



Khalid Alkhathami

PT, MPT, PhD

Assistant Professor and
consultant in physical therapy
at Shaqra University

Contact

Phone: +966566343732

Email: Kalkhthami@su.edu.sa

Address: Health Rehabilitation

College of Applied Medical Sciences

Shaqra University

Shaqra, Saudi Arabia

Google Scholar:

<https://scholar.google.com/citations?user=UnsnVmgAAAAJ&hl=en>

ORCID ID: <https://orcid.org/0000-0002-7630-5471>

Personal Skills

Soft skills: Integrity, Time management, Dependability, Leadership, Teamwork, Effective Communication, Productivity, Creativity, critical thinking, Problem-solving, Organizing, flexibility, Adaptability, Open-mindedness, willingness to learn

Hard skills:

Patients care as a physical therapy consultant, Technology skills, Microsoft Office, Statistical analysis -SPSS, interpreting data, Languages: Arabic - mother tongue, English - fluent

Education

PhD • August 2019 • Texas Woman's University
Dallas, TX

August 2015- August 2019

Doctor of Philosophy in Physical Therapy

MPT • September 2014 • Loma Linda University

Loma Linda, CA

April 2013-September 2014

Master of Physical therapy

BSc • February 2010 • King Saud University

Riyadh, Saudi Arabia

September 2005-February 2010

Bachelor of Physical therapy

Experience

- Vice-dean January 2023 - Present
- Physical Therapy Consultant September 2022 - Present
- Vice-dean for Development and Quality
March 2021 - March 2022
- The General Supervisor of the University President's
Office August 2020 - January 2021
- Head Department of Health Rehabilitation
January 2020 – February 2023
- Assistant Professor December 2019 - Present
- Physical Therapy senior specialist
August 2019 - September 2022
- Graduate Research Assistant
February 2017 - August 2019
- Vice-dean for education affairs
October 2014 - January 2015
- Lecturer September 2014 - December 2019
- Teaching Assistant February 2011 - September 2014

Publications

1. **Alkhathami, K.**, Alshehre, Y., Brizzolara, K., Weber, M., & Wang-Price, S. (2023). Effectiveness of Spinal Stabilization Exercises on Movement Performance in Adults with Chronic Low Back Pain. *International Journal of Sports Physical Therapy*, 18(1), 169.
2. Alshehre, Y. M., **Alkhathami, K.**, Brizzolara, K., Weber, M., & Wang-Price, S. (2023). Effectiveness of Spinal Stabilization Exercises on Dynamic Balance in Adults with Chronic Low Back Pain. *International Journal of Sports Physical Therapy*, 18(1), 173.
3. Soman, A., Chandy, S., **Alkhathami, K.**, Ramamoorthy, B., & Alqahtani, B. (2023). Retro walking treadmill training reduces C—reactive protein levels in overweight and obese young adults: A randomized comparative study. *Health Science Reports*, 6(4), e1169.
4. **Alkhathami, K.** (2022). Knowledge, Perception, and Barriers to Telehealth Practice among Physical Therapy Practitioners of Riyadh, Saudi Arabia during COVID-19 Pandemic. *Journal of Medicine and Health Studies*. DOI 10.37881/jmahs.114
5. Alshahrani, A., Gautam, A. P., Asiri, F., Ahmad, I., Alshahrani, M. S., Reddy, R. S., ... & Alqhtani, R. **Alkhathami, K.**, (2022, January). Knowledge, Attitude, and Practice among Physical Therapists toward COVID-19 in the Kingdom of Saudi Arabia—A Cross-Sectional Study. In *Healthcare* (Vol. 10, No. 1, p. 105). MDPI.
6. Soman, A., Ramamoorthy, B., Kumar, K. U. D., **Alkhathami, K.**, & Santhakumar, H. (2021). Current Knowledge, Perception and Practice of E-learning among Physical Therapy Academicians in Karnataka, India. *International Journal of Physiotherapy*, 162-169.
7. **Alkhathami, K.**, Alshehre, Y., Wang-Price, S., & Brizzolara, K. (2021). Reliability and Validity of the Functional Movement Screen™ with a Modified Scoring System for Young Adults with Low Back Pain. *International Journal of Sports Physical Therapy*, 16(3), 620-627.
8. Alshehre, Y., **Alkhathami, K.**, Brizzolara, K., Weber, M., & Wang-Price, S. (2021). Reliability and Validity of the Y-balance Test in Young Adults with Chronic Low Back Pain. *International Journal of Sports Physical Therapy*, 16(3), 628.
9. SOMAN, A., KALLIDUKKIL, M. N., SCARIA, B., & **ALKHATHAMI, K.** (2021). Effectiveness of Retro Walking and Forward Walking Treadmill Training on Abdominal Adiposity in Untrained Young Adults-A Quasi-experimental Study. *Journal of Clinical & Diagnostic Research*, 15(5).

Continuing Education

- Selective Functional Movement Assessment (SFMA) Level 2 October 2022
- Fundamental Capacity System Screen September 2022
- Ankle sprain management lecture 19 May 2020
- Selective Functional Movement Assessment (SFMA) Level 1 May 2020
- NEXT APTA Conference and Exposition, 2019 12 - 15 June 2019
- American Pain Society Meeting, 2019 03 - 06 April 2019
- Manual Therapy and Self-Care Techniques November 30, 2018
- TWU School of Physical Therapy-Dallas Research Day, 2018 November 28, 2018
- Shoulder Disorders November 02, 2018
- Screening & Assessing Breathing: A Multidimensional Approach Course November 27, 2018
- Therapeutic Exercise and Manual Therapy Course October 02, 2018
- Physiotherapy Management of Spinal Cord Injuries Course September 20, 2018
- Vestibular Disorders July 12, 2018
- Neuroplasticity and Neurological Disorders January 03, 2018
- TWU School of Physical Therapy-Dallas Research Day, 2017 November 29, 2017
- APTA Combined Sections Meeting, 2017 16 - 18 February 2017

Workshops

- Measurement and Follow-up of KPIs and Benchmarks 11 - 12 December 2022
- Designing Academic Programs (Graduate and Postgraduate Levels) 6 - 7 December 2022
- Measuring learning outcomes 9 - 8 November 2022
- Statistical analysis of questionnaires and the mechanism for displaying results November 01, 2022
- Evaluation strategies and building tests October 18, 2022
- Preparing the program and course file October 11, 2022
- Prepare and review the course specification October 4, 2022
- Prepare and review the program specification September 26, 2022
- Academic accreditation reviewer 2 12 - 15 September 2022
- Academic Accreditation Reviewer 1 14 - 16 February 2022
- The First International Conference on Health Promotion in Educational Communities
January 31, 2022 - February 02, 2022
- An introduction to peer review 8 November 2021
- Preparing the university's strategic plan 19 - 21 October 2021
- Academic Quality Practitioner May 30, 2021 - June 02, 2021
- Test questions developer 29 - 31 March 2021
- How to prepare the course report February 14, 2021
- Let's Break the Chain of COVID-19 Infection March 29, 2020
- Effective management of the academic lectures 02 - 04 May 2011

Memberships

- Member of the Department Council of health Rehabilitation at Shaqra University
February 2023 - Present
- Quality Ambassador at SASO December 2022 - Present
- Member of the committee of Shaqra Health City March 2022 - Present
- The head of the scientific committee of the physical therapy program exit exam
February 2022 - Present
- Member of developing the curriculum at Shaqra University
January 2021 – Present
- Member, Saudi Physical Therapy Association | SPTA December 2020 - Present
- Member of the college council of medical applied sciences at Shaqra January 2020 - Present
- The head of the Department Council of health Rehabilitation at Shaqra University
January 2020 - February 2023
- Member of the scientific committee of the Saudi-international Medical Rehabilitation Conference
March 2022
- Member of the Nominations Committee for applicants in health rehabilitation and nursing departments
February 2022
- The head of developing the curriculum of the physical therapy program at Shaqra University
January 2021- Present
- Member of the Higher Committee for Educational Affairs at Shaqra University
November 2020 - April 2022
- Member, American Physical Therapy Association | APTA November 2019 - Present
- Member, Functional Movement Systems September 2018 - Present