

د. أحمد بن إبراهيم الخروصي

أستاذ مساعد

التأهيل و العلوم االطبية

كلية العلوم الصحية

جامعة نزوى، سلطنة عمان

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موقع المكتب: 33–22

يعمل في الجامعة: منذ 2021

الحالة الاجتماعية: M..

المؤهلات الأكاديمية

World Physiotherapy Leadership Program ، World Physiotherapy ، 2026

Fellowship - Advancement of International Medical Education and Research، Ain Shams ، 2025، Development and Validation of Clinical tool to assess performance of third year Physical Therapy students in musculoskeletal placement

Professional Doctorate in Allied Health، Glasgow Caledonian University ، 2015، The effectiveness of McKenzie Extension program on herniated disc: AN Exploratory Study

Master in Musculoskeletal and Sport Physiotherapy، University of South Australia ، 2006، The effectivnes of exercise on knee osteoarthritis: Systematic Review

Post Graduate Diploma، Institute of Health Sciences ، 2002، The effect of elbow degree on hand grip strength

Diploma ion Physiotherapy، Institute of Health Sciences ، 1999

أنشطة التدريس

Research Methods

Research epidemiology

Musculoskeletal Physiotherapy

Psychosocial Aspects of patent care

Professional Issues and Ethics

Manual Therapy

Physiotherapy in musculoskeletal

Orthopedic Physiotherapy

Hydrotherapy

Physical Therapy applications

Graduation Projects

Kinesiology

Biomechanics

Clinical Education

Professional Review Course Exam

clinical Decision Making

Investigating Effective Practice

Physiotherapy in Sport

Introduction to Physical Therapy Profession

الأنشطة البحثية

الاهتمامات البحثية ـ

Musculoskeletal disorders

Manual Therapy

Spine disorders

Sport injuries

Neurology

Exercise Therapies

Virtual and Augmented Reality

Electrotherapy

العرض في المؤتمرات ـ

Evidence for the effectiveness of Mechanical traction in the management of mechanical low back pain، 2nd International Spine Rehabilitation Conference ، Iran، 06/04/2025

Artificial Intelligence in Rehabilitation ، Artificial Intelligence in Healthcare and Rehabilitation، Novotel Hotel Muscat ، 14/02/2024

Ergonomics and Work Related Musculoskeletal Disorders، The First Virtual International Conference on Allied Health Sciences، 25/10/2023

Rheumatology Management and Treatment Physiotherapy Forum 2023، Avani Hotel, Muscat، ،- 14/09/2023

The different Theories Explaining Disc Herniation Resorption and the Impact on Physiotherapy،

23rd Seminar in Specific Spinal Physical Therapy، University of Social Welfare and Rehabilitation Sciences, Tehran, Iran، 31/05/2023 - 01/6/2023

Work Related musculoskeletal disorders ، A safe and health Working Environment Workshop، Nizwa Hospital، 08/05/2023

Systematic Critical Appraising Skills of Clinical Evidences ، Towards Leadership in Education، University of Nizwa، 04/05/2023

Innovative technologies in Rehabilitation Field، Pharmacy and Nursing Scientific Day ، University of Nizwa، 15/02/2023

حضور *المؤتمرات* ـ

First Oman International Rehabilitation Conference ، Muscat ، 13/04/2026

Innovation in Health sector ، Ministry of Health ، 21/04/2025

QS Higher Ed Post Summit: Asia Pacific 2024، 08/11/2024

Shaping the future for Rehabilitation (2nd National Rehabilitation Conference) ، Grand Millennium Muscat ، 02/11/2024

E-Certificate: Digital Tools To Improve Learner`s Engagement، University of Nizwa، 24/10/2024

QS Higher Ed Summit: Asia Pacific 2024، 05/11/2024-07/11/2024

Astonishing Drug Delivery System: The past, present and future ، University of Nizwa ، 14/03/2024

23rd Seminar in Specific Spinal Physical Therapy ، University of Social Welfare and Rehabilitation Sciences, Tehran, Iran، 31/05/2023 - 01/6/2023

Item Construction and Analysis Certificates، Sultan Qaboos University ، 27/02/2022

Code of Ethics and Professionalism at work Environment Course، Omani Physiotherapy and Rehabilitation Association, Oman، 29-30/05/2008

Evidence-Based Practice in Cardiopulmonary Physiotherapy، Dubai, UAE، 24/04/2008

The pelvis – An Integrated Approach for Facilitating Change، Dubai, UAE، 23/04/2008

The 2nd Emirates Physiotherapy Conference، Dubai, UAE، 22/04/2008

Emirates Physiotherapy Post-Conference، Harvard Medical School Dubai Center, UAE، 21/04/2008

Emirates Physiotherapy Conference، Harvard Medical School Dubai Center, UAE، 20/04/2008

Measurement and Evaluation for Health Profession’s Educators Workshop، Crown Plaza Hotel, Muscat, Oman، 22-24/03/2008

First Physical Medicine Symposium، The Law College Auditorium , Oman، 18/11/2007

2nd OPRA Symposium Management of Common Musculoskeletal Disorders ، Institute of Health Sciences, Muscat, Oman، 21/06/2007

Workshop on Introduction to Research Methodology ، IHS auditorium، 12/04/2007

Advanced First Aid Emergency Asthma Management Sports Trauma Course، Australia، 28/02/2006

Third Asian Conference (Science with Foot Medicine)، Muscat, Oman، 19-22/05/2005

XXVIII FIMS World Congress، Al Bustan Hotel, Muscat, Oman، 26/01/2004

FIMS Sports Rehabilitation Course، Al Bustan Hotel, Muscat, UAE، 25/01/2004

ISAKOS Arthroscopy Workshop، Al Bustan Hotel, Muscat, Oman، 24/01/2004

Nizwa Orthopedic Conference، Nizwa Hospital، 25/09/2003

week clinical placement، Glasgow, UK، 24/06/2002-16/08/2002-8

Third Asian Federation of Sports Medicine Congress، Al Bustan Hotel, Muscat, Oman، 30/01/2002-02/02/2000

Sports Medicine and Rehabilitation Course، Al Bustan Hotel, Muscat, Oman، 29/01/2000

year internship course ، Institute of Health Sciences، 11/9/1999-1

المنشورات –

مقال:

1. Neck and Shoulder Pain: Prevalence and Risk Factors Among Omani School Teachers 2025

2. The effectiveness of intramuscular dry needling stimulation in treating trigger points: A case series 2024

3. The effectiveness of physical rehabilitations on spirographic indicators in the community–acquired pneumonia during recuperation 2021، Introduction: Coronavirus 19 (Covid 19) was first discovered clinically in china in November 2019. Covid 19 causes lungs secondary complications such as pneumonia and in most severe cases, acute respiratory distress syndrome. During the 2009 influenza pandemic, H1N1 virus caused substantial morbidity in patients with cystic fibrosis, and in a subgroup with severe lung disease. H1N1 infection was associated with respiratory deterioration, mechanical ventilation, and even death. People with cystic fibrosis have a phenotypic spectrum ranging from excellent respiratory health to chronic airways disease with productive cough and respiratory compromise. The common known clinical features of Covid 19 such as dry cough, myalgia and fever are quite distinct from the symptoms of cystic fibrosis. Endotracheal intubation might be required when respiratory distress or airway integrity cannot be achieved or maintained for any reason. Objectives: To highlight the effectiveness of intensive chest physiotherapy intervention in preventing intubation in Covid 19 patient with cystic fibrosis. Methods: Chest physiotherapy was performed in postural drainage position which included active cycle of breathing three times a day. The outcome was measured by the quantity of the sputum, mode of oxygen support and arterial blood gas analysis pre and post physiotherapy procedures. Conclusion: The chest physiotherapy aided to prevent intubation through mechanism of clearing retention of secretions in cystic fibrosis patient with Covid 19. These findings highlight the importance of intensive chest physiotherapy in preventing deterioration in respiratory systems in patients with pre-exciting chest condition and Covid 19.

الخبرة الإدارية

2025 – الآن: Chairperson of Arab Countries Relationship at the Arab Confederation of Physical Therapy

2025 - 2027: President of Oman Physical Therapy Association

2022 – الآن: Associate Dean for Rehabilitation and Medical Sciences - Colleges of Health Sciences

2018 - 4: Associate Dean for Health Sciences Programs - Oman College of Health Sciences

2017 - 2018: Acting Dean - Institute of Health Sciences

2009 - 8: Head of physiotherapy - Institute of health Sciences

خدمة المجتمع

Disability Day :09/12/2024

Disability Day :22/12/2023

Attended Development of Al Wafa Center Nizwa :01/06/2002

الأنشطة الاستشارية

Member، Oman Medical Specialized Board ، 2024- 2025

Member، Ministry of Health ، 2026

العضوية في الهيئات المهنية

Oman Physical Therapy Association :الآن–2005

الجوائز والتقدير

University of Nizwa Recognition Award 2026 2026

Chosen one of the recognized staff in the 2026 at University of Nizwa

المرجع: https://www.unizwa.edu.om/staff/chs/alkharusi