# 9th International PHYSICAL & REHABILITATION MEDICINE CONFERENCE

## Rehab 360: Advancements in Multidisciplinary Rehabilitation

14 CME CREDITS

**21-22 November, 2026**
**Novotel Abu Dhabi Al Bustan, UAE**



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abu dhabi Convention & Exhibition Bureau

### Supporting Organisations

MENASCIN Middle East and North Africa Spinal Cord Injury Network

IAPMR Indian Association of Physical Medicine & Rehabilitation

British Society of Physical & Rehabilitation Medicine

ASNR

AACRD

ISCoS The International Spinal Cord Society

ISPRM ENDORSEMENT

SPTA الجمعية السعودية للعلاج الطبيعي Saudi Physical Therapy Association

som THE SOCIETY OF MUSCULOSKELETAL MEDICINE putting theory into practice

Kuwait Physical Medicine & Rehabilitation Society

Sheikh Khalifa Stroke Institute | Johns Hopkins Medicine

WFNR World Federation for Neurorehabilitation

EFNR The European Federation of NeuroRehabilitation Societies

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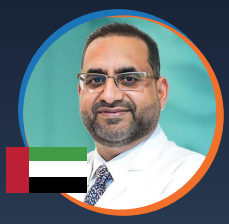
## Conference Chairmen



**Dr. Yousif Al Nuaimi**
Chair of Physical Medicine & Rehabilitation Department, **Zayed Military Hospital, UAE**



**Dr. Ahmad Al Khayer**
Consultant in Physical and Rehabilitation Medicine (MRCSEd, , FRCPGlas, MCHOrth, FEBPRM, MBA), Chief Executive Officer and Chair of Rehabilitation Medicine, **Cambridge Health Group, UAE**



**Dr. Nazakat Hussain**
MB, BS, MRCS (Edinburgh), CCT (London), Director of Spinal Cord Injury Program, **Specialized Rehabilitation Hospital, UAE**

## Scientific Committee Chairs



**Dr. Begad Abbas**
Consultant Physical Medicine and Rehabilitation, HOD **Mediclinic Airport Road Hospital, UAE Faculty of Medicine Ain Shams University, Egypt**



**Prof. Fatma Hegazy**
PT, PhD, Professor, Department of Physiotherapy, College of Health Sciences, **University of Sharjah, UAE**



**Dr. Mahesh Cirasanambati**
Consultant Physical Medicine & Rehabilitation, **Burjeel Medical City, Abu Dhabi, UAE**



**Dr. Rami Al-Ahmar**
President Founder of MENASCIN, Physical Medicine and Rehabilitation Consultant, **SEHA (Al Dhafra Hospitals – Madinat Zayed Hospital) Abu Dhabi, UAE**



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# Scientific Committee Members



**Dr. Ahmed Saad Hassen**
Physical Medicine and Rehabilitation Specialist, **Sheikh Khalifa Hospital, UAE**



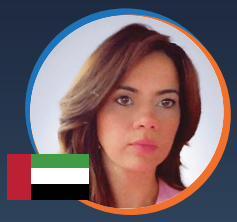
**Dr. Ajimsha MS**
Director of Rehabilitation, **Rumailah Hospital, Hamad Medical Corporation, Qatar**



**Dr. Begad Abbas**
Consultant Physical Medicine and Rehabilitation, HOD **Mediclinic Airport Road Hospital, UAE Faculty of Medicine Ain Shams University, Egypt**



**Ms. Ghalyah Mohamed Almesmari**
Senior Physical Therapist, Department of Physical Medicine and Rehabilitation, **Zayed Military Hospital, UAE**



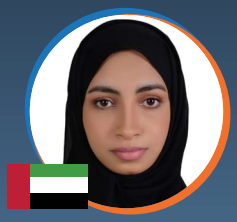
**Dr. Iman Akef Khowailed**
PT, MPT, MPH DSc, WCS, Associate Professor, Department of Physiotherapy, College of Health Sciences, **University of Sharjah, UAE**



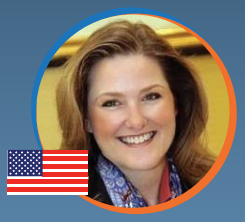
**Dr. Khalid Anwar**
Consultant Physical Medicine & Rehabilitation, **SEHA Salma Rehabilitation Hospital, Abu Dhabi, UAE**



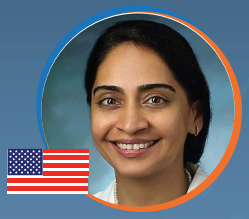
**Dr. Maha Abdulhafeez Feda**
Consultant Physical Medicine & Rehabilitation, **Burjeel Medical City, UAE**



**Dr. Muna Alserkal**
Rehabilitation Consultant & Head of Department, **Sheikh Khalifa Hospital, Fujairah, UAE**



**Ms. Pam King Sams**
CEO and Founder, Pam King Sams & Associates (Developing Strategic Partnerships), **USA**



**Dr. Preeti Raghavan**
MD, Director, Center of Excellence of Stroke Treatment, Rehabilitation and Recovery, **Johns Hopkins Sheikh Khalifa Stroke Institute,** Professor of Physical Medicine and Rehabilitation and Neurology, **Johns Hopkins University School of Medicine, USA**



**Dr. Sabahat Asim Wasti**
Medical Director Neurorehabilitation, **Cleveland Clinic Abu Dhabi, UAE**



**Dr. Suad Trebinjac**
CMO and Director of PMR Department, **Royal Health Hospital, Al Ain,** Consultant in PMR, **Al Garhoud hospital, Dubai, UAE**



**Dr. Suhaila Kallada**
Specialist in Physical Medicine and Rehabilitation, **Cambridge Medical and Rehabilitation Center, UAE**



**Dr. Sunitha Bhagavathi Mysore**
Deputy Head and Clinical Lead, Department of Physiotherapy, **Fatima College of Health Sciences, Abu Dhabi, UAE**



**Prof. Ziad Mohammad Hawamdeh**
Full Professor, Vice President for Administrative Administrative, Financial Affairs and Digital Transformation, **University of Jordan**, Senior Consultant Physical Medicine and Rehabilitation, **Jordan University Hospital, Jordan**

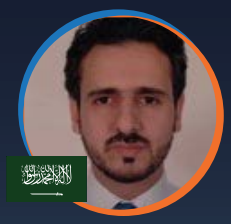
# International Advisory Committee



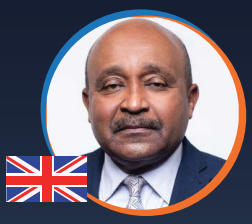
**Dr. Abderrazak Hajjioui**
MD, MPM, PhD Professor of Physical and Rehabilitation Medicine Faculty of Medicine and Pharmacy of **Tangier Abdelmalek Essaâdi University, Morocco** Former Co-Chair, World Rehabilitation Alliance (WRA) Workforce Workstream Member, World Rehabilitation Alliance (WRA) Universal Health Coverage Workstream



**Dr. Abdulfattah Alqahtani**
Consultant of Cardiopulmonary Rehabilitation, Associate Professor, Department of Health Rehabilitation Sciences, College of Applied Medical Sciences, **King Saud University,** President of Saudi Physical Therapy Association, **Saudi Arabia**



**Dr. Adel Aldajani**
Consultant Physical Medicine & Rehabilitation, Chief Medical Officer, **VAMED Healthcare, Saudi Arabia**



**Mr. Aheed Osman**
FRCS, M Med Sci, FEBPRM, MBChB Consultant Surgeon in Spinal Injuries Past Clinical Lead **Midland Centre for Spinal Injuries RJ & AH Orthopaedic Hospital, Gobowen Oswestry, Shropshire. UK**



**Ms. Alberta Amissah Rockson**
Deputy Chief Physiotherapist, Rehabilitation Lead, National Surgery and Burns Center, **Korle Bu Teaching Hospital, Ghana**



**Dr. Ali H. Otom**
MD, DMR RCP(London) Senior Fellow, European Board of PRM Senior Consultant in Spinal Injuries & Rehabilitation Medicine **Jordan University Hospital & Royal Specialty Center for Spine & Musculoskeletal Disorders, Amman, Jordan**



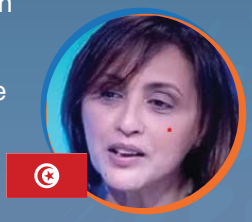
**Dr. Aziz Alfeeli**
Consultant Physiatrist, MD, PM&R (Canadian Board), MSK/Chronic Pain Fellowship (Canada), **Amiri Hospital, Kuwait**



**Dr. Fahad Mohammed AlSemail**
Physiatrist, MOH, Alahsa Health Cluster, **King Fahad Hospital Hofuf, Saudi Arabia**



**Dr. Farooq Azam Rathore**
Professor and Consultant in Rehabilitation Medicine, Quetta Institute of Medical Sciences, Co Editor in Chief, Journal of International Society of Physical Medicine and Rehabilitation (ISPRM), National Representative of Pakistan for ISPRM and Asia Oceanian Society of PMR, **Pakistan**



**Dr. Imen Miri**
Full Professor PRM, Pediatric Neurorehabilitation Specialist, Pediatric Neuropsychology, Urodynamics Specialist, **Faculty of Medicine of Tunis, Tunisia**



**Dr. Jamal M. Jamal**
Chief Medical Officer, Head of Physical Medicine and Rehabilitation Departments, **Council in Kuwait**, Head of Physical Medicine and Rehabilitation Department, **PMR Hospital, PM&R Program Director, Kuwait Institute of Medical Specialization (KIMS), Kuwait**



**Dr. Mohamed Aly Elwey**
Professor of Rheumatology & Rehab, **Ain Shams University, Egypt**



**Dr. P. Jacob Joseph**
Medical Director, International Program, **TIRR Memorial Hermann,** Director, Medical Affairs and Services, **Memorial Hermann Rehabilitation Network,** Vice Chair, Clinical Operations, Physical Medicine & Rehabilitation, **McGovern Medical School at UTHealth, USA**



**Dr. Salem Alkandari**
PMR Consultant, **Ahmadi Hospital, Head of Kuwait PMR Society, Kuwait**

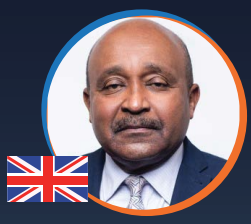
# Speaker Faculty



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**Dr. Abdul Karim Msaddi**
Neuro & Spine Surgeon, **King's College Hospital Dubai, UAE**



**Mr. Aheed Osman**
FRCS, M Med Sci, FEBPRM, MBChB Consultant Surgeon in Spinal Injuries Past Clinical Lead **Midland Centre for Spinal Injuries RJ & AH Orthopaedic Hospital, Gobowen Oswestry, Shropshire. UK**



**Dr. Ahmad Al Khayer**
Consultant in Physical and Rehabilitation Medicine (MRCSEd, FRCPGlas, MCHOrth, FEBPRM, MBA), Chief Executive Officer and Chair of Rehabilitation Medicine, **Cambridge Health Group, UAE**



**Mr. Ahmad Almahmoud**
Unit Manager/Rehabilitation Services, **Sheikh Khalifa Hospital, Fujairah, UAE**



**Dr. Ajimsha MS**
Director of Rehabilitation, **Rumailah Hospital, Hamad Medical Corporation, Qatar**



**Dr. Ali Alatar**
MSc, PhD, Physiotherapist, Researcher, Lead, Pain Physiotherapy Clinic, **Kinesia Clinic, Kuwait**



**Dr. Ali H. Otom**
MD, DMR RCP(London) Senior Fellow, European Board of PRM Senior Consultant in Spinal Injuries & Rehabilitation Medicine **Jordan University Hospital & Royal Specialty Center for Spine & Musculoskeletal Disorders, Amman, Jordan**



**Ms. Ala Hemadneh**
Senior Occupational Therapist, **Specialized Rehabilitation Hospital, Abu Dhabi, UAE**



**Ms. Archana Varanasi**
Senior Physiotherapist, **Specialized Rehabilitation Hospital, Abu Dhabi, UAE**



**Dr. Ayman Tarabishy**
Medical Director of Physical Medicine and Rehabilitation, **American Hospital, Dubai, UAE**



**Dr. Begad Abbas**
Consultant Physical Medicine and Rehabilitation, HOD **Mediclinic Airport Road Hospital, UAE Faculty of Medicine Ain Shams University, Egypt**



**Dr. Bosung Kang**
Consultant Physical Medicine and Rehabilitation, Director of **PM&R, Specialized Rehabilitation Hospital, Abu Dhabi, UAE**



**Dr. Daniel Beauchamp**
Rehabilitation Director, **Trauma, Burn, and Rehabilitative Medicine (TBRM), Abu Dhabi, UAE**

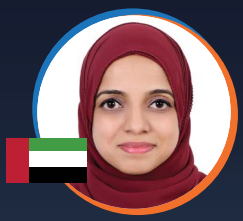
## Speaker Faculty



**Dr. Dragana Djuric**
PT, PhD, Senior Instructor, Department of Physiotherapy, **Fatima College of Health Sciences**



**Dr. Elsanosi Habour**
MBBS, MD, MRCPCH (UK), EBP Consultant Paediatrician Paediatric Neurodisability and Rehabilitation **Cambridge Hospital Abu Dhabi, UAE**



**Dr. Fathima Nuzha Ishak**
PhD, Speech Pathology, **Sheikh Shakhbout Medical City, UAE**



**Prof. Fatma Hegazy**
PT, PhD, Professor, Department of Physiotherapy, College of Health Sciences, **University of Sharjah, UAE**



**Prof. Hanadi Al Hamad**
Deputy Chief Medical Officer for Long-Term Care, Rehabilitation & Geriatrics, **Hamad Medical Corporation, Head of WHO Collaborating Center for Healthy Ageing and Dementia, Qatar**



**Dr. Haytham Salem**
Consultant in Family Medicine, Regenerative and Metabolic Longevity, Orthocure Clinics, Dubai Consultant in Sports and MSK Medicine, **Fortius Clinic London (FIFA Centre of Excellence)**



**Dr Hiba I. Anis I**
Medical Doctor at **Specialized Rehabilitation Hospital. Post Acute Care & Rehabilitation Department**



**Dr. Hussam Antwan Touma**
Specialist Physical Medicine and Rehabilitation, **NMC Provita International Medical Center, Abu Dhabi, UAE**



**Dr. Iman Akef Khowailed**
PT, MPT, MPH DSc, WCS, Associate Professor, Department of Physiotherapy, College of Health Sciences, **University of Sharjah, UAE**



**Dr. Issam Mardini**
Specialist Orthopedic Surgeon **Fakeeh University Hospital Dubai, UAE**



**Prof. Jacinta Morgan**
Clinical Director, **National Rehabilitation University Hospital, Dublin, Ireland**



**Prof. Khader Almhdawi**
Professor of Rehabilitation Sciences and Occupational Therapy Department of Occupational Therapy **Faculty of Allied Health Sciences Kuwait University, Kuwait**



**Dr. Khalid Anwar**
Consultant Physical Medicine & Rehabilitation, **SEHA Salma Rehabilitation Hospital, Abu Dhabi, UAE**



**Dr. Magid Kimawi**
Consultant Physical Medicine & Rehabilitation, **Sheikh Shakhbout Medical City, Abu Dhabi, UAE**

## Speaker Faculty



**Dr. Mariam Odeibat**
Physical Medicine and Rehabilitation Specialist (PM&R), Sports Medicine
**Sheikh Shakhbout Medical City (SSMC), Abu Dhabi, UAE**



**Dr. Mahesh Cirasanambati**
Consultant Physical Medicine & Rehabilitation, **Burjeel Medical City, Abu Dhabi, UAE**



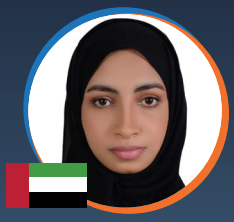
**Mr. Mohamed Gamal Saleh**
Outpatient Rehab Team Lead,
**Cambridge Hospital Al Ain, UAE**



**Prof. Dr. Mohamed Mashhour**
Consultant Orthopaedic Oncologist , Assit. Professor Ain Shams University
Adjunct Assct. Professor, MBRU
Hope Abilitation Medical Center
**Mediclinic City Hospital, American Hospital Dubai, Medcare Orthopedic and Spine Hospital**



**Dr. Mona Tareen**
Section Head, Palliative and Supportive Care, Institute of Oncology, **Cleveland Clinic Abu Dhabi, UAE**



**Dr. Muna Alserkal**
Rehabilitation Consultant & Head of Department, **Sheikh Khalifa Hospital, Fujairah, UAE**



**Mr. Mustafa Sharif Elhaj Mohamed**
Speech and Language Pathologist,
**Sheikh Shakhbout Medical City, Abu Dhabi, UAE**



**Dr. Nadia Alwasiah**
Consultant Pediatric Rehabilitation Medicine, **Sheikh Shakhbout Medical City, Abu Dhabi, UAE**



**Dr. Nazakat Hussain**
MB, BS, MRCS (Edinburgh), CCT (London), Director of Spinal Cord Injury Program, **Specialized Rehabilitation Hospital, UAE**



**Ms. Olfa Jedidi**
Senior Speech and Language Pathologist, **Sheikh Shakhbout Medical City, Abu Dhabi, UAE**



**Dr. Omaima Bokhari**
MD, DABPMR Consultant in PM&R / Electro-neurophysiology, **Healthpoint Hospital M42, Abu Dhabi, UAE**



**Dr. Pravitha Gopinathan**
Occupational Therapist **Sheikh Shakhbout Medical City, Abu Dhabi, UAE**



**Dr. Prince Thakkar**
Associate Staff Physician, Physical Medicine & Rehabilitation Department, **Cleveland Clinic Abu Dhabi, UAE**



**Dr. Rami Al-Ahmar**
President Founder of MENASCIN, Physical Medicine and Rehabilitation Consultant, **SEHA (Al Dhafra Hospitals – Madinat Zayed Hospital) Abu Dhabi, UAE**

## Speaker Faculty



**Dr. Raquel Neves**
PhD, MsN, RN ESO Neuro Rehab, CARF



**Dr. Rawan AlDuaij**
Neurorehabilitation Specialist, **Physical Medicine and Rehabilitation Hospital, Kuwait**



**Dr. Rober Hanna Kassab**
Physical Medicine & Rehabilitation Specialist, **Cambridge Hospital Al Ain, UAE**



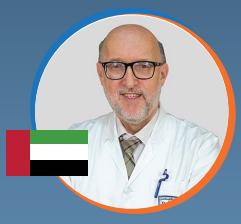
**Dr. Sabahat Asim Wasti**
Medical Director Neurorehabilitation, **Cleveland Clinic Abu Dhabi, UAE**



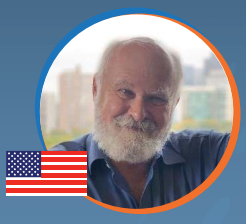
**Dr Sabri Garoushi**
Consultant in Pain & Rehabilitation Medicine. **Bradford Teaching Hospitals Foundation Trust, UK**



**Dr. Saud Alzahrani**
HOD, Consultant Neuro & Spine Surgery, **Burjeel Hospital, Abu Dhabi, UAE**



**Dr. Suad Trebinjac**
CMO and Director of PMR Department, **Royal Health Hospital, Al Ain,**
Consultant in PMR, **Al Garhoud hospital, Dubai, UAE**



**Prof. Teodoro Forcht Dagi**
Professor of Neurosurgery, **The Mayo School of Medicine and Science, Minnesota, USA**



**Dr. Wael Sary**
Specialist Anesthesia and Critical Care Medical Director, **Cambridge Hospital, UAE**

## About the Event

Following the tremendous success of previous editions, we are proud to announce that the **9th Annual International Physical & Rehabilitation Medicine Conference** will take place on **21-22 November, 2026**, at **Abu Dhabi, UAE,** with **in-person attendance.**

This year's conference will bring together leading experts in physical medicine and rehabilitation, providing an ideal interdisciplinary platform for practitioners, educators, and researchers. The event aims to facilitate discussions on the latest innovations, updates, and pressing challenges, along with practical solutions designed to enhance the quality and effectiveness of rehabilitation.

Distinguished speakers will present and discuss groundbreaking treatments for neurorehabilitation, musculoskeletal conditions, spinal cord injuries, pediatric rehabilitation, and chronic pain. Additionally, the conference will introduce new focus areas, including cancer rehabilitation, women's health rehabilitation, and sports medicine, offering valuable insights to advance current practices, expand knowledge, and develop innovative strategies for healthcare organizations.
**We look forward to seeing you at the conference!**

## Who Should Attend

- Physiatrists
- Paediatric Rehabilitation Consultants
- Orthopaedic Consultants & Surgeons
- Neurosurgeons
- Neurologists & Pediatric Neurologists
- Pain Medicine Physicians
- Sports Medicine Physicians
- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Rehabilitation Nurses
- Chiropractors
- Kinesiologists
- Prosthetists & Orthotists
- Psychologists
- Researchers
- Students
- Other Allied Health Professionals

## Call for Abstracts

Submit your abstract for a chance to be selected for an oral or free paper presentation! We welcome submissions in the following areas: Cardio Pulmonary Rehabilitation Musculoskeletal Rehabilitation, Paediatric Rehabilitation, Rehab in Neurologic Conditions, or any other topic related to Physical Medicine and Rehabilitation. This can be research, research in progress, case study or novel idea
**The highest top-scoring abstracts will receive an award in recognition of excellence in the field of Physical and Rehabilitation Medicine. The selected submissions will deliver an oral/poster presentation at the conference.**

**Abstract (Poster & Oral) Submission Deadline: 15 September, 2026**



# Program at Glance

## Conference Day One, Saturday, 21 November 2026

| | | |
|---|---|---|
| 08:40-10:40 | Panel Session -1 | |
| 10:40-11:00 | Coffee Break | |
| 11:00-12:30 | General MDT Rehabilitation -1 | |
| 12:30-13:00 | Coffee Break | |
| | Track A | Track B |
| 13:00 - 14:30 | Neuro rehabilitation-1 | Musculoskeletal Rehabilitation-1 |
| 14:30-15:30 | Lunch Break | |
| 15:30-17:00 | Neuro rehabilitation-2 | Chronic Pain |
| 17:00-18:30 | **Workshop 1:** Modern Physical Modalities for Pain Management: Evidence and Hands-On Practice. | **Workshop 2:** The Shoulder under Ultrasound, Hands-On Clinical Workshop |

## Conference Day Two, Sunday, 22 November 2026

| | | |
|---|---|---|
| 9:00-10:40 | Panel Session -2 | |
| 10:40-11:10 | Coffee Break | |
| | Track A | Track B |
| 11:10-12:40 | Neuro rehabilitation-3 | Musculoskeletal Rehabilitation-2 |
| 12:40-14:10 | Pediatric Rehabilitation | Hot Topics in PMR - 1 |
| 14:10 - 15:00 | Lunch Break | |
| 15:00-16:10 | General MDT Rehabilitation -2 | Hot Topics in PMR - 2 |
| 16:10-17:30 | Oral Abstract Presentations-1 | Oral Abstract Presentations-2 |
| 17:30-17:45 | Conference Closing Remarks & Lucky Draw | |

# Day 1 | Saturday, 21 November 2026

| | |
|---|---|
| **08:40-9:00** | Opening Remarks |
| **09:00-10:40** | **Panel Session -1**<br>**Moderator: Dr. Rami Al-Ahmar** |
| **09:00 - 09:25** | Rehabilitation Medicine: Mainstream or Icing on the Cake? A question I have carried since Glasgow<br>**Dr. Ahmad Al Khayer** |
| **09:25 - 09:50** | Functional Longevity: From Longer Lives to Better Lives—Redefining the Future of Healthy Ageing<br>**Prof. Hanadi Al Hamad** |
| **09:50 - 10:15** | Advanced Multidisciplinary Rehabilitation: From Critical Illness to Community Reintegration<br>**Dr. Rami Al-Ahmar** |
| **10:15 - 10:40** | Hyper Acute Stroke Rehab<br>**Dr. Sabahat Asim Wasti** |
| **10:40-11:00** | **Coffee Break** |
| **11:00-12:30** | **General MDT Rehabilitation -1**<br>**Moderator: Dr. Ahmad Al Khayer** |
| **11:00-11:20** | Evaluating the Efficacy of Task-Oriented Therapy in Upper Extremity Rehabilitation Post-Stroke: A Cross-Over Randomized Clinical Trial<br>**Prof. Khader Almhdawi** |
| **11:20-11:40** | Sleep Disorder in Stroke<br>**Dr. Bosung Kang** |
| **11:40-12:00** | Seeing the Unseen: Understanding and Rehabilitating Spatial Neglect<br>**Dr. Rawan AlDuaij** |
| **12:00 - 12:20** | When MRI Doesn't Explain the Pain: Clinical Decision Making in Spine Disorders / Minimally invasive Surgery Option for back Pain<br>**Dr. Saud Alzahrani** |
| **12:20 - 12:30** | **Q&A + Panel Discussion** |
| **12:30- 13:00** | **Coffee Break** |

# Day 1 | Saturday, 21 November 2026

| | | |
|---|---|---|
| **13:00-14:30** | **Neuro rehabilitation-1**<br>**Moderator: Dr. Sabahat Wasti** | **Musculoskeletal Rehabilitation-1**<br>**Moderator: Dr. Begad Abbas** |
| **13:00 - 13:20** | Disorders of Consciousness After Severe Brain Injury: Assessment, Prognosis, and Communicating with Families<br>**Prof. Jacinta Morgan** | Sciatica-Like Pain: Deep Gluteal Syndrome, Lumbar Radiculopathy, or Myofascial Pain?<br>**Dr. Begad Abbas** |
| **13:20 - 13:40** | Precision in Spasticity Management: Ultrasound-Guided Muscle Identification and Toxin Differentiation<br>**Dr. Mahesh Cirasanambati** | Focused Extracorporeal Shockwave Therapy in Musculoskeletal Conditions: A Special Focus on Cartilage Defects in Athletes<br>**Dr. Mariam Odeibat** |
| **13:40 - 14:00** | Beyond Ventilator Liberation: Integrating Weaning Strategies with Pulmonary Rehabilitation<br>**Dr. Wael Sary** | From Injury to Elite Performance: Case Presentations on Combined Regenerative Medicine and Targeted Molecular Strategies in Sports Injury Management<br>**Dr. Haytham Salem** |
| **14:00- 14:20** | Myth, Hope or Medicine? Stem Cells in Neurological Rehabilitation<br>**Dr. Muna Alserkal** | Prolotherapy: Theory and Clinical Practice<br>**Dr. Suad Trebinjac** |
| **14:20 - 14:30** | **Q&A + Panel Discussion** | **Q&A + Panel Discussion** |
| **14:30 - 15:30** | **Lunch Break** | |
| **15:30 - 17:00** | **Neuro rehabilitation-2**<br>**Moderator: Prof. Abderrazak Hajjioui** | **Chronic Pain**<br>**Moderator: Dr. Omaima Bokhari** |
| **15:30 - 15:50** | Pain After Spinal Cord Injury: Distinguishing Neuropathic from Musculoskeletal Pain and Practical Management<br>**Dr. Ali H. Otom** | When Pain Meets Dysautonomia: Rethinking Chronic Pain Through the Autonomic Nervous System<br>**Dr. Sabri Garoushi** |
| **15:50 - 16:10** | Autonomic Dysreflexia: Recognition and Emergency Management for the Whole Team<br>**Dr. Raquel Neves** | Understanding Chronic Pain in Youth Sarcopenia: Clinical Implications for Active Rehabilitation<br>**Dr. Ali Alatar** |
| **16:10 - 16:30** | Neurogenic Bladder and Bowel After Spinal Cord Injury: Practical Management and Long-Term Follow-Up<br>**Mr. Ahmad Almahmoud** | Vertebrogenic Back Pain<br>**Dr. Ayman Tarabishy** |
| **16:30 - 16:50** | Small Gains, Big Impact: Measuring Outcomes in Spinal Cord Injury Rehabilitation<br>**Ala Hemadneh**<br>**Archana Varanasi** | Interventional PM&R for Chronic Spine Pain: Current Evidence and Emerging Techniques<br>**Dr. Magid Kimawi** |
| **16:50 - 17:00** | **Q&A + Panel Discussion** | **Q&A + Panel Discussion** |
| **17:00 - 18:30** | **Workshop 1:** Modern Physical Modalities for Pain Management: Evidence and Hands-On Practice.<br>**Workshop Leader: Prof. Fatma Hegazy** | **Workshop 2:** The Shoulder under Ultrasound, Hands-On Clinical Workshop<br>**Workshop Leader: Dr. Begad Abbas**<br>**Workshop Instructor: Dr. Houssam Touma** |

# Day 2 | Sunday, 22 November 2026

| | | |
|---|---|---|
| **09:00 - 10:40** | **Panel Session -2**<br>**Moderator: Dr. Ahmad Al-Khayer, Dr. Nazakat Hussain** | |
| **09:00 - 09:25** | Parkinson's disease rehabilitation: Empowering lives through targeted therapy<br>**Dr. Khalid Anwar** | |
| **09:25 - 09:50** | Beyond Survival: Integrating Rehabilitation into Post-Crash Care and Health Systems in the Eastern Mediterranean Region<br>**Prof. Abderrazak Hajjioui** | |
| **09:50 - 10:15** | Cognitive–Motor Enrichment Therapy (CoMET): A New Era of Technology-Enabled Acute Inpatient Rehabilitation<br>**Dr. Ajimsha MS** | |
| **10:15 - 10:40** | Neuromodulation: Past, Present and Future<br>**Prof. Teodoro Forcht Dagi** | |
| **10:40 - 11:10** | **Coffee Break** | |
| **11:10-12:40** | **Neuro rehabilitation-3**<br>**Moderator: Dr. Sabahat Wasti** | **Musculoskeletal Rehabilitation-2**<br>**Moderator: Dr. Begad Abbas** |
| **11:10 - 11:30** | Emerging Role of Cryoneurolysis in Spasticity Management<br>**Dr. Prince Thakkar** | Fibromyalgia and Myofascial Pain Syndrome: An Evidence Update, 2026<br>**Dr. Ahmad Al Khayer** |
| **11:30 - 11:50** | The MDT Approach to Spasticity Management<br>**Dr. Nadia Alwasiah** | The Overhead Athlete: Shoulder Injuries in Throwing and Racquet Sports<br>**Dr. Hussam Touma** |
| **11:50 - 12:10** | Intrathecal Baclofen and Surgical Options: Who to Refer and What to Expect<br>**Dr. Aheed Osman** | Sports Concussion: Current Concepts and Return-to-Play Protocols<br>**Dr. Haytham Salem** |
| **12:10- 12:30** | Microsurgical Selective Peripheral Neurotomy in the Treatment of Spastic Cerebral Palsy in Children<br>**Dr. Abdul Karim Msaddi** | International para-olympic wheelchair basketball classification<br>**Dr. Rober Hanna Kassab** |
| **12:30 - 12:40** | **Q&A + Panel Discussion** | **Q&A + Panel Discussion** |

# Day 2 | Sunday, 22 November 2026

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|---|---|---|
| **12:40-14:10** | **Pediatric Rehabilitation**<br>**Moderators: Dr. Fathima Nuzha Ishak, Prof. Fatma Hegazy** | **Hot Topics in PMR-1**<br>**Moderator: Dr. Muna Alserkal** |
| **12:40-13:00** | Orthopedic Considerations in Pediatric Rehabilitation: From Surgical Intervention to Functional Recovery<br>**Prof. Dr. Mohamed Mashhour** | Burn Rehabilitation: From Acute Care to Long-Term Outcomes<br>**Dr. Daniel Beauchamp** |
| **13:00 - 13:20** | CP Intensive Rehab: Prof Kozyavkin Technique<br>**Dr. Elsanosi Habour** | One Pain, Different Mechanisms: Rethinking Chronic Pain Through Neuroplasticity, Pain Phenotyping, and Precision Rehabilitation<br>**Dr. Iman Akef** |
| **13:20 - 13:40** | Evidence Based Practice in Pediatric Rehabilitation<br>**Mr. Mohamed Gamal Saleh** | Palliative Care and Quality of Life Beyond Treatment<br>**Dr. Mona Tareen** |
| **13:40 - 13:55** | **Q&A + Panel Discussion** | **Q&A + Panel Discussion** |
| **13:55- 15:00** | **Lunch Break** | |
| **15:00 - 16:10** | **General MDT Rehabilitation -2**<br>**Moderators: Dr. Fathima Nuzha Ishak, Prof. Fatma Hegazy** | **Hot Topics in PMR-2**<br>**Moderator: Dr. Sunitha Mysore** |
| **15:00 - 15:20** | Virtual Reality and Gamified Therapy in Pediatric Rehabilitation: Benefits, Challenges, and Clinical Perspectives<br>**Dr. Dragana Djuric** | Post Acute Care & Rehabilitation Department OR Pain Management in Rehabilitation : A call for integrated, patient-centred approaches<br>**Dr. Hiba I. Anis** |
| **15:20 - 15:40** | Communication - Does it have to be VERBAL?<br>**Ms. Olfa Jedidi**<br>**Mr. Mustafa Sharif Elhaj Mohamed** | Clinical Prospective: Comparing Support Materials and Thier Medical Effecincy<br>**Dr. Issam Mardini** |
| **15:40 - 16:00** | Congenital hand deformities and hand therapy<br>**Dr. Pravitha Gopinathan** | Limbs Lost, Lives Changed: The Unprecedented Limb Amputation Crisis in Gaza<br>**Dr. Omaima Bokhari** |
| **16:00 - 16:10** | **Q&A + Panel Discussion** | **Q&A + Panel Discussion** |
| **16:10 - 17:30** | **Oral Abstract Presentations-1**<br>**Moderator: Dr. Iman Akef** | **Oral Abstract Presentations-2**<br>**Moderator: Dr. Nazakat Hussain** |
| **16:10-16:20** | Exploring the influence of caregiving on the physical health of caregivers of wheelchair- bound children with moderate and severe disabilities - A qualitative study<br>**Zaina Abu Khdair** | Assessing the Effects of Moderate-intensity Aerobic on Cardiorespiratory Fitness and Quality of Life in Asmathic Children<br>**Walid Kamal Abdelbasset** |
| **16:20-16:30** | Artificial Intelligence in Physiotherapy Clinical Practice: A qualitative study of practice, readiness and future direction in Abu Dhabi<br>**Fatima Mohamed Al Hameli** | Muscle Imbalance, Trigger Points and Movement Dysfunction: Connecting the Clinical Dots in Pain Management<br>**Archana Bondge** |
| **16:30-16:40** | AI-Supported Communication Rehabilitation in a Minimally Verbal Toddler: A 12-Month Single-Case Study<br>**Atoosa Mozafar Zangeneh** | Brain Neuromodulation Added To Conventional Therapy For Post-Stroke Dysphagia: Effects On Pneumonia And Hospital Recovery. Randomized Controlled Trial.<br>**Prof. Engy BadrEldin Saleh Moustafa** |
| **16:40-16:50** | Early mobilisation and functional recovery after catheterisation in patients with acute myocardial infarction in the ICU : A retrospective descriptive study<br>**Dr. Catherine Tadyanemhandu** | Development and Feasibility of an AI-Based Physical Activity Intervention for Somatic Anxiety in University Students: A Pilot Study<br>**Laiba Farooq** |

# Day 2 | Sunday, 22 November 2026

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|---|---|---|
| **16:10 - 17:30** | **Oral Abstract Presentations-1**<br>**Moderator: Dr. Iman Akef** | **Oral Abstract Presentations-2**<br>**Moderator: Dr. Nazakat Hussain** |
| **16:50 - 17:00** | The Association of Musculoskeletal Pain with Sleep Quality and Fatigue among Adults with Musculoskeletal Disorders : A cross sectional study<br>**Aisha Obaid Alzaabi** | Posturometry-Guided Multisystem Postural Rehabilitation: A Clinical Framework for Diagnosing Unexplained Musculoskeletal Disorders<br>**Osman El Labban** |
| **17:00 -17:10** | Exploring Women's Lived Experiences of urinary incontince and its impact on quality of life : A qualitative study<br>**Dr. Sreelakshmi Preman** | Level of Participation Restriction and its Predictors<br>Among Jordanian Individuals with Stroke<br>**Lama Zraigat** |
| **17:10 - 17:20** | | Awareness and Knowledge of Medical Students on Sarcopenia and Its Associated Factors in Elderly Populations: A cross-sectional study<br>**Israa Gamal Elhanbali** |
| **17:30 -17:45** | **Conference Closing Remarks & Lucky Draw** | |



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# What's next for your patients after illness or injury?

At Cambridge Hospital, we provide specialist post-acute rehabilitation and long-term care for adults and children, with multidisciplinary teams delivering personalised care across inpatient, outpatient, homecare and in-school settings.

- Inpatient Care
- Outpatient Care
- Homecare
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Paediatric Rehabilitation Services | Cerebral Palsy Programme

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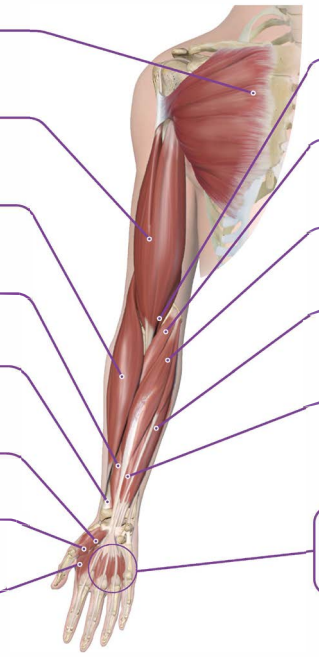
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BOTOX™
Botulinum Toxin Type A

# BOTOX™ (botulinum toxin type A) injections for upper & lower limb post-stroke spasticity

## Upper limb injection sites

### Anterior view



**Pectoralis major***
75 –125 Units
3 sites

**Biceps brachii**
70 Units
2 sites

**Brachioradialis**
45 Units
1 site

**Flexor pollicis longus**
20 Units
1– 2 sites

**Pronator quadratus**
10 – 50 Units
1 site

**Opponens pollicis**
5 – 25 Units
1 site

**Flexor pollicis brevis**
5 – 25 Units
1 site

**Adductor pollicis**
20 Units
1– 2 sites

**Brachialis**
45 Units
1 site

**Pronator teres**
15 – 25 Units
1 site

**Flexor carpi radialis**
15 – 60 Units
1 – 2 sites

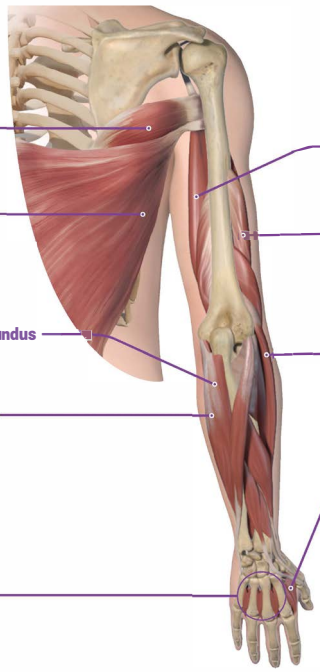
**Flexor carpi ulnaris**
10 – 50 Units
1– 2 sites

**Flexor digitorum superficialis**
15 – 50 Units
1 – 2 sites

**Lumbricals†**
5 – 10 Units
1 site

**Interossei†**
5 – 10 Units
1 site

### Posterior view



**Teres major***
30 – 50 Units
2 sites

**Latissimus dorsi***
45 – 75 Units
3 sites

**Flexor digitorum profundus**
15 – 50 Units
1– 2 sites

**Flexor carpi ulnaris**
10 – 50 Units
1– 2 sites

**Lumbricals†**
5 – 10 Units
1 site

**Interossei†**
5 – 10 Units
1 site

**Biceps brachii**
70 Units
2 sites

**Brachialis**
45 Units
1 site

**Brachioradialis**
45 Units
1 site

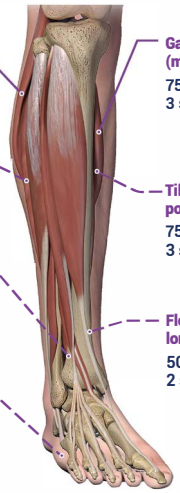
**Adductor pollicis**
20 Units
1– 2 sites

**Images provided by AbbVie.**

*When injecting the shoulder muscles in combination, the recommended maximum dose is 250 Units.
†When injecting both lumbricals and/or interossei, the recommended maximum dose is 50 Units per hand.
Lines indicate muscle locations and do not point out sites for injection. Each patient's anatomy varies, and treatment should be administered considering an individual's unique muscle location.
Botulinum toxin units are not interchangeable from one product to another; doses recommended in Allergan Units are different from other botulinum toxin preparations. AbbVie does not recommend the use of products outside of their licensed indications.
BOTOX™ is indicated for the symptomatic treatment of focal spasticity of the upper limb in adults.
**BOTOX™ SMPC Gulf-Levant (revised 2025).**

## Lower limb injection sites

### Anterior view



**Gastrocnemius (lateral head)**
75 Units
3 sites

**Soleus (hidden)**
75 Units
3 sites

**Flexor digitorum longus (hidden)**
50 Units
2 sites

**Flexor digitorum brevis (hidden)**
25 Units
1 site

**Gastrocnemius (medial head)**
75 Units
3 sites

**Tibialis posterior (hidden)**
75 Units
3 sites

**Flexor hallucis longus (hidden)**
50 Units
2 sites

### Posterior view



**Gastrocnemius (medial head)**
75 Units
3 sites

**Flexor Hallucis longus (hidden)**
50 Units
2 sites

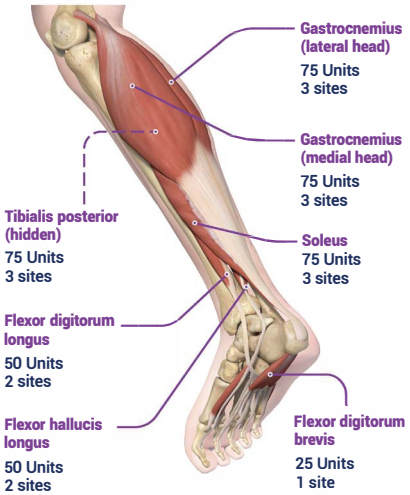
**Flexor digitorum longus**
50 Units
2 sites

**Flexor digitorum brevis (hidden)**
25 Units
1 site

**Gastrocnemius (lateral head)**
75 Units
3 sites

**Tibialis posterior (hidden)**
75 Units
3 sites

**Soleus (hidden)**
75 Units
3 sites



**Tibialis posterior (hidden)**
75 Units
3 sites

**Flexor digitorum longus**
50 Units
2 sites

**Flexor hallucis longus**
50 Units
2 sites

**Gastrocnemius (lateral head)**
75 Units
3 sites

**Gastrocnemius (medial head)**
75 Units
3 sites

**Soleus**
75 Units
3 sites

**Flexor digitorum brevis**
25 Units
1 site

**Images provided by AbbVie.**

Lines indicate muscle locations and do not point out sites for injection. Dotted lines indicate hidden muscles. Each patient's anatomy varies, and treatment should be administered considering an individual's unique muscle location.
Botulinum toxin units are not interchangeable from one product to another; doses recommended in Allergan Units are different from other botulinum toxin preparations. AbbVie does not recommend the use of products outside of their licensed indications.
BOTOX™ is indicated for the symptomatic treatment of the ankle and foot in adult post stroke patients.
**The Recommended maximum dose is 400 Units.**
**BOTOX™ SMPC Gulf-Levant (revised 2025).**

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abbvie
UAE AbbVie Biopharmaceuticals GmbH
Suite 2901, UBora Tower
POBox: 118052 Business Bay, Dubai, UAE
OFFICE:+971 4 5506100FAX:+971 4 5506101
KuwaitAbbVie Biopharmaceuticals GmbH
Sharq Sanabil Tower Abdulla al ahmad street, Al Aasima, Kuwait
OFFICE:+96522052010, FAX:+96522052011
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