

CURRICULUM VITAE
(30/3/2026)
HAMAD S. AL AMER, PT, PhD
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PERSONAL DATA

Birthdate : 27/4/1979 Birthplace: Tabuk, Saudi Arabia
Nationality : Saudi
Civil Status : Married

PROFESSIONAL/TEACHING EXPERIENCE:

A. Academic:

2010-2013, Lecturer, University of Tabuk, Tabuk, Saudi Arabia
2013-2021, Assistant Professor, University of Tabuk, Tabuk, Saudi Arabia
2021-present, Associate Professor, University of Tabuk, Tabuk, Saudi Arabia
2013-2018, Chairman, Department of Physical Therapy, University of Tabuk, Tabuk, Saudi Arabia
2013-2015, Chairman, Department of Nursing, University of Tabuk, Tabuk, Saudi Arabia
2015-2017, Vice Dean for Academic Affairs, Faculty of Applied Medical Science, University of Tabuk, Tabuk, Saudi Arabia
2017-2018, Vice Dean for Quality & Development, Faculty of Applied Medical Science, University of Tabuk, Tabuk, Saudi Arabia
2018-present, Dean, Faculty of Applied Medical Science, University of Tabuk, Tabuk, Saudi Arabia

B. Non-Academic:

2003-2005, Physical Therapist, King Khalid Hospital, Tabuk, Saudi Arabia
2008-2009, Graduate Research Assistance, Texas Woman's University, Houston, TX. US

C. Teaching:

Kinesiology, Leadership and Management in Physical Therapy.

CERTIFICATION / ELIGIBILITY:

2003: Physical Therapist, Saudi Council for Health Specialties.
2016: Senior Physical Therapist, Saudi Council for Health Specialties.
2025: Physical Therapy Consultant, Saudi Council for Health Specialties.

EDUCATION:

Doctor of Philosophy in Physical Therapy
Texas Woman's University
2008-2012

Master of Science in Physical Therapy
University of Pittsburgh
2006-2007

Bachelor of Science in Physical Therapy
King Saud University
1997-2003

OUTSTANDING ACCOMPLISHMENT

A. Platform Presentations:

Al Amer HS, Sabbahi MA, Olson SL, Tapley HE, Bartlett WP. The Effect of Sitting Posture and Duration on Lumbosacral Nerve Root Function. Physical Therapy Annual Research Conference. Houston, TX, 2012

B. Grants:

“The Influence of Different Sitting Postures on Soleus H-Reflex in Normal Subjects” Submitted to The Royal Embassy of Saudi Arabia in Washington, DC, 2007. \$10,200.00 requested. Fully Funded, PI

“Cryotherapy Intervention in Relieving ArterioVenous Fistula (AVF) Cannulation Related Pain among Hemodialysis Patients in King Khalid Hospital, Tabuk, KSA” Submitted to The Deanship of Scientific Research, University of Tabuk, 2015. SR 60,000.00 requested. Fully Funded, PI

“The Effect of Lumber Traction in Patients with Low Back Pain and Sciatica” Submitted to The Deanship of Scientific Research, University of Tabuk, 2016. SR 29,500.00 requested. Fully Funded, PI

“Effect of Cervical Mobilization on Somatosensory Evoked Potential in Patient with Cervical Radiculopathy: Randomized Controlled Trial” Submitted to The Deanship of Scientific Research, University of Tabuk, 2016. SR 29,500.00 requested. Fully Funded, Co-I

“Cross-Cultural Adaptation, Reliability, Validity, and Sensitivity of the Arabic Version of the Modified Oswestry Questionnaire in A Saudi Population with Low Back Pain” Submitted to The Deanship of Scientific Research, University of Tabuk, 2016. SR 20,500.00 requested. Fully Funded, PI

“Genetic Alterations Induced by Physical Therapy Intervention in the Pathogenesis of Low Back Pain and Intervertebral Disc Degeneration” Submitted to The Deanship of Scientific Research, University of Tabuk, 2022. SR 100,000.00 requested. Fully Funded, PI

PUBLICATIONS:

Al Amer HS, Dator WL, Abunab HY, MM. Cryotherapy Intervention in Relieving Arteriovenous Fistula Cannulation-Related Pain among Hemodialysis Patients at the King Khalid Hospital, Tabuk, Kingdom of Saudi Arabia. *Saudi J Kidney Dis Transpl.* 2017;28(5):1050-1056.

Al Amer HS, Sabbahi MA, Alrowayeh HN, Bryan WJ, Olson SL. Electromyographic Activity of Quadriceps muscle During Sit-to-Stand in Persons with Unilateral Knee Osteoarthritis. *BMC Res Notes.* 2018; 11:356.

Shahul Hameed Pakkir Mohamed, **Al Amer HS**. Prevalence of Work-Related Low Back Pain among Health Care Professionals in Tabuk, Saudi Arabia. *Majmaah J Heal Sci.* 2019; 7(1): 52-65.

Al Amer HS, Nassif AA, Eldesoky MT. The Effect of Lumbar Traction in Low Back Pain Patients with Sciatica. *Biosci. Res.* 2019;16(4): 3432-3442.

Eldesoky MT, **Al Amer HS**, Abutaleb, EE, Nassif AA. Effect of Cervical Mobilization on Nerve Root Function in Cervical Radiculopathy: A Randomized Trial. *Biosci. Res.* 2019;16(4): 3962-3972.

Alanazi A, Al-Enezi F, Aldaihan M, **Al Amer HS**, Ortiz A. 224 Gender Differences in Landing Mechanics after Anterior Cruciate Ligament Reconstruction. *Br J Sports Med.* 2020;54:A93-A94.

Al Amer HS, Mohamed SH. Prevalence and Risk Factors of Ankle Sprain Among Male Soccer Players in Tabuk, Saudi Arabia: A Cross-Sectional Study. *Open Sports Sci J.* 2020; 23;13(1).

Al Amer HS. Low Back Pain Prevalence and Risk Factors among Health Workers in Saudi Arabia: A Systematic Review and Meta-Analysis. *J Occup Health.* 2020;62:e12155.

Alanazi F, **Al Amer HS**. Responsiveness of Arabic Instruments for Pain and Disability in Patients with Low Back Pain. *Int. J. Physiother.* 2020; 7(6):241-247.

Al Amer HS, Sabbahi MA, Olson SL. Reliability of the Soleus H-Reflex in Different Sitting Postures. *Med Sci.* 2020; 8(4),48.

Shahul Hameed Pakkir Mohamed, **Al Amer HS**, Gopal Nambi. The Effectiveness of Kinesio Taping and Conventional Physical Therapy in the Management of Chronic Low Back Pain: A Randomized Clinical Trial. *Clin Rheumatol.* 2022; 1-12.

Alharbi, AA, **Al Amer HS**, Albalwi, AA, Muthaffar, MY, Alshehre, YM, Albalawi, HF, Alshaikhi TE. Cross-Cultural Adaptation and Psychometric Properties of the Arabic Version of The Fall Risk Questionnaire. *Int J Environ Res Public Health.* 2023;20(8):5606.

Al Amer HS, Alharbi, AA. Arabic Version of The Extended Nordic Musculoskeletal Questionnaire, Cross-Cultural Adaptation and Psychometric Testing. *J Orthop Surg Res.* 2023; 18 (1):672.

Algamdi MM, **Al Amer HS**. Relationship between Physical Activity Levels, Quality of Life, and Sociodemographic Attributes among Adults in Tabuk, Saudi Arabia: A Direction Toward Sustainable Health. *Sustainability.* 2024;16(18):8243.

Al Amer HS, Sabbahi MA, Alrowayeh HN, Bryan WJ, Olson SL. Electromyographic Analysis of Thigh Muscle Activity in Arthritic Knees During Sit-to-Stand and Stand-to-Sit Movements: Effects of Seat Height and Foot Position. *Healthcare.* 2025;13(8):920.

Albalwi AA, Alharbi AA, **Al Amer HS**, Alamrani SA, Albalawi HF, Alatawi MK, Albalawi WA, Albalawi BA, Qari AM, Alatawi WA, et al. Utilizing Balance Assessment Tools by Physical Therapists for Patients with Balance Disorders. *Healthcare.* 2025; 13(8):928

Alharbi AA, Albalwi AA, **Al Amer HS**, Alamrani SA, Albalawi HF, Alrashedi FD, et al. Nationwide Assessment of Fall Risk and Protective Factors among Older Adults in Saudi Arabia. *PLoS One.* 2025;20(9): e0332900

Alamrani SA, Alghamdi AH, Alharbi AA, **Al Amer HS**, et al. Perspectives of Physical Therapists in Saudi Arabia on Radiological Interpretation: Attitudes, Engagement, and Educational Needs. *BMC Med Educ.* 2025;26(1):33.

Al Amer HS, Mohamed SH, Olson SL. Effects of Sitting Posture and Duration on Lumbosacral Nerve Root Function: A Case-Control Study. *J Back Musculoskelet Rehabil.* 2025;39(1):285-296.

Alamrani SA, Alruqayb WS, **Al Amer HS**, Alanazi SA. Physical Therapists' Practices and Attitudes Toward Non-Steroidal Anti-Inflammatory Drugs: A National Cross-Sectional Study. *Healthcare (Basel).* 2026;14(5):591.

Al Amer HS, Zahran SS, Al-Balawi RA, et al. Evaluation of osteoporosis knowledge among adult Saudi Women in Tabuk, Saudi Arabia: A cross-sectional study. *Medicine (Baltimore).* 2026;105(11):e48047.

OTHER RESEARCH SERVICE:

Peer Review for the following scientific journals:

- PloS ONE
- International Journal of Neuroscience
- Orthopedic Research and Reviews
- SAGE Open Nursing
- BMC Public Health
- Work: A Journal of Prevention, Assessment and Rehabilitation
- Scientific Reports