

Day 1 - Saturday, 15 October 2022

08:00 - 09:00	Registration	
09:00 - 09:30	Opening Speech	
09:30 - 11:20	Session I: Sports Rehabilitation	Moderator: Hana Alsobael, KSA
09:30 - 10:00	Keynote Lecture - Updates in ACLR Rehabilitation	Qasem AlMuaidi, KSA
10:00 - 10:15	The Effect of Blood Flow Restriction Training Post-Anterior Cruciate Ligament Reconstruction On Thigh Muscle Area, Thickness, And Strength: A Systematic Review & Meta-Analysis	Jenan Ahmed Ali, UAE
10:15 - 10:30	Changes in Muscle Strength, Balance and Agility Following Anterior Cruciate Ligament Reconstruction	Fatima Razzaqi, Bahrain
10:30 - 11:00	Keynote Lecture - Physical and Mental Health Disorders After Sport Related Concussion	Alia Alghwiri, Jordan
11:00 - 11:15	Bilateral Knee Joint Position Sense Analyses in Individuals with Unilateral Anterior Cruciate Ligament Reconstruction	Mustafa Jebreen, UAE
11:15 - 11:20	Q&A or Discussion	
11:20 - 11:40	Coffee Break and Poster Viewing	
11:40 - 13:30	Session II - Lower Quadrant	Moderator: Ana Anjos, UAE
11:40 - 12:10	Keynote Lecture: Non-Traumatic Adolescent Knee Pain	Henrik Riel, Denmark
12:10 - 12:25	The Effect of Using Text Message Services for Enhancing Adherence to Home Exercise Program Among Older Adults with Knee Osteoarthritis in Saudi Arabia: A Randomised Controlled Trial	Lujain Al Dahash, KSA
12:25 - 12:40	The Use of Kinetic Measurement Systems in Individuals Following Anterior Cruciate Ligament Reconstruction: A Scoping review of Methodological Approaches	Wasim Labban, Canada
12:40 - 13:10	Keynote Lecture: Updates in Patellofemoral pain	Claire Robertson, UK
13:10 - 13:25	Physiotherapists Perspectives on Implementation of Direct Access of Physiotherapy Services in United Arab Emirates	Arwa AlNaqbi, UAE
13:25 - 13:30	Q&A or Discussion	
13:30 - 14:30	Lunch Break and Poster Viewing	
14:30 - 14:50	Industry Symposium by Leader Health Care	
14:50 - 16:25	Session III - Upper Quadrant Pain	Moderator: Susan Waller, UAE
14:50 - 15:20	Keynote Lecture - Patient Centered Care for Shoulder Pain	Karen McCreesh, Ireland
15:20 - 15:35	The Influence of Pain Self-efficacy on Physiotherapy Outcomes for Patients with Shoulder Pain: A Systematic Review	Aws Obaid, KSA
15:35 - 16:05	Keynote Lecture - Teaching People About Pain	Adriaan Louw, USA
16:05 - 16:20	Adding MWM to Exercise And Advice Hastens The Improvement in Range, Pain And Function After Non-Operative Cast Immobilisation for Distal Radius Fracture: A Multicenter, Randomised Trial	Jesef Anderson , UAE
16:20 - 16:25	Q&A or Discussion	
16:25 - 16:40	Coffee Break and Posters Viewing	
16:40 - 18:15	Session IV - Spine	Moderator: Ibrahim Mustafa, UAE Huda Alblook, UAE
16:40 - 17:10	Keynote Lecture - The Principles of Combined Movement Theory for Spinal Pain - A Traditional Approach with A Solid Neurophysiological Basis	Christopher McCarthy, UK
17:10 - 17:25	The Association Between Reassurance Towards the Educational Messages and Fear of Movements in The Saudi Population with Non-Specific Low Back Pain	Raghad Almarzouq, KSA
17:25 - 17:55	Keynote Lecture - Low Back Pain & Disability Drivers Management (PDDM) Model	Chad Cook, USA
17:55 - 18:10	Water Versus Land-Based Perturbation Exercises in Older People With Chronic Low Back Pain: Non-Randomized Study of Clinical Intervention	Ramprasad Muthukrishnan, UAE
18:10 - 18:15	Q&A or Discussion	

Day 2 - Sunday, 16 October 2022

07:30 - 08:30	Registration	
08:30 - 09:50	Session I - Spine	Moderator: Murat Dalkilinc, UAE
08:30 - 09:00	Keynote Lecture: The Most Up To Date Definition And Discussion of Spinal Manipulation - What Is It And Why Bother?	Christopher Mccarthy, UK
09:00 - 09:15	Objectively Measured Sitting Time And Its Association With Spinal Posture And Balance In Male University Health Sciences Students	Asma Javed, UAE
09:15 - 09:30	Exploring the Impact of Using Virtual Reality Fully Immersive Based Exercised Game of Reducing Fear of Movement	Kholoud Almufaireej, KSA
09:30 - 09:45	Effectiveness of a 4-weeks Telehealth exercise intervention on Neck pain, and Health Related Quality of Life in University students	Veena Raigangar, UAE
09:45 - 09:50	Q&A or Discussion	
09:50 - 10:10	Coffee Break and Poster Viewing	
10:10 - 12:30	Session II - Lower Quadrant	Moderators: Sampath Kumar, UAE Mohamed Aljarrah, UAE
10:10 - 10:40	Keynote Lecture: Hoffas Fat Pad, What is Going on and How to Treat?	Claire Robertson, UK
10:40 - 10:55	The Prevalence and Predisposing Factors of Knee Osteoarthritis Among The Adult Population of Al Madam City, Sharjah: A Cross-sectional Study	Shabina Qureshi, UAE
10:55 - 11:10	Biomechanical Comparison of Squat Jump and Counter Movement Jump Among Sedentary Young Females in UAE	Animesh Hazari, UAE
11:10 - 11:40	Keynote Lecture: The Role of Strength Training In Management of Plantar Heel Pain	Henrik Riel, Denmark
11:40 - 11:55	Gait Stability for Children with Perthes Disease	Abdulrman Mashabi, KSA
11:55 - 12:00	Q&A or Discussion	
12:00 - 12:30	Discussion Forum: Physiotherapy Direct Access in UAE	Susan Waller, UAE
12:30 - 13:30	Lunch Break and Poster Viewing	
13:30 - 15:05	Session III - Sports Rehabilitation	Moderators: Wasim Labban, UAE
13:30 - 14:00	Keynote Lecture - Return to Play Post Sports Injury Rehabilitation	Qasem AIMuaidi, KSA
14:00 - 14:15	The Determinants of Physical Activity and Sedentary Behaviour Among Imam Abdulrahman bin Faisal University Students	Abdulla Al Naghmoosh, KSA
14:15 - 14:45	Keynote Lecture - Recent Guidelines in the Management of Sport Related Concussion	Alia Alghwiri, Jordan
14:45 - 15:00	Effectiveness of Physical Fitness Training in Students with Disabilities	Stephen Mathew, UAE
15:00 - 15:05	Q & A	
15:05 - 15:20	Coffee Break & Poster Viewing	
15:20 - 16:50	Session IV - Exercise	Moderators: Praveen Kumar, UAE
15:20 - 15:50	Keynote Lecture - Exercise for Rotator Cuff Tendinopathy	Karen McCreesh, Ireland
15:50 - 16:05	Objectively Measured Step Count and Association With Sleep Quality, Vitality, Mental Health In Female University Health Sciences Students: Comparative Study of The Impact of COVID-19 Pandemic	Asma Javed, UAE
16:05 - 16:20	Badminton for Cardiovascular & Neuromuscular Function Among Older Adults With And Without Non-Communicable Disease	Animesh Hazari, UAE
16:20 - 16:35	The Effectiveness of an Internet-Based Cognitive Behavioural Therapy and Exercise in Chronic Knee Patients with Psychological Distress	Amal AlAradi, Bahrain
16:35 - 16:40	Q&A	
16:40 - 16:50	Closing Ceremony	