Alghwiri**, Devinder Kaur Ajit Singh. (2025). Self-management education programs (SMEPs) for adults with coexisting overweight or obesity and knee osteoarthritis: A systematic review. *Journal of Bodywork and Movement Therapies*, 45, 269-285. <https://doi.org/10.1016/j.jbmt.2025.09.001>.
- 6) Mukaino, M., Aguiar Branco, C., **Alghwiri, A.**, Amato, S., Kontaxakis, A., Berteau, M., Bölük Şenlikci, H., Borman, P., Diouane, S., Fournassi, M., Gimigliano, F., Hajjioui, A., Hu, X., Kambou, S., Lin, C. I., I Mabrouk, M., Mitsiokapa, E., Nica, R. I., Rapidi, C. A., Serlenga, G., ... Selb, M. (2025). Clinical functioning information tool - coronavirus disease 2019 (ClinFIT COVID-19): psychometric evaluation and development of an interval-scaled functioning score across the care continuum. *Journal of rehabilitation medicine*, 57, jrm43227, 61-81. <https://doi.org/10.2340/jrm.v57.43227>.
- 7) **Alia Alghwiri**, Mohammad Bani Hani, Ali Alghwiri. (2025). The Characteristics of Older People with Knee Osteoarthritis at High Risk Versus Low Risk of Falling. *Jordan Scientific Journal*, 2 (1). <https://jsj.ju.edu.jo/ojs33/ojs33/index.php/Sample/article/view/17>.
- 8) Etoom, M., Battat, M. A., Hanafi, I., Manocchio, N., Foti, C., & **Alghwiri, A.** (2025). Post stroke fatigue: Analysis of subtypes and associated factors. *Journal of clinical neuroscience: official journal of the Neurosurgical Society of Australasia*, 139, 111418. <https://doi.org/10.1016/j.jocn.2025.111418>.
- 9) Al-Omari, M. M., Abuzaid, S. M., Khair, H. J., Manaf, H., **Alghwiri, A. A.** (2025). The effect of using virtual reality on balance in people with persistent postural-perceptual dizziness: A randomized controlled trial. *Journal of Vestibular Research*, <https://doi.org/10.1177/09574271251326587>.
- 10) Shawawreh, G., Alarab, A., & **Alghwir, A. A.** (2025). Effectiveness of Scapular Mobilization Exercises on Shoulder Joint Functions after Surgery for Rotator Cuff Tears. *Cuestiones de Fisioterapia*, 54(4), 6022-6039.
- 11) **Alghwiri, A. A.***, Jarrar, M., Etoom, M., Jahan, A. M., Al-Jaghbeer, J., Alhalaseh, L., Hale L. (2025). Arabic Translation and Validation of the Otago Exercise Program: A Feasibility Controlled Study. *Afr. J. Biomed. Res.* 28, (1s); 2036-2047. <https://doi.org/10.53555/AJBR.v28i1S.6597>.
- 12) S Khairnaim, H Manaf, NAM Nordin, **A Alghwiri**. (2025). Barriers to Physical Activity Among Stroke Survivors: A scoping review. *IMJM*, 24 (03), 20-32. <https://doi.org/10.31436/imjm.v24i03.2592>.
- 13) Mustapa, A., **Alghwiri, A.**, & Manaf, H. (2025). Development and Validation of A Home-Based Exercise Program Integrated with Patient Education Based on The Health Belief Model for Patients with Type 2 Diabetes Mellitus. *Internet Journal of Allied Health Sciences and Practice*, 23(1), 9. <https://doi.org/10.21315/mjms-05-2025-356>.
- 14) Dabayebbeh, I. M., Masodsai, K., Djemai, H., Al-Faqeeh, F., **Alghwiri, A. A.**, & Chaunchaiyakul, R. (2025). Exploring Dynamics of Perceived Exertion Rating in Successive Football Training Sessions: Insights into Training Load Sensitivity to Exercise Duration and Physiological Variables in Youth Players. *Afr. J. Biomed. Res.* 28, (1s); 1411-1419. <https://doi.org/10.53555/AJBR.v28i1S.6435>.
- 15) **Alghwiri, A. A.***, Stevens, D., van Rensburg, D. C. J., Farooq, A., Dachraoui, E., & Holtzhausen, L. (2024). Translation and validation of sleep questionnaires in Jordanian and Qatari athletes. *Sleep & breathing = Schlaf & Atmung*, 29(1), 51. <https://doi.org/10.1007/s11325-024-03198-8>.

- 16) Nasruddin, H., Justine, M., **Alghwiri, A.**, & Manaf, H. (2024). Gait alteration during turning while walking in older adults with benign paroxysmal positioning vertigo. *Annals of medicine*, 56(1), 2402952. <https://doi.org/10.1080/07853890.2024.2402952>.
- 17) Bakhtiar, A. B., Hanafi, M. H., **Alghwiri, A.**, & Manaf, H. (2024). Factors Affecting Level of Physical Activity among Stroke Survivors: A Scoping Review. *The Malaysian journal of medical sciences: MJMS*, 31(5), 115–134. <https://doi.org/10.21315/mjms2024.31.5.8>.
- 18) Obeidat, F. S., Alothman, N., Alkahtani, R., Al-Najjar, S., Obeidat, M., Ali, A. Y., Ahmad, E., & **Alghwiri, A. A.** (2024). Evaluation of newborn hearing screening program in Jordan. *Frontiers in pediatrics*, 12, 1420678. <https://doi.org/10.3389/fped.2024.1420678>.
- 19) **Alghwiri, A. A.**, Obeidat, F. S., Al-Jaghbeer, J., Abuatiq, R. A., & Whitney, S. L. (2024). Using an Arabic Version of the Life-Space Assessment to Evaluate How Gait Speed and Gender Predict Mobility Restrictions among Older Adults. *Medicina*, 60(3), 411.
- 20) Jamali, F., Aldughmi, M., Atiani, S., Al-Radaideh, A., Dahbour, S., Alhattab, D., ... **Alghwiri, A. A.** & Awidi, A. (2024). Human Umbilical Cord-Derived Mesenchymal Stem Cells in the Treatment of Multiple Sclerosis Patients: Phase I/II Dose-Finding Clinical Study. *Cell Transplantation*, 33, 09636897241233045.
- 21) Obeidat, F. S., **Alghwiri, A. A.**, & Bell, S. L. (2024). Vestibular evoked myogenic potential (VEMP) test-retest reliability in adults. *Journal of Vestibular Research*, 34(1), 39-48.
- 22) Muhammad, A., Jais, F., Bukry, S. A., **Alghwiri, A.**, Yusof, A., & Manaf, H. (2023). Effects of lowerlimb muscle fatigue on countermovement jump, dynamic balance performance and perceived stability among elite youth netball players with chronic ankle instability. *Biomedical Human Kinetics*, 15(1), 280-288.
- 23) Al Battat, M. M., Etoom, M., & **Alghwiri, A. A.*** (2023). Relationship between Sleep Quality and Shoulder Disorders in People with Stroke. *Medicina*, 59(11), 2010. <https://doi.org/10.3390/medicina59112010>.
- 24) Alhamad, A., Almaaitah, K., Dabayeb, I., & **Alghwiri, A. A.*** (2023). Comparative analysis of growth hormone and blood lactate response to low-load resistance exercises with practical blood flow restriction vs. high-load resistance exercises. *Journal of Physical Education and Sport*, 23(10), 2821–2828. DOI:10.7752/jpes.2023.10322. <https://efsupit.ro/images/stories/october2023/Art322.pdf>
- 25) Obeidat, F. S., **Alghwiri, A. A.***, & Whitney, S. L. (2023). Predictors of Dizziness and Hearing Disorders in People with Long COVID. *Medicina*, 59(11), 1901. <https://doi.org/10.3390/medicina59111901>
- 26) Abd Ghani, H., **Alghwiri, A. A.**, Hisham, H., & Manaf, H. (2023). Lower Limb Muscle Fatigue Alters Spatiotemporal Gait Parameters and Turning Difficulty Characteristics in Parkinson's Disease. *Annals of rehabilitation medicine*, 47(4), 282-290. <https://doi.org/10.5535/arm.23067>
- 27) Etoom, M., Jahan, A. M., **Alghwiri, A.**, Lena, F., & Modugno, N. (2022). Ataxia Rating Scales: Content Analysis by Linking to the International Classification of Functioning, *Disability and Health*. Healthcare (Basel, Switzerland), 10(12), 2459. <https://doi.org/10.3390/healthcare10122459>
- 28) Etoom, M., Alwardat, M., **Alghwiri, A.***, Lena, F., & Romigi, A. (2022). Effects of Transcranial Direct Current Stimulation on Sleep in Athletes: A Protocol of a Randomized Controlled Trial. *Journal of clinical medicine*, 11(19), 5883. <https://doi.org/10.3390/jcm11195883>.
- 29) Obeidat, F. S., **Alghwiri, A. A.**, Mansieh, A. J., Aqrabawi, W., & Bell, S. L. (2023). Evidence for a left ear bias in incidence of Meniere's disease. *International journal of audiology*, 62(9), 893–899. <https://doi.org/10.1080/14992027.2022.2120553>
- 30) Etoom, M., Aldaher, K. N., Abdelhaq, A. A., Alawneh, A., & **Alghwiri, A. A.*** (2023). Distance learning in physiotherapy education during the COVID-19 pandemic: students' satisfaction, perceived quality, and potential predictors of satisfaction. *Physiotherapy theory and practice*, 39(7), 1513–1518. <https://doi.org/10.1080/09593985.2022.2042438>
- 31) Stevens, D. J., **Alghwiri, A.**, Appleton, S. L., Rogers, J. M., Plummer, S. L., Grant, C., Bickley, K., Alvaro, P. K., Kennett, S., Adams, R., & Holtzhausen, L. (2022). Should We Lose Sleep Over Sleep Disturbances After Sports-Related Concussion? A Scoping Review of the Literature. *The Journal of head trauma rehabilitation*, 37(3), E206–E219. <https://doi.org/10.1097/HTR.0000000000000701>.
- 32) Almhdawi, K. A., Jaber, H., **Alghwiri, A.**, Arabiat, A., Alazrai, A., Tariah, H. A., Obeidat, D., & Alrabbaie, H. (2023). Health-related quality of life and its correlates among individuals with stroke during the COVID-19 pandemic. *Neuropsychological rehabilitation*, 33(1), 69–84. <https://doi.org/10.1080/09602011.2021.1984256>.
- 33) Edwan, E., Altubji, M., Jedyan, A. A., & **Alghwiri, A.** (2022). Android-Arduino Platform for Detecting and Monitoring Obstructive Sleep Apnea (OSA). *The Journal of Natural Sciences*, 24(01), 24-39.
- 34) **Alghwiri, A. A.***, Almomani, F., Alghwiri, A. A., & Whitney, S. L. (2021). Predictors of sleep quality among

- university students: the use of advanced machine learning techniques. *Sleep & breathing* = Schlaf & Atmung, 25(2), 1119–1126. <https://doi.org/10.1007/s11325-020-02150-w>
- 35) Alashram, A. R., **Alghwiri, A. A.**, Padua, E., & Annino, G. (2021). Efficacy of proprioceptive neuromuscular facilitation on spasticity in patients with stroke: A systematic review. *Physical Therapy Reviews*, 26(3), 168–176.
 - 36) Beidler, E., Wallace, J., **Alghwiri, A. A.**, & O'Connor, S. (2021). Collegiate Athletes' Concussion Awareness, Understanding, and -Reporting Behaviors in Different Countries With Varying Concussion Publicity. *Journal of athletic training*, 56(1), 77–84. <https://doi.org/10.4085/1062-6050-0575.19>
 - 37) Aldughmi, M., Al-Shorman, A., Khalil, H., El-Salem, K., & **Alghwiri, A.** (2022). Translation and validation of the Arabic version of the patient determined disease steps in people with multiple sclerosis. *Physiotherapy theory and practice*, 38(9), 1281–1288. <https://doi.org/10.1080/09593985.2020.1839988>
 - 38) Hayajneh, A. A., Rababa, M., **Alghwiri, A. A.**, & Masha'al, D. (2020). Factors influencing the deterioration from cognitive decline of normal aging to dementia among nursing home residents. *BMC geriatrics*, 20(1), 479. <https://doi.org/10.1186/s12877-020-01875-3>
 - 39) **Alghwiri, A. A.***, Almhdawi, K. A., & Marchetti, G. (2020). Are fatigue scales the same? A content comparison using the International Classification of Functioning, Disability and Health. *Multiple sclerosis and related disorders*, 46, 102596. <https://doi.org/10.1016/j.msard.2020.102596>
 - 40) **Alghwiri, A. A.***, Jamali, F., Aldughmi, M., Khalil, H., Al-Sharman, A., Alhattab, D., Al-Radaideh, A., & Awidi, A. (2020). The effect of stem cell therapy and comprehensive physical therapy in motor and non-motor symptoms in patients with multiple sclerosis: A comparative study. *Medicine*, 99(34), e21646. <https://doi.org/10.1097/MD.00000000000021646>
 - 41) Hamzeh, H., Madi, M., **Alghwiri, A. A.**, & Hawamdeh, Z. (2021). The long-term effect of neurodynamics vs exercise therapy on pain and function in people with carpal tunnel syndrome: A randomized parallel-group clinical trial. *Journal of hand therapy: official journal of the American Society of Hand Therapists*, 34(4), 521–530. <https://doi.org/10.1016/j.jht.2020.07.005>
 - 42) **Alghwiri, A. A.***, Khalil, H., Al-Sharman, A., & El-Salem, K. (2020). Psychometric properties of the Arabic Activities-specific Balance Confidence scale in people with multiple sclerosis: Reliability, validity, and minimal detectable change. *NeuroRehabilitation*, 46(1), 119–125. <https://doi.org/10.3233/NRE-192900>
 - 43) **Alghwiri, A. A.**, & Whitney, S. L. (2019). Balance and falls in Older Adults. Guccione's Geriatric Physical Therapy E-Book. Elsevier Health Sciences. (p. 220)
 - 44) Khalil, H., Al-Shorman, A., **Alghwiri, A. A.**, Abdo, N., El-Salem, K., Shalabi, S., & Aburub, A. (2020). Cross cultural adaptation and psychometric evaluation of an Arabic version of the modified fatigue impact scale in people with multiple sclerosis. *Multiple sclerosis and related disorders*, 39, 101878. <https://doi.org/10.1016/j.msard.2019.101878>
 - 45) Almomani, F., **Alghwiri, A. A.**, Alghadir, A. H., Al-Momani, A., & Iqbal, A. (2019). Prevalence of upper limb pain and disability and its correlates with demographic and personal factors. *Journal of pain research*, 12, 2691–2700. <https://doi.org/10.2147/JPR.S198480>
 - 46) Al-Sharman, A., Khalil, H., El-Salem, K., **Alghwiri, A. A.**, Khazaaleh, S., & Khraim, M. (2019). Motor performance improvement through virtual reality task is related to fatigue and cognition in people with multiple sclerosis. *Physiotherapy research international: the journal for researchers and clinicians in physical therapy*, 24(4), e1782. <https://doi.org/10.1002/pri.1782>
 - 47) Khalil, H., Nazzal, M., Hawamdeh, Z., **Alghwiri, A. A.**, Alnasan, S., Hadoush, H., ... & Karaduman, A. A. (2019). Needs assessment of national rehabilitation priorities in Jordan. In *World Congress of Physical Therapy (WCPT)*.
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- 52) **Alghwiri, A. A.***, Khalil, H., Al-Sharman, A., & El-Salem, K. (2018). Depression is a predictor for balance in people with multiple sclerosis. *Multiple sclerosis and related disorders*, 24, 28–31. <https://doi.org/10.1016/j.msard.2018.05.013>
- 53) Al-Sharman, A., Khalil, H., Nazzal, M., Al-Sheyab, N., **Alghwiri, A.**, El-Salem, K., & AlDughmi, M. (2018). Living with multiple sclerosis: A Jordanian perspective. *Physiotherapy research international: the journal for researchers and clinicians in physical therapy*, 23(2), e1709. <https://doi.org/10.1002/pri.1709>
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- 56) **Alghwiri, A.***, & Marchetti, G. (2018). Occupational back pain among school teachers in Jordan: estimated prevalence and factors associated with self-reported pain and work limitations. *International journal of occupational safety and ergonomics: JOSE*, 24(3), 341–346. <https://doi.org/10.1080/10803548.2016.1247605>
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- 58) Alghwiri, A. A., Khalil, H., & Al-Sharman, A. J. (2016, May). Reliability and validity of the Arabic Activities-specific Balance Confidence scale in people with multiple sclerosis. In *MULTIPLE SCLEROSIS JOURNAL* (Vol. 22, No. 6, pp. NP4-NP5). 1 OLIVERS YARD, 55 CITY ROAD, LONDON EC1Y 1SP, ENGLAND: SAGE PUBLICATIONS LTD.
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Research Grants

- 1) **Alia Alghwiri**. “The effect of using transcranial direct current stimulation (tDCS) in improving quality of sleep in people with multiple sclerosis: A randomized controlled trial”. **MENACTRIMS**. 2022.
- 2) **Alia Alghwiri**, Majd Jarrar, Lana Halaseh. “Measuring the effect of using the Arabic Otago Exercise Program on falls and falls-related outcomes in older adults”. Deanship of Scientific Research, University of Jordan. 2021.
- 3) Faten Obeidat, **Alia Alghwiri**, Steven Bell. “Clinical evaluation of human balance function pre and post unilateral cochlear implantation”. Deanship of Scientific Research, University of Jordan. 2021.
- 4) **Alia Alghwiri**. “Identifying the relationship between quality of sleep and athletic performance in Jordanian athletes”. Deanship of Scientific Research, University of Jordan. 2020.
- 5) Faten Obeidat, **Alia Alghwiri**, Steven Bell. “Investigating subjective and objective balance measurements in the diagnosis of people with Meniere’s disease”. Deanship of Scientific Research, University of Jordan. 2020.
- 6) Fatima Aljamali, Said Dahbour, Ali Al Radayideh, **Alia Alghwiri**, Osama Hamid Faleh Ababneh. “Assessment of Safety and Efficacy of Allogenic Umbilical Cord Derived Mesenchymal Stem Cells in the Treatment of Multiple Sclerosis Patients”. Scientific Research Support Fund, Ministry of Higher Education, Jordan. 2018.
- 7) **Alia Alghwiri**. “Investigating Sport-Related Concussion Injury Perception and Knowledge in Jordanian Athletes”. Deanship of Academic Research, University of Jordan. 2017.
- 8) Naser Alhunaiti, **Alia Alghwiri**, Reem Alfayez. “Improving the processes related to the deanship of academic research and quality assurance to increase their effectiveness”. Deanship of Academic Research, University of Jordan. 2017.
- 9) Fatima Aljamali, **Alia Alghwiri**, Mais Aldughmi, Abdallah Alabbadi. "The effect of stem cell therapy and comprehensive physical therapy on motor and non-motor symptoms in patients with multiple sclerosis: a comparative study". Deanship of Academic Research, University of Jordan. 2017.
- 10) “Establishment of an Interdisciplinary Clinical Master Program in Rehabilitation Sciences at JUST (JUST-CRS)”. Erasmus plus. 2016.
- 11) **Alia Alghwiri**, Za'er Abo-Hammor. “Hybrid Hydro Max (HHM)”. King Abdullah II Fund for Development. 2016.
- 12) **Alia Alghwiri**, Za'er Abo-Hammor. The development of a hydrotherapy device called "Hydromax multipurpose (HMMP)". King Abdullah II Fund for Development. 2013.
- 13) **Alia Alghwiri**. "The prevalence of balance and gait impairments and their effect on function in patients with multiple sclerosis (MS) living in Jordan". Deanship of Academic Research, The University of Jordan. 2013.
- 14) Ziad Hawamdeh, Sumayah Malkawi, **Alia Alghwiri**. "Rehabilitation of Patients with Stroke: A Descriptive

Study of Current Practice in Jordan". Deanship of Academic Research, University of Jordan. 2012.

- 15) **Alia Alghwiri**. "The impact of low back pain (LBP) on patients' activities of daily living (ADL) and the effectiveness of the intervention techniques used by physical therapists in Jordan". Deanship of Academic Research, University of Jordan. 2011.

Courses I offered at Scientific Events

- 1) **"Physiotherapy Education Framework"** Workshop. Malaysia, 10/9/2023.
- 2) **"Physiotherapy Approach in Stroke Rehabilitation"** Course, Malaysia, 7-9/9/2023.
- 3) **"Vestibular and Balance Rehabilitation"** Course. Dubai, 4-6/8/2023.
- 4) **"Physiotherapy Post-Concussion"** Workshop. Lebanon, 24/4/2023.
- 5) **"Rehabilitation after Sport-Related Concussion"** Symposium at the 7th AFC Medical Conference. Qatar, 4-7/3/2023.
- 6) **"Vestibular Rehabilitation"** Course. Malaysia, 16-18/9/2022.
- 7) **"Physical Therapy Management for Vestibular Disorders"** Course. Lebanon, 27-28/7/2019.
- 8) **"Neurological Rehabilitation for stroke"** Course. Kuwait. 3-5/2/2019
- 9) **"Cerebral Palsy"** awareness lecture. *Kings Academy*. 8/9/2015.
- 10) **"The Correlation between Symptoms of Knee Osteoarthritis and Functional Balance"**. *First Scientific Day of Allied Health Professions*, Royal Medical Services, May/10/2015.
- 11) **"The Development and Validation of the Vestibular Activities and Participation Measure"**. *The 7th Scientific day*, Faculty of Rehabilitation Sciences, The University of Jordan, 2013.
- 12) **"The role of physical therapy with patients with Down Syndrome"**. The University of Jordan, Amman, Jordan. 2011.
- 13) **"The role of physical therapy with patients with Multiple Sclerosis"**. *Scientific day of MS*, Faculty of Rehabilitation Sciences, The University of Jordan, 2011.
- 14) **"Content Comparison of Self-report Measures Used in Vestibular Rehabilitation Based on the International Classification of Functioning, Disability and Health"**. *The 5th Scientific day*, Faculty of Rehabilitation Sciences, The University of Jordan, 2011.

Training Courses and Workshops

i. General:

- "Step-by-step Guide on How to Prepare a Successful Paper". Springer Nature. November 18, 2020.
- "Polymerase Chain Reaction". University of Jordan. (May, 2019).
- "Global Leader". Ehab Hamarneh, Amman (2019).
- "Publication in Peer-Reviewed Journals". USAID, (April 5-6, 2017).
- "Bridging Science and Business". Support to Research, Technological, Development and Innovation (SRTDII), (February 12, 2017).
- "Tempus and Erasmus+ in Jordan: Impact, Success Factors, and Challenges". National Erasmus + Office-Jordan, (October 27, 2016).
- "Continuous improvement in student performance based on assessment of learning outcome". Center of Quality Assurance, University of Jordan, (October 13, 2016).
- "Preparation of self-study to obtain a quality assurance certificate". Higher Education Accreditation Commission, (October 4, 2016).
- "Advanced course in Intended Learning Outcomes". Center of Quality Assurance, University of Jordan, (October 5, 2016).
- "TTU Training Workshop". Technology Transfer Oriented Organization, (September 5-7, 2016).
- "Determining research priorities in Arab world". Association of Arab Universities, (October 10, 2012).
- "Writing Research Articles". University of Pittsburgh, Pittsburgh, PA (January 29, 2009).
- "Teaching". University of Pittsburgh, Pittsburgh, PA, (November 8, 2008).

ii. Neuro-Rehabilitation workshops, University of Pittsburgh Medical Center, Pittsburgh, PA

- "Neuro Rehabilitation: Complex Regional Pain Syndrome (CPRS) after stroke". Lois E.

Pendrod, MD and Laura Ebbert, PTR/L (October 7, 2008).

- “The Smart House-Facilitating Independent Through Advanced Technology”. Robert Walters, PE, MSSE; John Bertoty, M.ED; and Jim Osborn, MS. (November 7, 2007).
- “Provision and justification of optimally configured manual wheelchairs”. Kendra Betz, MSPT, ATP; Mark Schmeler, M.S., OTR/L, ATP. (July 26, 2007).
- “Augmentative Communication (ACC) options for people with severe Aphasia”. Kathryn L. Garret, PhD, CCC-SLP. (May 9, 2007).

iii. Physical Therapy Training Courses.

- “LSVT-BIG” for People with Parkinson’s Disease. LSVT-Global. February, 2021.
- “Update on MS Treatment Strategies”. Dubai Health Authority. September 16, 2020.
- “Sleep and Exercise”. Wits Institute for Sport and Health (WISH), Faculty of Health Sciences, University of the Witwatersrand. (24/June/2020).
- “Trauma Informed Physical Therapy Intervention”. CVT, (July, 2019).
- “Biopsychosocial approach: Posture, Balance and Pelvic floor”. CVT, (July, 2019).
- “Wheelchair Service Training for Managers”. Mobility India, WHO, (Sep, 11-13, 2017).
- “Concussion”. WFATT, (July 22, 2017).
- “Neurodynamics”. PrimePhysio, (July 11, 2017).
- "Diploma in Neurological Physiotherapy Rehabilitation". Bhanu Ramaswamy, OBE, FCSP, Sheffield Hallam University, UK, (March 10-12, 2017) and (March 10-12, 2017).
- "Vestibular Rehabilitation". Susan Whitney, DPT, PhD, University of Pittsburgh, USA, (August, 19-20, 2016).
- “Rehabilitation Updates in Parkinson's Disease”. MDS-AOS, (May, 20, 2016).
- “Trigger Points, Pain and Muscle Tone”. Edgar Wilson, BA, MCSP, HPC, Integrated Soft Touch Techniques, UK, (April, 12-13, 2013).
- “Osteopathy I Lumbosacral Spine”. Amjad Mohammad, PT, Future Health Institute, Switzerland, (March, 29-20, 2013).
- “Mulligan Concept-Part A&B”. Josef Andersen, PT, (April, 4-7, 2012).
- “Medical Taping”. Lilian Aqiqi, PT, Tape-Concept, (February, 17-18, 2012).
- “McKenzie Concepts and Techniques-Part A&B”. Grant Watson, PT, (January, 16-24, 2012).
- Leg, Ankle, and Foot Assessment and Taping”. Thaer Manaseer, PT, AT, (December, 23-25, 2011).
- “Therapeutic massage”. Rami Bkhaitan, PT, (September, 2011).
- "Therapogs / Sure step technique for children with disabilities”. Ali Nweiri, (July, 2nd, 2012).

Community Service

- "Qusai": A royal initiative that was launched by the crown prince Husain to improve the readiness of sports' therapists in Jordan, (2014-Present). (<https://www.cpf.jo/en/our-initiatives/qusai>)
- “**Healthy Living**” Radio program: A program to increase the awareness about the role of physiotherapy in managing many health conditions. University of Jordan radio station (JU FM94.9), (2015/2016).
- "Reject Extremism": An initiative to spread awareness against extremism and terrorism in collaboration with Jordanian Peace Community Center, (March 1st, 2016).
- "Light of Hope": An initiative to gather volunteers to help in providing blind students with the academic courses recorded or typed, (February 11, 2016).
- "Kursi wa Kitab": An initiative to spread **conductive education** (a neurological approach to treat patients with cerebral palsy, Parkinson's disease, multiple sclerosis, and stroke) in Jordan in collaboration with Peto Institute-Austria, (July, 2015).
- “**How to avoid back pain**”: Awareness lectures for schoolteachers on wrong postures, activities that cause back pain and to guide them on correct postures, (May, 2014).
- “**Your mother in your mind**”: An activity to honor mothers with disability or mothers who raised

children with disability, (April, 2014).

- **“From Amman we begin”**: An initiative that aims to raise the public awareness of disability, teach the rights of people with disability and to improve the environmental accessibility for them, (January, 2014).
- **“How to avoid diabetes”**: An initiative that aims to raise awareness of how to avoid getting diabetes mellitus in 6 Jordanian districts (Amman, Salt, Madaba, Ajloun, Jerash and Aqaba) (March-May, 2013).

Awards & Patents

Patents:

- 1) Exercise equipment to aid in home exercise for children with developmental delay **Patent** with a design number (6425292). Registered in Gov.UK on: 24 July 2025. <https://www.registered-design.service.gov.uk/find/6425292>.
- 2) Computer for measuring bodily vital statistics **Patent** with a design number (6417380). Registered in Gov.UK on: 25 March 2025. <https://www.registered-design.service.gov.uk/find/6417380>.
- 3) Adaptive clothing for Rehabilitation **Patent** with a design number (6413307). Registered in Gov.UK on: 8 March 2025: <https://www.registered-design.service.gov.uk/find/bkrv4gog/93230216/designsbyowner>.
- 4) A Rehabilitation Exercise Device **Patent** with a design number (6398709). Registered in Gov.UK on: 18 October 2024: <https://www.registered-design.service.gov.uk/find/6398709>.

Awards:

- World Confederation for Physical Therapy Outstanding Platform Presentation **Award** by an Early Career Researcher. Geneva, 2019. www.wcpt.org/wcpt2019/programme/awards.
- The MENACTRIMS Research Funding **Award**. Middle East North Africa Committee for Treatment and Research in Multiple Sclerosis. 09/2021.

References

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