

Hind Ahmed Alzaabi

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Profile

Clinical Tutor at University of Sharjah with over 6 years of hospital leadership experience. Currently pursuing a PhD in Physiotherapy. Strong background in patient care, teaching, and research, with multiple certifications and international conference participation.

Education

- PhD in Physiotherapy (Ongoing) – University of Sharjah, 2025
- Master of Science in Physiotherapy (GPA:3.68)– University of Sharjah, 2025
- Bachelor of Physiotherapy (GPA: 3.53) – University of Sharjah, 2017
- Diploma in Osteopathic Articulation – Edutrack Seminar Hall, 2019
- High School – Ruqayya High School, Sharjah, 2012

Professional Experience

- Clinical Tutor, University of Sharjah (Feb 2024 – Present)
- Physiotherapist, University Clinic, University of Sharjah (Feb 2024 – Present)
- In-charge, Inpatient Physiotherapy Department, University Hospital Sharjah (2017 – 2023)
- Clinical Rotations, Various hospitals across UAE (2015 – 2017)

Certifications & Professional Training

- Certified Dry Needling (Level 1), Mediclinic Dubai
- Certified Manual Lymphatic Drainage Therapy, Dubai (2022)
- Certified Manual Therapy Techniques, UHS (2021)
- Osteopathic Articulation Diploma (2019)
- Basic Life Support (BLS) (2019)
- Multiple CPD workshops, seminars, and patient safety training

Research & Projects

- Published article: impact of OSA on motor and non motor function – A narrative review.
- Master's research thesis: Differences in postural balance, gait variables, and dual tasking among young adults with and without the risk of sleep apnea in the United Arab Emirates. A

Cross-Sectional Study

- Bachelor's research project: The Relationship between Body Mass Index and Foot Posture in Emirati School Children.

Conferences & Presentations

- Patient Safety Workshop (Speaker), UHS (2022)
- 1st International Public Health Conference, UOS (2025)
- Empowering Mentors and Clinical Tutors: Strategies for Effective Student Guidance and Skill Development, UOS (2025)
- Strategies for Effective Engagement and Equity-Based Relationships between Clinical Tutors and Students, UOS (2024).
- 7th Middle East Physical Medicine & Rehabilitation Conference, Dubai (2016)
- Musculoskeletal Physiotherapy Seminar, Latifa Hospital (2017)
- Neuro/MS, Cardiac Rehab, and ACL Injury webinars (2020–2022)
- And more.

Skills

- Teaching: Ergonomics and Pressure Sore Management in hospital and academic settings; physiotherapy instruction; and student supervision.
- Clinical: Respiratory therapy, MSK disorders and neurorehabilitation
- Techniques: Dry needling, Manual therapy, Taping, Lymphatic Drainage Therapy.
- Research: SPSS, Data analysis, Scientific writing.
- Technical: Microsoft Office (Word, Excel, PowerPoint)

Languages

- Arabic (Native)
- English (IELTS 6.0 – Intermediate/Advanced)

Other

- UAE Driving License (Light Vehicle)
- Member of Emirates Entrepreneurship association.