

**Jennifer Muhaidat**  
**PhD, PT**



**Address:**

Department of Physiotherapy  
Faculty of Rehabilitation Sciences  
University of Jordan  
Queen Rania Street  
Amman  
11942 Jordan

Tel: 00962 6 5355000-23215  
Mobile: 00962 791455045  
E-mail: [j.muhaidat@ju.edu.jo](mailto:j.muhaidat@ju.edu.jo)

Personal website:

<http://eacademic.ju.edu.jo/j.muhaidat/Lists/Published%20Research/AllItems.aspx>

ResearchGate:

[https://www.researchgate.net/profile/Jennifer\\_Muhaidat2](https://www.researchgate.net/profile/Jennifer_Muhaidat2)

Google Scholar:

<https://scholar.google.com/citations?user=58QzsrkAAAAJ&hl=en>

**Employment:**

**Dec 2020 – present:** Associate professor, Department of Physiotherapy, Faculty of Rehabilitation Sciences, University of Jordan

**Sep 2012 – Dec 2020:** Assistant professor, Department of Physiotherapy, Faculty of Rehabilitation Sciences, University of Jordan

**Nov 2006 –Aug 2007:** Teaching Assistant, Department of Physiotherapy, Faculty of Rehabilitation Sciences, University of Jordan

**Jul – Oct 2006:** Physiotherapist, Abdoun Physiotherapy Centre (Jordan).

**Administrative positions:**

**Sep 2016 – August 2018:** School of Rehabilitation Sciences website coordinator. University of Jordan

**Sep 2015 – Aug 2016:** Head of Physiotherapy Department, Faculty of Rehabilitation Sciences, University of Jordan

**Sep 2013 – Aug 2014:** Dean Assistant for training and student affairs, Faculty of Rehabilitation Sciences, University of Jordan

### **Education:**

**Jan 2009 – August 2012:** PhD in dual tasking in older adults, School of Health and Life Sciences, Glasgow Caledonian University, Glasgow (UK)

**Sep 2007- Sep 2008:** MSc Applied Physiotherapy, Sheffield Hallam University, Sheffield (UK)

**Oct 2002 – Jun 2006:** BSc Physiotherapy, University of Jordan, Amman (Jordan). GPA: 3.92 out of 4

### **Professional Registration:**

**5th Jan 2020 -Present:** International Association for Physical Therapists working with Older People (Associate member)

**Oct 2016 – Present:** **Jordanian Physiotherapy** society

**May 2007-2012:** Health Professions Council (HPC), Registration number: PH81119

**Jan 2007-present:** Ministry of Health (Jordan)

### **Publications:**

Muhaidat, Al-Khlaifat, Al-Yahya, Mohammad, Okasheh, Qutishat and Dawes (2022). Factors associated with physical activity in Jordanian older people. *Activities, Adaptation and Aging*. <https://doi.org/10.1080/01924788.2022.2056681>

Qutishat, Al-Yahya, Mohammad, Muhaidat, Al-Khlaifat and Okasheh (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*, 26 (1): 34-41.

Muhaidat, Al-Yahya, Mohammad, Qutishat, Okasheh, Al-Khlaifat, Lawrie, Esser and Dawes (2020). Dual tasking in older women: Physical activity or else? *Journal of Women & Aging*, <https://doi.org/10.1080/08952841.2020.1819177>

Al-Khlaifat, Okasheh, Muhaidat, Hawamdeh, Qutishat, Al-yahya, Al-ajlouni, and 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>

Al-Khlaifat, Okasheh, Muhaidat, Hawamdeh, Qutishat, Al-yahya, Al-ajlouni, and 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>

Muhaidat, Al-Khlaifat, Al-Yahya, Mohammad, Okasheh, Qutishat, Lawrie, Esser and Dawes (2019). Dual tasking in older women: Physical activity or else? Age and Ageing 48 (Supplement\_4): iv9-iv12 (**conference abstract only**)

Okasheh, Al-Yahya, Al-Khlaifat, Almasri, Muhaidat and Qutishat (2019). Advancing Cardiorespiratory Physiotherapy Practice in a Developing Country: Surveying and Benchmarking. *Rehabilitation Research and Practice*, <https://doi.org/10.1155/2019/7682952>  
Muhaidat and Kerr (2019). Development and decline of movement, In an introduction to human movement and biomechanics. Kerr and Rowe, eds. 7<sup>th</sup> edition. Elsevier, London

Al-Yahya, Mohammad, Muhaidat, Al Demour, Qutishat, Al-Khlaifat, Okasheh, Lawrie, Esser and Dawes (2019). Functional Balance and Gait Characteristics in Men With Lower Urinary Tract Symptoms Secondary to Benign Prostatic Hyperplasia. *American Journal of Men's Health*, <https://doi.org/10.1177/1557988319839879>

Mohammad, Muhaidat, Momani, Al-Khlaifat, Okasheh, Qutishat and AL-Yahya (2019). Translation and Psychometric Properties of the Arabic Version of Michigan Neuropathy Screening Instrument in Type 2 Diabetes. *Journal of Diabetes Research*, <https://doi.org/10.1155/2019/2673105>

Qutishat, Muhaidat, Moahammad, Okasheh, Al-Khlaifat and 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>

Skelton DA and Muhaidat J (2015). Mobility in Later Life, in Lichtenberg PA and Mast BT (eds), *APA Handbook of Clinical Geropsychology*. American Psychological Association.

Muhaidat J, Kerr A, Evans JJ, Pilling M and Skelton DA (2014). Validity of simple gait-related dual-task tests in predicting falls in community-dwelling older adults. *Archives of Physical Medicine and Rehabilitation*, 95 (1): 58-64.

Muhaidat J, Kerr A, Evans JJ and Skelton DA (2013). Exploring gait-related dual task tests in community-dwelling fallers and non-fallers: a pilot study. *Physiotherapy theory and practice*, 29 (5): 351-370.

Muhaidat J, Kerr A, Evans JJ and Skelton DA (2013). The test-retest reliability of gait-related dual task performance in community-dwelling fallers and non-fallers. *Gait and Posture*, 38 (1): 43-50.

Kerr A, Rafferty D, Dall P and Muhaidat J (2012). Validity of measuring the sit to walk movement with an inertial sensor. *Physiotherapy Research International*, 17 (3): 187

Muhaidat J, Kerr A, Rafferty D, Skelton DA and Evans JJ (2011). Measuring Foot Placement and Clearance during Stair Descent. *Gait and Posture*, 33 (3):504-506

Muhaidat J, Skelton DA, Kerr A, Evans JJ and Ballinger C (2010). Older adults' experiences and perceptions of dual tasking. *British Journal of Occupational Therapy*, 73 (9): 405-412

Muhaidat J, Skelton DA, Kerr A, Evans JJ and Ballinger C (2010). Are We Using The Right Dual Task Tests To Detect Mobility Problems? Perspectives from Older People. *Parkinsonism and Related Disorders*, 16 (Supp1): S52-S53 (**conference abstract only**)

Muhaidat J, Skelton DA, Kerr A and Evans JJ (2010). The feasibility of different task combinations for the assessment of dual task performance in community-dwelling fallers and non-fallers. *Injury Prevention*, 16 (A225): doi:10.1136/ip.2010.029215.801 (**conference abstract only**)

### **Conferences:**

**22-23<sup>rd</sup> of Feb 2020:** Wellness. Jo CONFERENCE: Towards healthy lifestyle. Oral presentation. (Amman, Jordan)

**14<sup>th</sup> Dec 2019:** The 5<sup>th</sup> International Conference on Mental Health and Rehabilitation. Oral presentation. (Amman, Jordan)

**4-7<sup>th</sup> Dec 2019:** 1<sup>st</sup> World Congress on Falls and Postural Stability. Oral Presentation. (Kuala Lumpur, Malaysia)

**5<sup>th</sup> Nov 2019:** The 3<sup>rd</sup> International Conference on Research Ethics in Jordan: Publications and Authorship. Oral Presentation (Irbid, Jordan).

**5-6<sup>th</sup> Nov 2017:** First Eastern Mediterranean Summit on Tobacco Dependence Treatment. Attendance. (Amman, Jordan)

**28<sup>th</sup> Jun – 1<sup>st</sup> Jul 2016:** World Congress on Active Ageing. Oral presentation. (Melbourne, Australia)

**12-14 Sep 2015:** Change 4 Life Symposium. Oral presentation (Oman)

**4<sup>th</sup> Apr 2015:** the 46<sup>th</sup> International Forum on Physical Culture. Jordan. Oral presentation

**6<sup>th</sup> May 2014:** 1<sup>st</sup> Scientific Conference of the Faculty of Rehabilitation Sciences. Amman (Jordan). Oral presentation

**13<sup>th</sup>-14<sup>th</sup> Jan 2012:** MOBEX 2012. Zurich (Switzerland). Oral presentation

**5<sup>th</sup> May 2011:** The 30<sup>th</sup> Scientific Meeting of the Physiotherapy Research Society. Keele University, UK. Oral presentation

**15<sup>th</sup> and 16<sup>th</sup> Jan 2011:** MOBEX 2011. Glasgow (UK). Oral presentation

**21<sup>st</sup>-24<sup>th</sup> Sep 2010:** 10<sup>th</sup> World conference on injury prevention and safety promotion. London (UK). Poster presentation

**4th Jun 2010:** East Midlands and Trent Falls Symposium. Nottingham (UK). Oral presentation  
**27<sup>th</sup> May 2010:** The 29th Scientific Meeting of the Physiotherapy Research Society. Teesside University. Middlesbrough (UK). Oral presentation  
**26th-28th Feb 2010:** The 3rd International Congress on Gait and Mental Function GAIT10. Washington D.C (USA). Poster presentation  
**7th May 2009:** The 28th Scientific Meeting of the Physiotherapy Research Society. Glasgow Caledonian University, Glasgow (UK). Attended  
**30-31<sup>st</sup> Jan 2009:** CORE conference, Glasgow Caledonian University, Glasgow (UK). Attended  
**May 2006:** The Second International Scientific Conference of Physiotherapy, Jordanian Physiotherapy Society (Jordan). Attended

### **Post Qualifying Courses:**

**8<sup>th</sup> Dec 2019:** Otago progressive balance and strength training. Kuala Lumpur, Malaysia  
**June 2018-Nove 2019:** Fellowship in Responsible conduct of Research – University of California San Diego and JUST  
**21<sup>st</sup>-25<sup>th</sup> Jan 2019:** Clinical rehabilitation sciences training as part of Erasmus+ JUST-CRS program. Oxford, United Kingdom  
**5-6<sup>th</sup> Dec 2016:** Horizon 2020 training” Proposal Writing for H2020 EU funding opportunities”. Amman, Jordan  
**Mar 13<sup>th</sup> – 4<sup>th</sup> June 2016:** Tempus project “Curriculum and skill development in vision rehabilitation” project activities in low vision. German Jordanian University (Jordan) & Royal Dutch Visio (Netherlands)  
**Sep-Nov 2014:** Patient Engagement Design. Stanford University online course  
**Dec 2014:** Medical Education in the New Millennium. Stanford University online course  
**7<sup>th</sup>-9<sup>th</sup> Apr 2014:** Tobacco Dependence Treatment Training. Global Bridges/ KHCC (Jordan)  
**15<sup>th</sup>-23<sup>rd</sup> Jun 2013:** Emotional Intelligence 101 Workshop. HUB Academy (Jordan)  
**5<sup>th</sup>-9<sup>th</sup> Apr 2013:** Train-of-Trainers program. Business Development Center (Jordan)  
**Nov 2010- Jan 2011:** Exercise for the prevention of falls and injuries in frailer older people, Phase IV postural stability instructor. Later life training (UK)  
**Sep- Dec 2006:** Therapeutic massage and shiatsu, Al- Kuds College (Jordan)

### **Workshops provided:**

**May 2015:** Manual handling. Royal Medical Services, Jordan  
**10<sup>th</sup> Sep 2012:** 13<sup>th</sup> International falls and postural stability conference. Leeds (UK). Dual tasking and falls workshop facilitator

### **Awards:**

**May 2010:** Primary Care Sciences prize for the best research presentation. The 30<sup>th</sup> Scientific Meeting of the Physiotherapy Research Society. Keele University, UK.  
**Nov 2008:** The Faculty of Health and Wellbeing Physiotherapy Prize. Sheffield Hallam University (United Kingdom)

### **Research projects:**

- Prevalence and contributing factors to falls and injurious falls among communitydwelling older adults living in Jordan. Funded from the Deanship of Research/ University of Jordan.
- Gait-related dual tasking changes in adults with low vision. In collaboration with the German Jordanian University.
- Exploration of the clinical education program for physiotherapy students at the University of Jordan.
- Teaching clinical reasoning for physiotherapy students using the International Classification of Functioning, disability and health (ICF) as a framework.
- Development and validation of simple assessment tool to detect neuropathy-related changes in gait in patients with diabetes mellitus (DM).
- Perception of physiotherapy students toward exercise and the effectiveness of an exercise program on their physical fitness.
- Patient's perception of exercise therapy in the management of knee OA.

### **Taught modules:**

- Physiotherapy for older adults
- Physical and electrical modalities
- Tests and measures
- Special cases in physiotherapy
- Physiotherapy clinical training
- Kinesiology
- Research methods in rehabilitation
- Acute care

### **Community service:**

- Membership of department and school committees at the School of Rehabilitation Sciences / The University of Jordan
- Editorial board member of Annals of Rehabilitation Research and Practice
- Reviewer for peer-reviewed journals (Age and Ageing, Clinical interventions in Aging, Disability and Rehabilitation, European Journal of Physiotherapy, Gait and Posture, Journal of Aging and Physical Activity)

**Note:** all documents and references will be provided upon request