

## **Biography**

### **Professor Alia Alghwiri**

(alia.alghwiri@gmail.com)

Professor Alia Alghwiri is a physiotherapist who had her Master's and PhD degrees in neurological rehabilitation from University of Pittsburgh, USA. She is currently a professor at the University of Jordan and Adjunct Professor at University of Pittsburgh, Pennsylvania, USA. She is also a concussion specialist for athletes.

Professor Alghwiri's research interests lie in the field of neuroscience, with a focus on understanding the brain and its impact on physical and mental health, as well as technology-based rehabilitation research that has the potential to significantly improve the healthcare industry and people's quality of life. Currently, she is involved in three major projects, including investigating the use of customized virtual reality in the assessment and management of athletes following concussion, exploring the effects of trans-Cranial Direct Current Stimulation (tDCS) on sleep disorders in athletes with poor quality of sleep and individuals with Multiple Sclerosis, and assessing the effects of the Otago Exercise program on the balance and falls of older adults.

Professor Alghwiri has an extensive publication record in various areas, including concussion, vestibular disorders, Multiple Sclerosis, stroke, diabetes mellitus, International Classification of Functioning Disability and Health, back pain, and plantar fasciitis. Furthermore, she has made valuable contributions to the field by co-authoring the "balance and fall" chapter in the third edition of the "geriatric physical therapy" book and "an Overview of Vestibular Rehabilitation" in the third series of the "Handbook of Clinical Neurology" book. Dr. Alghwiri worked as the vice dean of the school of rehabilitation sciences at the University of Jordan (2018-2022), the president of the Jordanian Physiotherapy Society (JPTS) (2017-2020), a board member at the Jordanian Sports Medicine Federation (2017-2023), a board member at the Jordanian Athletic Therapy Association (2021-present), and an executive board member at the World Physiotherapy (2022-2023).

Academically, Professor Alghwiri has been teaching rehabilitation courses for more than 13 years including rehabilitation principles, physical and electrical modalities, neuromuscular physical therapy, occupational therapy techniques, and physical therapy for obstetrics and gynecology. Moreover, she participated in many national and international conferences by lecturing on her research.

On the clinical side, Professor Alghwiri has been working on treating patients with neurological disorders specifically, concussion, stroke and vestibular disorders and got very good results in improving their level of functioning.

In community service, Professor Alghwiri has launched many initiatives to serve people with disability and improve the awareness on common disorders and diseases such as diabetes mellitus and back pain. These initiatives entitled “how to avoid diabetes”, “from Amman we begin”, “your mother in your mind”, and “How to avoid back pain”.

Professor Alghwiri has been working as a member in 2 Erasmus plus projects named “Establishment of an Interdisciplinary Clinical Master Program in Rehabilitation Sciences at JUST (JUST-CRS)” and “Disability as diversity: the inclusion of students with disabilities in higher education (EDU4ALL)”.