



إدارة خدمات العلاج الطبيعي  
Admin. of Physical Therapy Services



مؤتمر الكويت الدولي الرابع للعلاج الطبيعي  
4<sup>th</sup> KUWAIT INTERNATIONAL  
PHYSIOTHERAPY CONFERENCE - 2025



وزارة الصحة  
Ministry of Health  
دولة الكويت | State of Kuwait

*Physical Therapy... Sustainable Prevention*

**PROGRAM DAY 1**

SUNDAY: 07/12/2025

TIME	TOPIC & SPEAKER	
8:00 - 8:30	Registration	
8:30 - 10:00	Inauguration & Exhibition	
10:00 - 10:30	<b>"A new era, sustainable future": Cardiac rehabilitation for heart failure</b> Dr. Amal AlBatini, PT, PhD, CCRP Head of Physical Therapy Department - Chest Diseases Hospital	
10:30 - 11:00	<b>"Positional dizziness "BPPV or not to BPPV?"</b> Amanda Male Director of Vestibular Rehab Physio in London, Honorary Research Associate, SENSE Research Unit, UCL Institute of Neurology, London	
11:00 - 11:30	<b>The Effect of Lymphatic Dysfunction on Athletes Performance</b> Omar Fadhil Abbas Al Tamimi Swedish Physiotherapy and Rehabilitation Centre, Sultanate of Oman	
11:30 - 12:00	Prayer & Tea Break	
12:00 - 12:30	<b>Late-stage rehabilitation of Anterior Cruciate Ligament injuries: Physiotherapy practices and evidence-based recommendations</b> Dr. Matthew James Willett School of Sport, Exercise & Rehabilitation Sciences University of Birmingham	
12:30 - 1:00	<b>Bridging the Gap: Surgical Insight for Smarter Shoulder Rehabilitation</b> Dr. Bader AlBesharah Orthopaedic Shoulder & Upper limb Specialist Surgeon	
1:00 - 1:30	<b>Athletic Shoulder Rehab How is it Different?"</b> Padmanaban Sekaran Lead Tutor- Arhtrorehab India, Visiting Consultant Emirates Health Services	
1:30 - 2:00	<b>Understanding Pain Through Accurate Differential Diagnosis</b> Ali Hussain AlMarzouq CEO of Founder of Dynamic Fascia, Saudi Arabia	
2:00 - 2:30	<b>Risk of Sarcopenia Among Community-Dwelling Older Adults in Kuwait: Insights from a Population-Based Study</b> Dr. Latifah Khazal AlEnezi Assistant Professor -Kuwait University	



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**PROGRAM DAY 2**

MONDAY: 08/12/2025

TIME	TOPIC & SPEAKER	
8:00 - 8:30	Registration	
8:30 - 9:00	<b>EMMATKA trial: the effects of mobilization with movement following total knee arthroplasty in women: a single-blind randomized controlled trial</b> Dr. Najla AISiri Assistant Professor, Kuwait University - PhD Supervisor, Cardiff University (UK)	
9:00 - 9:15	<b>Determinants of Prolonged Hospital Stay Following a Fall Among Older Adults in Kuwait- A Prospective Cohort Study</b> Dr. Hadeel AISaleh Senior Specialist Physiotherapist - AlRazi Orthopedic Hospital	
9:15 - 9:30	<b>Daily Care Services in Kuwait Where we make the difference</b> Laila Kasim Hussain Head of Physiotherapy Department, PMR Paediatric Department	
9:30 - 10:00	Tea Break	
10:00 - 10:30	<b>Towards successful Ageing</b> Dr. Ali AlQattan Consultant in Geriatric Medicine.	
10:30 - 11:00	<b>The Fascia, The ignored structure</b> Ali Hussain AlMarzouq CEO of Founder of Dynamic Fascia, Saudi Arabia	
11:00 - 11:30	<b>Walking speed following joint Arthroscopy, Arthroplasty &amp; Spinal Arthrodesis</b> Prof. Saud M. Alobaidi Chief Physical Therapist - Dar Alshifa hospital	
11:30 - 12:00	Prayer & Tea Break	
12:00 - 12:30	<b>Sustainable tendon health: from risk profiling to resilient recovery:</b> Dr. Eman Merza Head of Physiotherapy Department, Sheikhan Al-Farsi Center	
12:30 - 1:00	<b>Wheelchair Training Program for Rehabilitation and Healthcare Professionals: Updates from the International Society of Wheelchair Professionals (ISWP)</b> Dr. Hassan Sarsak Associate Professor, Occupational Therapy, Batterjee Medical Colleges. Saudi Arabia	
1:00 - 1:30	<b>The Art of Knowing When Not to Operate in Spine Surgery</b> Dr. Muhammad A. Doghaim, MD Senior Specialist Neurosurgeon	
1:30 - 1:45	<b>Biomechanical Examination of Neurobiochemical Features in Parkinson's Disease Patients during Treadmill Walking</b> Dr. Esraa AIDayil Chief of Physical Therapy - PMR Hospital	
1:45 - 2:00	<b>The Role of Mirror Neuron System Activation in Facilitating Goal-Directed Action Observation Therapy for Children with Unilateral Cerebral Palsy</b> Mohan Nallathambi PT Senior Specialist Physical Therapist - Jaber Al Ahmad Hospital	



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**PROGRAM DAY 3**

**TUESDAY: 09/12/2025**

TIME	TOPIC & SPEAKER	
7:00 - 8:00	<b>Registration</b>	
8:00 - 8:15	<b>Seating and Mobility rehabilitation OT perspective</b> Heba AlAjmi Occupational Therapy Practitioner - NBK Hospital	
8:15 - 8:45	<b>Global Roadmap Fostering Universal Access to Assistive Technology: Healthcare Initiatives, Contributions, and Future Directions</b> Dr. Hassan Sarsak Associate Professor, Occupational Therapy, Batterjee Medical Colleges. Saudi Arabia	
8:45 - 9:00	<b>Effect of Pulmonary Rehabilitation and Inspiratory Muscle Training on Patients with Unilateral Diaphragmatic Eventration</b> Dr. Amal Albatini, PT, Phd, CCRP Head Of Physical Therapy - Chest Diseases Hospital	
9:00 - 9:30	<b>Multidisciplinary approach for major abdominal surgery</b> Dr. Ali Mohammed AlSaffar Consultant General and Colorectal Surgeon Amiri and KCC Hospital	
9:30 - 10:00	<b>Tea Break</b>	
10:00 - 10:30	<b>Telerehabilitation: The Future of Physical Therapy</b> Dr. Muhammad AlRuwaily Founder and Chief Clinical Officer - Virtual Touch, Riyadh Saudi Arabia	
10:30 - 11:00	<b>Intraventricular Hemorrhage and Brain Injury in Preterm Infants: Mechanisms and Outcomes</b> Dr. Fawaz J. M. H. AlBaghli Chairman. Department of Neonatology, Jaber Al-Ahmad Hospital.	
11:00 - 11:15	<b>Severity of Fall-Related Injuries and Older Persons' Hospital Admission in Kuwait: A Cross-Sectional Study (published 2024)</b> Dr. Hadeel AlSaleh Senior Specialist Physiotherapist - AlRazi Orthopedic Hospital	
11:15 - 11:30	<b>Perspectives of paediatric occupational therapists on the use of evidence-based practice in Kuwait: a qualitative study</b> Dareen Dursia Occupational Therapist - Smart Tots Center	
11:30 - 12:00	<b>Prayer &amp; Tea Break</b>	
12:00 - 12:15	<b>The Impact of Exercise with Blood Flow Restriction on Rectus Femoris and Vastus Intermedius Muscle Layer Thickness</b> Tahera AlEid Specialist physical therapy - Shikan Al Farsi Hospital	
12:15 - 12:45	<b>Classifying Patients With Acute Low Back Pain</b> Dr. Muhammad AlRuwaily Founder and Chief Clinical Officer - Virtual Touch, Riyadh Saudi Arabia	
12:45 - 1:00	<b>Physiotherapy and physical activity promotion among chronic low back pain patients in Kuwait</b> Mariam AlOmi Physiotherapist-practitioner - Amiri Hospital	
1:00 - 1:15	<b>Musculoskeletal Injuries Among Professional Football Players in Kuwait: A Cross-sectional Survey</b> Dr. Eman Merza Head of Physiotherapy Department, Sheikhan Al-Farsi Center	
1:15 - 1:30	<b>Revisiting Lumbar Traction Therapy for Low Back Pain: Evidence Variability, Methodological Challenges, and Clinical Implication</b> Dr. Mohammad Qasem Physiotherapist - PMR Hospital (Male)	
1:30 - 1:45	<b>Phenotyping Chronic Low Back Pain: From Mechanisms to Personalized Exercise and Manual Therapy</b> Ali AlAtar Senior Physiotherapist - KINESIA Clinic	
1:45 - 2:00	<b>Clinical Entrepreneurship in Physiotherapy: Evaluating the Benefits and Challenges of Private Practice in Kuwait</b> Jawad Abulhasan Co-Founder, KINESIA Clinic	