

Date 16/09/2022

Personal  
Photo

Dr. Anas Radi Alashram

### PERSONAL INFORMATION

Title: PhD, Physiotherapy

Academic Rank: Assistant Professor

Date & Place of Birth: 04/06/1991 Amman, Jordan

Nationality: Jordanian

Address: Amman, Jordan

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### ACADEMIC QUALIFICATIONS

Degree	Major	Duration (From-To)	University	Country
PhD	Physiotherapy/ Neuroscience	2017-2020	University of Rome Tor Vergata	Italy
MSc	Physiotherapy/ Physical Activity & Health Promotion	2015-2017	University of Rome Tor Vergata	Italy
BSc	Physiotherapy	2009-2013	University of Jordan	Jordan

## TEACHING EXPERIENCE

Duration	Rank	Institution	Department/Faculty	Country
19/09/2022- Present	Assistant Professor	Middle East University	Physiotherapy/ Allied Medical Sciences	Jordan
01/03/2022- 30/09/2022	Assistant Professor	Universita Telematica San Raffaele Roma	Scienze e Tecniche delle Attività Motorie Preventive e Adattate	Italy
18/09/2021- 18/09/2022	Assistant Professor	Isra University	Physiotherapy/ Allied Medical Sciences	Jordan
28/02/2021- 17/09/2021	Lecturer	Isra University	Physiotherapy/ Allied Medical Sciences	Jordan
01/11/2017- 30/10/2018	Lecturer	University of Rome Tor Vergata	Medicine Systems/ Medicine and Surgery	Italy

## OTHER EXPERIENCE

Duration	Rank	Institution	Department/Faculty	Country
03/09/2022- Present	Dean of Allied Medical Sciences Faculty	Middle East University	Faculty of Allied Medical Sciences	Jordan
03/09/2022- Present	Head of Physiotherapy Department	Middle East University	Faculty of Allied Medical Sciences	Jordan
18/09/2021- 18/09/2022	Head of Physiotherapy Department	Isra University	Faculty of Allied Medical Sciences	Jordan
18/09/2021- 18/09/2022	Head of Respiratory Therapy Department	Isra University	Faculty of Allied Medical Sciences	Jordan
15/11/2016- 12/01/2017	Physiotherapist	Center for Victims of Torture	Physiotherapy	Jordan
02/02/2014- 31/08/2015	Physiotherapist	Handicap International	Physiotherapy	Jordan
20/08/2013- 01/02/2014	Physiotherapist	Alhelal Center	Physiotherapy	Jordan
01/03/2012- 20/03/2013	Research Assistant	University of Jordan	Rehabilitation Sciences	Jordan

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## PUBLICATIONS

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### JOURNALS

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- **Effects of Brain-Computer Interface Controlled Functional Electrical Stimulation on Motor Recovery in Stroke Survivors: A Systematic Review.** Current Physical Medicine and Rehabilitation Reports (September 2022)  
*Anas R. Alashram*, Elvira Padua, Giuseppe Annino
- **Specificity of weightlifting bench exercises in kayaking sprint performance: A perspective for neuromuscular training.** Frontiers in Physiology (July 2022)  
Cristian Romagnoli, Giorgio Gatta, Niloofar Lamouchideli, Antonino Bianco, Stefano Loddo, *Anas R. Alashram*, Vincenzo Bonaiuto, Giuseppe Annino, Elvira Padua
- **Noninvasive brain stimulation for cognitive rehabilitation following traumatic brain injury: a systematic review.** Applied Neuropsychology (June 2022)  
*Anas R. Alashram*, Elvira Padua, Giuseppe Annino
- **Focal Muscle Vibration Reduces Spasticity and Improves Functional Level in Incomplete Spinal Cord Injury: A Case Report.** Physikalische Medizin Rehabilitationsmedizin Kurortmedizin (June 2022)  
*Anas R. Alashram*, Giuseppe Annino
- **Letter to the Editor: Effectiveness of a Web-Based Direct-to-User Transfer Training Program: Comments on A Randomized Controlled Trial.** Archives of Physical Medicine and Rehabilitation (May 2022)  
*Anas R. Alashram*
- **Efficacy of physical exercise on cortical activity modulation in mild cognitive impairment: Comments on a systematic review.** Archives of Physical Medicine and Rehabilitation (May 2022)  
*Anas R. Alashram*, Giuseppe Annino
- **Analgesic Effect of Extracorporeal Shock-Wave Therapy in Individuals with Lateral Epicondylitis: A Randomized Controlled Trial.** Journal of Functional Morphology and Kinesiology (March 2022)  
Salameh Aldajah, *Anas R. Alashram*, Elvira Padua, Giuseppe Annino

- **Clinical effectiveness of focal muscle vibration on gait and postural stability in individuals with neurological disorders: A systematic review.** Physiotherapy research international (March 2022)  
*Anas R. Alashram*, Elvira Padua, Cristian Romagnoli, Manikandan Raju, Giuseppe Annino
- **Transcranial direct current stimulation for upper extremity spasticity rehabilitation in stroke survivors: A systematic review of randomized controlled trials. PM&R** (March 2022)  
*Anas R. Alashram*, Elvira Padua, Aseel Aburub, Manikandan Raju, Giuseppe Annino
- **Clinical effectiveness of focal muscle vibration on gait and postural stability in individuals with neurological disorders: A systematic review.** Physiotherapy Research International (March 2022).  
*Anas R. Alashram*, Elvira Padua, Cristian Romagnoli, Manikandan Raju, Giuseppe Annino
- **Hyperbaric oxygen therapy for cognitive impairments in patients with traumatic brain injury: A systematic review.** Applied Neuropsychology: Adult (February 2022).  
*Anas R. Alashram*, Elvira Padua, Cristian Romagnoli, Giuseppe Annino
- **Efficacy of physical exercise on cortical activity modulation in mild cognitive impairment: Comments on a systematic review.** Archives of Physical Medicine and Rehabilitation (February 2022).  
*Anas R. Alashram*, Giuseppe Annino
- **Effects of Repetitive Transcranial Magnetic Stimulation on Upper Extremity Spasticity Post-Stroke: A Systematic Review.** Physikalische Medizin Rehabilitationsmedizin Kurortmedizin (December 2021).  
*Anas R. Alashram*, Elvira Padua, Cristian Romagnoli, Manikandan Raju, Giuseppe Annino
- **Transcutaneous spinal cord stimulation effects on spasticity in patients with spinal cord injury: A systematic review.** The Journal of Spinal Cord Medicine (December 2021).  
*Anas R. Alashram*, Elvira Padua, Manikandan Raju, Cristian Romagnoli, Giuseppe Annino

- **Effect of Anodal Transcranial Direct Current Stimulation at the Right Dorsolateral Prefrontal Cortex on the Cognitive Function in Patients with Mild Cognitive Impairment: Comments on a Randomized Double-Blind Controlled Trial.** Archives of Physical Medicine and Rehabilitation (November 2021).

*Anas R. Alashram*, Giuseppe Annino

- **Robot-assisted gait training in individuals with spinal cord injury: A systematic review for the clinical effectiveness of Lokomat.** Journal of Clinical Neuroscience (July 2021).

*Anas R. Alashram*, Giuseppe Annino, Elvira Padua

- **The effect of age, sex and a firm-textured surface on postural control.** Experimental Brain Research (July 2021).

Francesco Palazzo, Alessandra Nardi, Niloofar Lamouchideli, Alfio Caronti, *Anas Alashram*, Elvira Padua, Giuseppe Annino

- **Rehabilitation of limb apraxia in patients following stroke: a systematic review.** Applied Neuropsychology: Adult (April 2021).

*Anas R. Alashram*, Giuseppe Annino, Salameh Aldaja, Elvira Padua

- **Efficacy of proprioceptive neuromuscular facilitation on spasticity in patients with stroke: a systematic review.** Physical Therapy Reviews (March 2021).

*Anas R. Alashram*, Elvira Padua, Alia Alghwiri, Giuseppe Annino

- **Bilateral Arm Training vs Unilateral Arm Training for Severely Affected Patients with Stroke: Comments on Exploratory Single-Blinded Randomized Controlled Trial.** Archives of Physical Medicine and Rehabilitation (March 2021).

*Anas R. Alashram*, Giuseppe Annino

- **Effects of sensory stimulation on level of consciousness in comatose patients after traumatic brain injury: A systematic review.** Physiotherapy Practice and Research (January 2021).

*Anas R. Alashram*, Giuseppe Annino, Salameh Aldaja, Sakher Bani Hamad, Besan Aliswed, Elvira Padua.

- **Comments on “The Beneficial Effects of Mind-Body Exercises for People with Mild Cognitive Impairment: A Systematic Review with Meta-analysis”** Archives of Physical Medicine and Rehabilitation (September 2020).  
*Anas R. Alashram, Giuseppe Annino*
- **Mental Practice Combined with Physical Practice to Enhance Upper Extremity Functional Ability Poststroke: A Systematic Review.** Journal of Stroke Medicine (September 2020).  
*Anas R. Alashram, Giuseppe Annino, Mohammed Qtaishat, Elvira Padua.*
- **2D Video Analysis System to Analyze the Performance Model of Figure Roller Skating: A Pilot Study.** Proceedings (June 2020).  
Cristian Romagnoli, Vincenzo Bonaiuto, Giorgio Gatta, Naomi Romagnoli, *Anas Alashram, Elvira Padua, and Giuseppe Annino*
- **Effects of physical therapy interventions on balance ability in people with traumatic brain injury: A systematic review.** Neurorehabilitation (June 2020).  
*Anas R. Alashram, Giuseppe Annino, Manikandan Raju, and Elvira Padua*
- **Effects of three different stretching protocols on hamstring muscle flexibility in professional soccer players: a randomized study.** The Journal of sports medicine and physical fitness (June 2020). Vincenzo MaNZi, Ferdinando Iellamo, *Anas r. Alashram, Rosario d’oNofrio, Elvira Padua, Maurizio CaSaSco, Giuseppe ANNINO*
- **Changes in spasticity following functional electrical stimulation cycling in patients with spinal cord injury: A systematic review.** The Journal of Spinal Cord Medicine (May 2020).  
*Anas R. Alashrama, Giuseppe Annino, Nicola Mercuri*
- **Effectiveness of virtual reality on balance ability in individuals with incomplete spinal cord injury: A systematic review.** Journal of Clinical Neuroscience (January 2020).  
*Anas R. Alashram, Elvira Padua, Ahamad K.Hammash, Mauro Lombardo, Giuseppe Annino*

- **Effectiveness of Focal Muscle Vibration on Hemiplegic Upper Extremity Spasticity in Individuals with Stroke: A Systematic Review.** Neurorehabilitation (December 2019)  
*Anas R. Alashram*, Elvira Padua, Cristian Romagnoli, Giuseppe Annino
- **Optimizing Gait Ability after Task-Oriented Circuit Class Training Posttraumatic Brain Injury: A Case Report.** Indian Journal of Physical Medicine and Rehabilitation (November 2019)  
*Anas Alashram*
- **Effectiveness of Warm-Up Routine on the Ankle Injuries Prevention in Young Female Basketball Players: A Randomized Controlled Trial.** Medicina (October 2019)  
Elvira Padua, Agata Grazia D'Amico, *Anas Alashram*, Francesca Campoli, Cristian Romagnoli, Mauro Lombardo, Matteo Quarantelli, Emanuele Di Pinti, Christian Tonanzi, Giuseppe Annino
- **Rhythmic Auditory Stimulation in Gait Rehabilitation for Traumatic Brain and Spinal Cord Injury.** Journal of Clinical Neuroscience (August 2019).  
*Anas R. Alashram*, Giuseppe Annino, Nicola Biagio Mercuri
- **Task-oriented Motor Learning in Upper Extremity Rehabilitation Post Stroke.** Journal of Stroke Medicine (August 2019).  
*Anas R. Alashram*, Giuseppe Annino, Nicola Biagio Mercuri
- **Effects of Whole-Body Vibration on Motor Impairments in Patients with Neurological Disorders: A Systematic Review.** American Journal of Physical Medicine & Rehabilitation (June 2019).  
*Anas R. Alashram*, Elvira Padua, Giuseppe Annino
- **Cognitive rehabilitation post traumatic brain injury: A systematic review for emerging use of virtual reality technology.** Journal of Clinical Neuroscience (May 2019).  
*Anas R. Alashram*, Giuseppe Annino, Elvira Padua, Cristian Romagnoli, Nicola Biagio Mercuri
- **Effect of Segmental Muscle Vibration on Upper Extremity Functional Ability Post Stroke: A Randomized Controlled Trial.** Medicine (Feb 2019).  
Giuseppe Annino, *Anas R. Alashram*, Cristian Romagnoli, Giuseppe Messina, Virginia Tancredi, Elvira Padua, Nicola Biagio Mercuri



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## CONFERENCES

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7 <sup>th</sup> International Conference of the Royal Medical Services, Amman, Jordan	Nov 4-5, 2014
SOFEX Jordan, by (HydroMax MultiPurpose), Marka Military Airport, Amman, Jordan	May 6, 2014
The seventh faculty of rehabilitation sciences scientific day, faculty of rehabilitation sciences; University of Jordan; (JU), Amman, Jordan.	May 5, 2013
Jordanian Palliative Care Society (JOPCS), “Palliative Care”; Seminar, Amman, Jordan.	April 7, 2013
Workshop Contest industry and universities challenge ASRF, Amman, Jordan.	March 14, 2013
The first Jordanian Physiotherapy Society (JPTS) scientific days, “Rehabilitation Research’s”, Amman, Jordan.	January 18-19, 2013

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## BOOKS

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Author/s (In Order)	Title	Publisher	Edition	Date
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## MEMBERSHIPS OF SCIENTIFIC AND PROFESSIONAL SOCIETIES

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American Physical Therapy Association (APTA)

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## UNIVERSITY COMMITTEES

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Student Disciplinary Committee

Scientific Research Committee

Strategic Planning Committee

Courses Plans Committee

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## WORKSHOPS ATTENDED

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### Physiotherapy Courses

January 2020	Physical activities and accessibility with elderly
September 2019	Old people and health education
June 24, 2018	Differential Reinforcement, AFIRM
June 24, 2018	Exercise, AFIRM
June 22, 2018	Cognitive behavioural intervention, AFIRM
Jan 25, 2018	Cardinal planes
Jan 24-25, 2018	Assessment of the foot and ankle
Dec 17-18, 2018	Balance
Nov 27-30, 2018	Management if the children with club foot: introduction to club foot, assessment of club foot, management of children with club foot, effective club foot management consideration,
Oct 25 - Nov 3, 2017	Global health: introduction to global health, global health challenges, global health governance, health systems and the role of physiotherapist
Aug 15-19, 2016	Physical activity



June 10- July 7, 2016	Rehabilitation of spacial cases: Exercise, health and patterns in physical activity, Achilles Tendinopathy, Cervical Anatomy, Gastrocnemius and Soleus muscles
Aug 6-7, 2015	Medical Taping Concept (MTC2)
July 30-31, 2015	Medical Taping Concept (MTC1)
Apr 15- June 1, 2015	Lower Limb Amputee Rehabilitation, ICRC
Jan 28, 2015	Common Orthopedic Problems in Children, HI
Jan 25, 2015	Gait and KAFO & AFO, HI
Dec 11, 2014	What OT Means? HI
Nov 24, 2014	Movement Facilitation, HI
Nov 10, 2014	Hand Management for PNI, HI
Nov 5-7, 2014	Scientific activities, RMS
Nov 4, 2014	(Physical medicine & Rehabilitation) better spinal cord injury management for better society, RMS
Oct 9, 2014	Basic Information about Splints, HI
Sept 25, 2014	Listening Skills, HI
Sept 17, 2014	Group Support, HI
Sept 9, 2014	Home Program and Smart Goals, HI
Apr 23- May 25, 2014	Physiotherapy Management of Spinal Cord Injuries, ISCOS.
Jan 9, 2014	Beneficiary and Caregivers, HI
Feb 5-7, 2013	Shoe Modification and Orthotic Evaluation, JU
Feb 5-7, 2013	Prosthetic Alignment, JU
Jan 19, 2013	Hand Rehabilitation, JPTS
Jan 10-13, 2013	Mulligan-Part A&B
Dec 20, 2012	Introduction to Mulligan course, JU
Jan 13, 2012	Introduction to Mackenzie course, JPTS
March 26, 2010	Serial casting for lower limbs, JPTS

### Medical Training Courses

June 18, 2015	Medical Analysis, TRC
May 1, 2015	Injection Skills, TRC
Apr 6, 2015	First Aid, TRC
March 10, 2015	Suture, TRC
Dec 31, 2014	BLS Provider, AHA
March 21-22, 2013	Injection, JU
Jan 24, 2013	Cardiopulmonary resuscitation (CPR), JU

### Management Courses

Jan 11-14, 2019	Developing Theories of Change, IRC
Nov 6, 2017	Introduction to monitoring and evaluation, IRC
Jan 15-28, 2017	Essential Skills for New Manager, CODF
Jan 28, 2017	Making a success of your first management role, Cegos
Jan 27, 2017	Fostering and maintaining motivation, Cegos
Jan 27, 2017	Becoming a manager/ Coach, Cegos
Jan 15-26, 2017	Guiding Team and Individual Actions, Cegos



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Aug 15-17, 2016	The management styles, Cegos
July 1-30, 2016	Project Management in the development sector, LML
July 1-3, 2016	Project management: Introduction to project management, project identification and design, project set up, project planning, project implementation, project monitoring, evaluation and control, end of project transition, LML

## WORKSHOPS OFFERED

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2013	Role of physiotherapy in patients with Wilson's disease. First JPTS scientific days, Amman, Jordan.
2013	HydroMax MultiPurpose (Poster). Seventh faculty of Rehabilitation Sciences Scientific Day; University of Jordan, Amman, Jordan.
May 16, 2013	"Low Back Pain", at Fit Pro Academy, Amman, Jordan
May 9, 2013	"Knee Problems", at Fit Pro Academy, Amman, Jordan

## RESEARCH INTERESTS

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- Stroke rehabilitation
- Spinal cord injury rehabilitation
- Traumatic brain rehabilitation
- Parkinson's disease rehabilitation
- Multiple sclerosis rehabilitation
- Sports injury rehabilitation



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## LANGUAGES

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Arabic: Mother language

English: Fluent

Italian: Good

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## OTHER COMMUNITY ACTIVITIES

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## AWARDS RECEIVED

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## GRADUATE STUDENTS' SUPERVISION

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Academic advisor for master's degree thesis for student in physical activity and health promotion course. University of Rome Tor Vergata, Rome, Italy

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## REFERENCES

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