**Lara Al-Khlaifat**



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  + - **Work experience:**
  + Vice Dean of School of Rehabilitation Sciences for Clinical Training since October 2023- till now.
  + Associate Professor, Department of Physiotherapy, School of Rehabilitation Sciences, The University of Jordan (Since 20/6/2020).
  + Assigned head of physiotherapy department/ School of Rehabilitation Sciences for one week in 2021-2022
  + Head of the Physiotherapy department / School of Rehabilitation Sciences (2018/2019, 2019/2020, 2022/2023)
  + Assistant Dean for Students’ Affairs, Faculty of Graduate Studies, The University of Jordan (2014-2015)
  + Assistant Professor, Department of Physiotherapy, School of Rehabilitation Sciences, The University of Jordan (13/Sept./2012 -20/6/2020).
  + Teaching assistant, Department of Physiotherapy, School of Rehabilitation Sciences, The University of Jordan (07/May/2006 – 31/Aug./2007).
  + Physiotherapist in Al-Khalidi Medical Centre – Plaza Physiotherapy, Amman-Jordan (01/Sept./2005 – 04/May/2006).
* **Professional registration:**
* Member of the Jordanian Universities Association for Tobacco and Smoking Control (since Feb. 2020)
* Joined Tobacco Free Jordan Society (since 2014)
* Health Professions Council (HPC): Sept. 2007 – Sept. 2012 Registration number: PH82949.
* Jordanian Physiotherapy Society (since 2007).
* Professional registration to practice physiotherapy in Jordan: Since 28July 2005. Licence No.: 228.
* **Physiotherapy qualifications:**
  + PhD in Rehabilitation from The University of Salford, United Kingdom (2012).
  + MSc. in Applied Physiotherapy from Sheffield Hallam University, United Kingdom (2007).
  + BSc. in Physiotherapy from The University of Jordan (2001 – 2005).
* **Physiotherapy training:**
* Al-Khalidi Medical Centre – Department of Physiotherapy (Plaza Physiotherapy) (01/Aug./2005 – 01/Sept./2005).
* Queen Alia Military Hospital – Department of Physiotherapy (01/Aug./2004 – 01/Sept./2004).
* **Post qualifying courses:**
* Introduction to Machine Learning in Health Care Workshop 2-5 October 2023
* Research ethics course: facing today’s dilemmas 26/6/2022
* Basic life support course 31/3/2022
* Fellowship in Responsible Conduct of Research from Jordan University of Science and Technology and University of California San Diego (2019)
* Attended a workshop “التعلم المدمج/Blended Learning” (2019)
* Attended a workshop “/Teaching ethics workshop/ دورة اخلاقيات التدريس من منظور تطبيقي” (2018)
* Attended a workshop “دورة المودل خيارك لتحسين التعلم/Moodle” (2018)
* Attended a workshop “دورة تقييم تعلم الطلبة باستخدام البورتفوليو/ Assessing students’ learning using portfolios” (2017)
* Training of trainers (ToT) course as part of Erasmus+ Project titled “Establishment of a clinical master program in Rehabilitation Sciences at JUST (JUST-CRS)” at Oxford Brookes University (21-25 January 2019)
* Attended a workshop "انا احدث بياناتي بنفسي/updating my data workshop” (2017)
* Attended a workshop on “/ Assessing students’ learning without exams workshop/ تقييم تعليم الطلبة بغير الاختبارات “(March 2017)
* Attended a workshop on “Proposal Writing for H2020 EU funding opportunities” (January 17 – 19th 2017)
* Training in vision rehabilitation in the Netherlands (joint Tempus project between University of Jordan and German Jordanian University) (June 2016)
* Taylor and Francis Research Seminar (February 2016)
* Emotional intelligence 101 workshop, HUB Academy, Jordan (15th -23rd Jun 2013)
* Good Clinical Practice course by the National Health Services/UK (2011).
* Teaching course: “Getting By, Getting Better: Introduction to learning and teaching for postgraduate teachers” at The University of Salford (2010).
* Word courses parts 1, 2 and 3 at The University of Salford (2009).
* Excel courses at The University of Salford (2009).
* PowerPoint courses at The University of Salford (2009).
* Electronic resources for researchers at The University of Salford (2009).
* Introduction to EndNote X2 course at The University of Salford (2009).
* **Research interests:**
* Assessment and management of musculoskeletal disorders, specifically knee osteoarthritis
* Prevalence/screening studies
* Clinical gait analysis
* Electromyography
* Isokinetic dynamometers
* Physical activity
* Physical fitness
* Exercise therapy
* Patient and service provider perspectives – qualitative studies
* **Ongoing research projects:**
* A prevalence and descriptive study of knee osteoarthritis in Amman- Jordan: a preliminary study. Funded from the Deanship of Research/ University of Jordan.
* Perception of physiotherapy students toward exercise and the effectiveness of an exercise program on their physical fitness. Funded by the Deanship of Scientific Research/ The University of Jordan.
* Exploration of the clinical education program for physiotherapy students at the University of Jordan.
* **Publications:**
* L Al-Khlaifat, L Herrington, A Hammond, RK Jones (2013) [Effect of a six-week combined hip and knee neuromuscular exercise programme on joint loading and muscle co-contraction in individuals with medial knee osteoarthritis](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=WHhV-LYAAAAJ&imq=Dr.+Lara+Al-Khlaifat&btnA=1&authorid=18283734581111512193&citation_for_view=WHhV-LYAAAAJ:u-x6o8ySG0sC). Osteoarthritis Cartilage 21 (Supplement), S98
* L Al-Khlaifat, L Herrington, A Hammond, S Tyson, R Jones (2016) [The effectiveness of an exercise programme on knee loading, muscle co-contraction, and pain in patients with medial knee osteoarthritis: A pilot study](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=WHhV-LYAAAAJ&citation_for_view=WHhV-LYAAAAJ:u5HHmVD_uO8C). The Knee 1 (23), 63-69
* L Al-Khlaifat, LC Herrington, SF Tyson, A Hammond, RK Jones (2016) [The effectiveness of an exercise programme on dynamic balance in patients with medial knee osteoarthritis: A pilot study](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=WHhV-LYAAAAJ&imq=Dr.+Lara+Al-Khlaifat&btnA=1&authorid=18283734581111512193&citation_for_view=WHhV-LYAAAAJ:d1gkVwhDpl0C). The Knee 23 (5), 849-856
* Muhaidat, Al-Yahya, Mohammad, Qutishat, Okasheh, Al- Khlaifat. How is it like to grow old in Jordan? (2016). Journal of Aging and Physical Activity, 24, S63-S63
* Al-Yahya, Mohammad, Muhaidat, Al Demour, Qutishat, Al-Khlaifat, Okasheh, Esser, Dawes (2019) Functional balance and gait characteristics in men with lower urinary tract symptoms secondary to benign prostatic hyperplasia. American Journal of Mens Health 13 (3)
* Dania Qutishat, Jennifer Muhaidat, Maha Mohammad, Rasha Okasheh, Lara Al-Khlaifat and Emad Al-Yahya (2019) Exploring attitudes of physiotherapy students towards a community-based project used as a learning tool Physiotherapy Theory and Practice https://doi.org/10.1080/09593985.2019.1619209
* Maha T. Mohammad, Jennifer Muhaidat, Munther S. Momani, Lara Al-Khlaifat, Rasha Okasheh, Dania Qutishat, and Emad Al-Yahya (2019) Translation and Psychometric Properties of the Arabic Version of Michigan Neuropathy Screening Instrument in Type 2 Diabetes. Journal of Diabetes Researchhttps://doi.org/10.1155/2019/2673105
* Rasha Okasheh, Emad Al-Yahya, Lara Al-Khlaifat, Nihad Almasri, Jennifer Muhaidat, and Dania Qutishat (2019) Advancing Cardiorespiratory Physiotherapy Practice in a Developing Country: Surveying and Benchmarking. Rehabilitation Research and Practice <https://doi.org/10.1155/2019/7682952>
* Lara Al-Khlaifat, Rasha Okasheh, Jennifer Muhaidat, Ziad M Hawamdeh, Dania Qutaishat, Emad Al-yahya, Jihad M Al-ajlouni, and Maha T. Mohammad (2020) Perceptions and performance of exercise in people with knee osteoarthritis in the Middle East: are they different to countries in the developed world? a qualitative study in Jordan. Physiotherapy Theory and Practice. https://doi.org/10.1080/09593985.2020.1728793
* Lara Al-Khlaifat, Rasha Okasheh, Jennifer Muhaidat, Ziad M Hawamdeh, Dania Qutaishat, Emad Al-yahya, Jihad M Al-ajlouni, and Maha T. Mohammad (2020) Knowledge of Knee Osteoarthritis and Its Impact on Health in the Middle East: Are They Different to Countries in the Developed World? A Qualitative Study. Rehabilitation Research and Practice. <https://doi.org/10.1155/2020/9829825>
* [Dania Qutishat](https://www.tandfonline.com/author/Qutishat%2C+Dania) ,[Emad Al-Yahya](https://www.tandfonline.com/author/Al-Yahya%2C+Emad), [Maha T. Mohammad](https://www.tandfonline.com/author/Mohammad%2C+Maha+T), [Jennifer Muhaidat](https://www.tandfonline.com/author/Muhaidat%2C+Jennifer), [Lara Al-Khlaifat](https://www.tandfonline.com/author/Al-Khlaifat%2C+Lara), [Rasha Okasheh](https://www.tandfonline.com/author/Okasheh%2C+Rasha) (2020) The application of the international classification of functioning, disability and health as a framework in clinical reasoning; educators’ and graduates’ perspectives: a qualitative study. Physical Therapy Reviews Volume 26, [Issue 1](https://www.tandfonline.com/toc/yptr20/26/1)
* [Jennifer Muhaidat](https://www.tandfonline.com/author/Muhaidat%2C+Jennifer), [Emad Al-Yahya](https://www.tandfonline.com/author/Al-Yahya%2C+Emad), [Maha T. Mohammad](https://www.tandfonline.com/author/Mohammad%2C+Maha+T), [Dania Qutishat](https://www.tandfonline.com/author/Qutishat%2C+Dania), [Rasha Okasheh](https://www.tandfonline.com/author/Okasheh%2C+Rasha), [Lara Al-Khlaifat](https://www.tandfonline.com/author/Al-Khlaifat%2C+Lara), [Sophie Lawrie](https://www.tandfonline.com/author/Lawrie%2C+Sophie), [Patrick Esser](https://www.tandfonline.com/author/Esser%2C+Patrick), [Helen Dawes](https://www.tandfonline.com/author/Dawes%2C+Helen) (2022) Dual-tasking in older women: physical activity or else? Journal of Woman and Aging 2022; 34 (1):101-111. doi: 10.1080/08952841.2020.1819177
* Jennifer Muhaidat, Lara Al-Khlaifat, Emad Al-Yahya, Maha Mohammad, Rasha Okasheh, Dania Qutishat, and Helen Dawes (2022) Factors Associated with Physical Activity in Jordanian Older People. ACTIVITIES, ADAPTATION & AGING <https://doi.org/10.1080/01924788.2022.2056681>
* **Conferences:**
  + Attended Global Insights and Lessons Learnt on Digital Rehabilitation during the COVID-19 pandemic" 23/4/2022
* Oral presentation titles “Cultural background influences the perception and performance of exercise in the management of knee osteoarthritis: a qualitative study“ at the scientific day (2019)
* Oral presentation titled “Perceptions and performance of exercise in people with knee osteoarthritis in the Middle East: are they different to countries in the developed world? a qualitative study in Jordan” at the 4th Annual MENA physical medicine and rehabilitation congress 5/11/2019
* Oral presentation titled “Awareness of researchers in Jordan of the ethical considerations in qualitative research: a pilot study“ at the 4th international conference on research ethics in Jordan (2019)
* Attended “The First Eastern Mediterranean Summit on Tobacco Dependence Treatment” (Nov. 5-6 2017)
* Attended the First Scientific day for Allied Health Professions at the Royal Medical Services (2015)
* Oral presentation titled "The effectiveness of an exercise programme on dynamic balance in patients with medial knee osteoarthritis: a pilot study" at The First Conference of Jordan Universities in Rehabilitation Sciences at The University of Jordan (May 2015).
* Attended the "National Eramus plus" conference (Dec. 2014).
* Oral presentation titled "The effect of Combining knee and hip Exercises on the Load in Knee Osteoarthritis: a pilot study (CELKOA)" at The 7th Scientific day at the School of Rehabilitation Sciences at The University of Jordan (May 2013).
* Attended Salford Postgraduate Annual Research Conference (SPARC) (June 2012).
* Oral presentation titled "The effect of Combining knee and hip Exercises on the Load in Knee Osteoarthritis: a pilot study (CELKOA)" at The Knee osteoarthritis seminar at The University of Salford (Feb. 2012).
* Poster presentation titled "Test retest reliability of hip and knee muscle strength in 40-60 year olds" at The British Society of Rehabilitation Medicine/ The Society for Research in Rehabilitation joint summer meeting- University of Keele (July 2011).
* Poster presentation titled “Physiotherapy practice for knee osteoarthritis” at The Salford Postgraduate Annual Research Conference (SPARC) at The University of Salford (June 2010).
* Oral presentation titled “Physiotherapy practice for knee osteoarthritis” at The Physiotherapy Research Society (PRS) conference at Teesside University (May 2010).
* Attended Postgraduate Researchers In Science Medicine (PRISM) conference at The University of Manchester (Oct. 2009).
* Attended the Conference: “Length, strength and stiffness in muscle: Implications for the rehabilitation of gait in neurological conditions” at The University of Salford (Feb. 2009).
* **International collaboration:**
* Tempus project “Curriculum and skill development in vision rehabilitation”
* Erasmus project “Establishment of a clinical Master program in Rehabilitation Sciences at JUST (JUST-CRS)”
* Attended an ad-hoc management meeting at JUST university to discuss the progress in the Erasmus+ Project titled “Establishment of a clinical master program in Rehabilitation Sciences at JUST (JUST-CRS)”. The meeting was attended by all international partners (6/2/2019)
* **Courses taught at the School of Rehabilitation Sciences/ University of Jordan:**
* Principles and ethics of medical rehabilitation (1st year students)
* Tests and measures (2nd year students)
* Musculoskeletal Physiotherapy I &II (3rd year students).
* Special Cases in Physiotherapy (4th year students).
* Clinical Musculoskeletal Physiotherapy I & II (4th year students).
* Advanced Musculoskeletal Physiotherapy (MSc course)
* Current topics in Physiotherapy (MSc course)
* Sport related injuries I (MSc course)
* Field training courses (MSc course)
* **Community service:**
  + Member in the board of trustees in Nusseibeh College of Nursing, Midwifery and Allied Medical Professions (2021- Till now)
  + Member in the school board of the physiotherapy department at Al-Zaytouna University (2022- till now)
  + Member in the school board of the physiotherapy department at The University of Jerash (2021-2022)
  + An external examiner for an MSc student at The University of Bahrain (2022)

Member of many committees in the school of Rehabilitation Sciences including but not limited to:

* Member of higher education committee (2020-2022)
* Member of the scientific research, study plan, accreditation and quality assurance, and higher education committees (2018-2020, 2022-2023)
* Member of a School committee aiming to hire potential faculty members with MSc. degree (2017/2018)
* Head of the examination committee (2016/2017)
* Member of the conferences and seminars committee (2016/2017, 2017/2018)
* Member of the students’ counselling committee (2016- till now)
* Member of the accreditation and quality assurance committee (2016/2017, 2017/2018, 2018/2019, 2022-2023)
* Member of the environment committee (2015/2016)
* Member of the examination committee (2014/2015).
* Member of the first alumni meeting for the University of Jordan committee (2014/2015)
* Head of the library committee (2013/2014).
* Member of the community service committee (2013/2014).
* Head of the conferences and seminars committee (2012 – 2014).
* Member of the student's election committee (2012/2013).
* Head of the community service group as part of the strategic planning committee (2012/2013).

Reviewer for many per-reviewed journals:

* The Knee
* The Scientific pages of sports medicine
* Archives of physical Medicine and rehabilitation
* Physiotherapy theory and practice

**Note:** All documents and references are available upon request.