

Personal Data:

Last name: AHBOUCH
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Education:

- 2014-2017:** Master in Physical Therapy
University of Alberta, Edmonton, Alberta, Canada.
- 2008-2012:** Bachelor of Science with distinction.
University of Alberta, Edmonton, Alberta, Canada.
Double major: Biological Sciences and Mathematical Sciences.
- 2005-2007:** First and second years of study at the faculty of medicine and pharmacy at Cadi Ayyad University, Morocco (degree not completed to transfer to the University of Alberta).

Current Position:

Sept. 2022-Present: Lecturer at the University of Sharjah – Department of Physiotherapy
Sept. 2017-Aug. 2022: Clinical instructor at the University of Sharjah – Department of Physiotherapy

Publications:

1. Budour Yousif Alharmoodi, Ashokan Arumugam, Amal Ahbouch, Ibrahim Moustafa Moustafa. (2022) Comparative Effects of Tensioning and Sliding Neural Mobilization on Peripheral and Autonomic Nervous System Function: A Randomized Controlled Trial.
2. Ibrahim M. Moustafa, **Amal Ahbouch**, Faseela Palakkottuparambil, Lori M. Walton. (2021) Optimal duration of stretching of the hamstring muscle group in older adults: a randomized controlled trial. *Published in a Q1 journal.*
3. Ibrahim Moustafa, Ahmed S.A. Youssef, **Amal Ahbouch**, Deed Harrison. (2021). Demonstration of Autonomic Nervous Function and Cervical Sensorimotor Control after Cervical Lordosis Rehabilitation: A Randomized Controlled Trial. *Published in a Q1 Journal.*
4. Sameeha S. Mansoori, Ibrahim M. Moustafa, **Amal Ahbouch**, Deed E. Harrison (2021). Optimal Duration Of Stretching Exercise In Patients With Chronic Myofascial Pain Syndrome: A Randomized Controlled Trial. Published in a Q1 Journal. *Published in a Q1 Journal.*
This student's work received the Annual Incentive Award for distinguished students in the area of scientific research.
5. Moustafa I., Samir A., **Ahbouch A.**, Tamim M., Harrison D. (2019). Is forward head posture relevant to autonomic nervous system function and cervical sensorimotor control? Cross sectional study. Gait and Posture. *Published in a Q1 Journal.*

Relevant Experience:

- **Clinical instructor:** at the University of Sharjah, Department of Physiotherapy.
- **Pediatrics Outpatients:** at University of Alberta Hospital, Physiotherapy, Edmonton, Canada.
- **Musculoskeletal/Orthopedics:** at LifeMark Physiotherapy - Millwoods, Edmonton, Canada.
- **Sub-acute Orthopedic:** at Capital Care Grandview, Physiotherapy, Edmonton, Canada.
- **Stroke and Geriatrics:** at the Royal Alexandra Hospital, Rehabilitation Department, Edmonton, Canada.
- **Acute Care:** at Wetaskiwin Hospital and Care Centre, Physiotherapy Department, Wetaskiwin, Canada.
- **Plastic Surgery and General Surgery:** at the University of Alberta Hospital, Physiotherapy Department, Edmonton, Canada.
- **Volunteering:** Co-supervised group exercise sessions for seniors at Queen Alexandra Place (GEF Seniors Housing). Fall 2013.
- **Online Tutor:** at Tutor.com (calculus and mid-level mathematics). I provided online help to undergraduate students in North American institutions in mathematics.
- **Tutor:** at École Gabrielle-Roy, Edmonton, Alberta. Canada. I helped francophone students (in junior-high and high school) with mathematics, science and social studies subjects.

Clinical Tutor for the following Laboratory Courses:

- Therapeutic Exercises in PT
- Assessment in PT

Clinical Tutor for the following Clinical Practice Courses:

- Clinical Practice for Pediatrics/ Obstetrics and Gynaecology.
- Clinical Practice for Neurological Conditions.
- Clinical Practice for Musculoskeletal Conditions I.
- Clinical Practice for Musculoskeletal Conditions II.
- Clinical Practice for Cardiorespiratory Conditions.
- Integrated Physiotherapy Clinical Practice.

Students Clinical Practice Supervision Sites:

- Al Qassimi Hospital Physiotherapy Department
- Al Qassimi Women's and Children Hospital
- Old People's Home – Sharjah
- Sharjah City for Humanitarian Services – Sharjah Branch
- Sharjah City for Humanitarian Services – Al Dhaid Branch
- Ajman Rehabilitation Centre
- Dubai Physiotherapy and Rehabilitation Centre
- University Hospital Sharjah

Organized Workshops:

- Participated in the organization of the workshop titled Multidisciplinary Rehabilitation of the Elderly June 2019 at the University of Sharjah.

Research Work:

- Research Project (Co-supervisor): "Correlation between upper Body Sitting Posture, Musculoskeletal Pain, Body Awareness, and Stress Among College Students Receiving Distance Education during Covid-19 Pandemic in UAE" 2020/2021
- Research Project (Co-supervisor): "Neurophysiological Assessment after COVID-19 Recovery" 2020/2021
- Research Project (Co-supervisor): "Scoliosis Deformity Reduction in Adults: Structural Rehabilitation Procedures Incorporating the Engineering Concept of the 'Non-commutative Property of Finite Rotation Angles under Addition'" 2019/2020
- Research Project (Co-supervisor): "Correlation between Musculoskeletal Pain and Particular Quality of Life Components Such as Emotional Status, Social Interaction and Physical Activity among Undergraduate Students at the College of Dental Medicine, University of Sharjah - United Arab Emirates" 2019/2020
- Research Project (Co-supervisor): "The Effect of Different Sitting Postures and Different Time Intervals on Cervical Nerve Roots' Function Among University of Sharjah Students" 2018/2019.

Service:

Service as reviewer:

- Bulletin of Faculty of Physical Therapy
- Global Spine Journal

Continued Education:

- 7th Biennial Emirates Physiotherapy Virtual Conference. 12-13 June 2020.
- Spinal Manual Therapy. 16 November 2019.
- Second International Annual Conference on Innovation in Rehabilitation Practice and Medicine. 13th & 14th September 2019.
- Hip, Groin and Anterior Knee pain Advanced Clinical Diagnosis and Evidence-Based Rehabilitation Workshop. 5th & 6th of September 2019.
- Manual Therapy for the Spine and Extremities (Mulligan Concept) Workshop. 1-4th November 2018.
- Physiotherapy Management of Spinal Cord Injuries. 2nd September 2018.
- Multidisciplinary Rehabilitation of the Elderly. 16th June 2019.

Achievements:

- **2011-2012:** Dean's honor roll. First class standing.
- **2011-2012:** The Jason Lang Scholarship.
- **2010-2011:** Dean's honor roll. First class standing.

Other Information:

- **Memberships:**
Student member in the Canadian Physiotherapy Association
- **Certifications:**
Healthcare Provider CPR BLS Level C
- **Training:**
Training in nursing, Okba Ibn Nafii Health Center, Safi, Morocco.
- **Languages:**
Arabic: native speaker.
English: native-like proficiency.
French: native-like proficiency.
- **Extra-curricular activities:**
Hiking, travelling and cooking.

References:

- Available upon request.