

CURRICULUM VITAE



Mohammad A Yabroudi, PT, MSc, Ph.D
Associate Professor of Physical Therapy

CONTACT INFORMATION

Department of Rehabilitation Sciences
Faculty of Applied Medical Sciences
Jordan University of Science and Technology
P.O. Box 3030
Irbid – Jordan – 22110
Cell: 00962797612021
Email: m.a.yabroudi@gmail.com, m.yabroudi@just.edu.jo

PERSONAL INFORMATION

Marital status: Married, with four kids.
Nationality: Jordanian
Date of birth: 31/12/1983

EDUCATION

Ph.D in Rehabilitation Sciences (Physical Therapy), (Honored) 2011 – 2015
University of Pittsburgh, Pittsburgh, Pennsylvania, USA

Master of Science in Rehabilitation Sciences (Musculoskeletal Physical Therapy), 2009 – 2010
University of Pittsburgh, Pittsburgh, Pennsylvania, USA

Bachelors of Science in Physical Therapy, (Honored) 2001 – 2005
Jordan University of Science and Technology, Irbid, Jordan

ACADEMIC EXPERIENCE

Associate Professor. January 2022 – Present
Department of Rehabilitation Sciences
Jordan University of Science and Technology, Irbid, Jordan

Assistant Professor. September 2015 – January 2022
Department of Rehabilitation Sciences
Jordan University of Science and Technology, Irbid, Jordan

Visiting Assistant Professor. August 2016
Faculty of Physical Therapy
Al-Neelain University, Khartoum, Sudan

Teaching Assistant. 2011 – 2015
Department of Physical Therapy
University of Pittsburgh, Pittsburgh, Pennsylvania, USA

Full-Time Lecturer. September – December 2010
Department of Rehabilitation Sciences
Jordan University of Science and Technology, Irbid, Jordan

Teaching Assistant. September 2005 – August 2009
Faculty of Applied Medical Sciences
Jordan University of Science and Technology, Irbid, Jordan

ACADEMIC DUTIES

- A) Teaching and conducting examinations.
- B) Carrying out innovative research and studies.
- C) Supervising graduate theses and scientific or social research, guiding students academically and ethically, and monitoring their activities and reports.
- D) Providing academic advising.
- E) Participating in university councils and committees, as well as in those in which the university is represented.
- F) Undertaking any activity that promotes the university and contributes to its advancement.
- G) Dedicating oneself to academic responsibilities within the university, striving to enhance its scientific mission, and maintaining the level befitting its status in research, teaching, guidance, and administration.
- H) Serving the community and contributing to its development.

PROFESSIONAL NON-ACADEMIC EXPERIENCE

Chairman, Department of Rehabilitation Sciences. September 2021 – September 2023
Jordan University of Science and Technology, Irbid, Jordan

Assistant Dean. September 2016 – September 2018
Faculty of Applied Medical Sciences
Jordan University of Science and Technology, Irbid, Jordan

AREAS OF SPECIALIZATION

- 1) Sport Physical Therapy
- 2) Musculoskeletal Physical Therapy

PH.D AREA OF RESEARCH

Return to Sports Activity and Participation After Anterior Cruciate Ligament Reconstruction

RESEARCH INTERESTS

- 1) Return to pre-injury level of sports activity and participation after ACL reconstruction
- 2) Identifying predictors of return to pre-injury level of sports after ACL Injury and surgery
- 3) Identifying predictors of graft failure after ACL reconstruction
- 4) Identifying predictors of patient-reported outcomes after ACL reconstruction
- 5) Knee osteoarthritis rehabilitation
- 6) Return to military duty after ACL reconstruction

CURRENT RESEARCH PROJECTS AND GRANTS

Grant#20240012- Prevalence, Associated Factors, and Psychological Impact of Chronic Pain After Total Knee Arthroplasty in Jordanian. **Primary Investigator**

Grant#20230630- The Efficacy of Progressive Resistance Exercises versus Aerobic Exercises on Cartilage Morphology and Physical Function in Patients with Degenerative Meniscus Tear: A Randomized Controlled Trial. **Primary Investigator**

Grant#20210310- The associations between patient's pre-surgery knowledge of ACLR surgery and rehabilitation, expectations, and motivations with return to pre-injury level of sport and satisfaction after ACLR. **Primary Investigator**

Grant#20200443- The Effect of Quarantine Period on Patients with Knee Injuries or Osteoarthritis During COVID-19 Pandemic in Jordan. **Primary Investigator**

Grant#20190114- Return to Pre-Injury Level of Military Duty After Anterior Cruciate Ligament Reconstruction in Jordan. **Primary Investigator**

Grant#20190071- The Effectiveness of Pulsed Electromagnetic Field and Progressive Resistance Exercise on Knee Osteoarthritis. **Primary Investigator**

Grant#20190047- The relationship of physical activity with joint range of motion in rheumatoid arthritis patients. **Primary Investigator**

Grant#20170109- Return to Pre-injury Level of Activity and Participation after Primary Anterior Cruciate Ligament (ACL) Reconstruction in Jordan. **Primary Investigator**

Grant#2021007- Is the Development of Radiographic Signs of Knee Osteoarthritis Mediated by Altered Knee and Hip Muscles Strength and Performance After Anterior Cruciate Ligament Reconstruction?. **Co-investigator**

Grant#20180363- Prevalence of Sport Injuries in Professional and Intercollegiate Sports in Jordan. **Co-investigator**

Grant#20180501- Contextual Risk Factors and Post-injury Outcomes of Professional and Intercollegiate Sports Injuries in Jordan. **Co-investigator**

Grant#20170325- Frontal plane Knee mechanics profile in athletes with and without limb-to-limb symmetry determined by the performance on the single-legged hop tests. **Co-investigator**

Grant#20170352- Is the Development of Radiographic Signs of Knee Osteoarthritis Mediated by Altered Knee Biomechanics after Anterior Cruciate Ligament Reconstruction?. **Co-investigator**

TEACHING EXPERIENCE

Course Coordinator and Instructor
Department of Rehabilitation Sciences
Jordan University of Science and Technology, Irbid, Jordan

Undergraduate courses

- MUSCULOSKELETAL ANATOMY
- MUSCULOSKELETAL ASSESSMENT
- PT IN ORTHOPAEDICS (1)
- PT IN ORTHOPAEDICS (2)
- INTRODUCTION TO CLINICAL PRACTICE
- CLINICAL PRACTICE IN ORTHOPEDICS (1)
- CLINICAL PRACTICE IN ORTHOPEDICS (2)
- PHYSICAL THERAPY IN GERIATRICS
- CLINICAL PRACTICE IN BURNS AND RECONSTRUCTIVE SURGERY
- SCIENTIFIC RESEARCH METHODS
- DISABILITY AND THE SOCIETY
- WELLNESS AND LIFESTYLE

Graduate courses

- ADVANCED CLINICAL PRACTICE
- ADVANCED SPORTS INJURIES MANAGEMENT

- EVIDENCE-BASED PRACTICE IN PHYSICAL THERAPY
- MODELS OF PRACTICE IN PHYSICAL THERAPY
- EVIDENCE-BASED CLINICAL REASONING IN REHABILITATION SCIENCES
- ADVANCED MUSCULOSKELETAL PHYSICAL THERAPY
- ADVANCED THEORIES AND PRACTICE IN ORTHOPEDIC REHABILITATION
- INDEPENDENT STUDY

CLINICAL EXPERIENCE

- January 2020 – present. Physical therapy consultant.
 - Irbid Consultancy Center for Physical Therapy, Irbid, Jordan.
- December, 2017 – 2019. Part-time Physical Therapist and consultant.
 - King Abdullah University Hospital, Irbid, Jordan.
- February, 2017 – present. Clinical training supervisor for our students.
 - Princess Bassma Teaching Hospital, Irbid, Jordan.
 - King Abdullah University Hospital, Irbid, Jordan.
- September, 2005 – May, 2009. Clinical training supervisor, Freelance Physical Therapist
 - King Abdullah University Hospital.
 - Princess Basma Teaching Hospital.
 - Royal Medical Services (Farah Royal Rehabilitation Center).

PEER REVIEWED PUBLICATIONS

1. Al-Wardat M, Magableh H, Almhdawi KA, **Yabroudi M**, Etoom M, Tariah HA, Abdullahi A, Almasri N. **Parental quality of life and its predictors in Jordanian families with children with cerebral palsy.** BMJ Paediatrics Open. 2025 Aug 26;9(1):e003462.
2. **Yabroudi M**, Al-Adwan A, Nawasreh Z. **Prevalence and rehabilitation factors associated with chronic pain after total knee arthroplasty in Jordan.** International Orthopaedics. 2025 Mar 13:1-7.
3. Nawasreh ZH, **Yabroudi MA**, Debes WA, Darwish AA, Alsharei AS, Bashaireh KM. **Factors Associating with the Severity of Soccer Injury Among Men and Women Professional Teams.** Journal of Science in Sport and Exercise. 2024 Nov;6(4):359-67.
4. Nawasreh Z; **Yabroudi M**, Daradkeh S, Abujaber S, Alsharei A, Bashaireh K. **Comparing Sagittal-Plane Biomechanics of Drop Jump Landing in Athletes With and Without Knee Osteoarthritis 2-Year Post-Anterior Cruciate Ligament Reconstruction.** J Appl Biomech. 2024;40(5):374-382.

5. Nawasreh Z; **Yabroudi M**; Daradkeha S; Kassasa M; Dahabreh Z; Bashaireh K. **Factors Associated with Radiological Signs of Knee Osteoarthritis Two Years after Anterior Cruciate Ligament Reconstruction.** Journal of Bodywork & Movement Therapies, October 2024, Volume 40, Pages 852-861.
6. Bashaireh KM, **Yabroudi MA**, Logerstedt D, Snyder-Mackler L, Nawasreh ZH. **Reasons for not returning to pre-injury sport level after ACL-reconstruction.** International journal of sports medicine. 2024 May 8.
7. Nawasreh ZH, **Yabroudi MA**, Daradkeh SM, Abujaber SB, Alyamani A, Bashaireh KM. **Joint contributions to sagittal plane total support moment in patients with knee osteoarthritis after anterior cruciate ligament reconstruction.** Gait & Posture. 2024 Feb 1;108:347-53.
8. **Yabroudi MA**, Aldardour A, Nawasreh ZH, Obaidat SM, Altubasi IM, Bashaireh K. **Effects of the combination of pulsed electromagnetic field with progressive resistance exercise on knee osteoarthritis: A randomized controlled trial.** Journal of Back and Musculoskeletal Rehabilitation. 2024 Jan;37(1):55-65.
9. Saleh Esra', **Yabroudi MA**, Al-Wardat M, Nawasreh ZH, Almhdawi K, Etoom M. **The effectiveness of home-based therapeutic exercises on adults with fibromyalgia: a systematic review and meta-analysis.** International Journal of Rehabilitation Research. 2023 Dec 1;46(4):359-68.
10. Nawasreh ZH, **Yabroudi MA**, Debes WA, Darwish AA, Alsharei AS, Bashaireh KM. **Factors Associating with the Severity of Soccer Injury Among Men and Women Professional Teams.** Journal of Science in Sport and Exercise. 2023 Jun 6:1-9.
11. Ismael NT, Nazzal SA, Jaber AA, **Yabroudi MA.** **Exploring perceived occupational performance among individuals with Vertigo in Jordan: A cross-sectional study.** British Journal of Occupational Therapy. 2023 May 14:03080226231175571.
12. Nawasreh ZH, **Yabroudi MA**, Kassas MN, Daradkeh SM, Bashaireh KM. **Hip Abductor and External Rotator Strengths Correlate With Hop Symmetry in Men Athletes 2 Years After Anterior Cruciate Ligament Reconstruction.** Journal of Sport Rehabilitation. 2023 Mar 21;1(aop):1-9.
13. Nawasreh ZH, **Yabroudi MA**, Al-Shdifat AB, Obaidat SM, Daradkeh SM, Kassas MN, Bashaireh KM. **Patient-Reported Measures Associated with the Return to Pre-Injury Levels of Sport 2 Years after Anterior Cruciate Ligament Reconstruction.** Journal of Functional Morphology and Kinesiology. 2023 Feb 23;8(1):28.
14. Al-Wardat M, Schirinzi T, Hadoush H, Kassab M, **Yabroudi MA**, Opara J, Nawrat-Szoltysik A, Khalil H, Etoom M. **Home-Based Exercise to Improve Motor Functions, Cognitive Functions, and Quality of Life in People with Huntington's Disease: A Systematic Review and Meta-Analysis.** International Journal of Environmental Research and Public Health. 2022 Nov 12;19(22):14915.

15. Nawasreh ZH, **Yabroudi MA**, Darwish AA, Debes WA, Bashaireh KM. **Player sex and playing surface are individual predictors of injuries in professional soccer players.** *Pathophysiology*. 2022 Oct 26;29(4):619-30.
16. Nawasreh ZH, **Yabroudi MA**, Anan AS, Daradkeh S, Kassas M, Bashaireh K. **Kinetic energy absorption differences during drop jump between athletes with and without radiological signs of knee osteoarthritis: Two years post anterior cruciate ligament reconstruction.** *Gait & Posture*. 2022 Oct 1;98:289-96.
17. Kanaan SF, **Yabroudi MA**, Khader Y, Aburub AS, Khraise H, Al-Omari AA. **Physiotherapists' knowledge, perception, and attitude regarding COVID-19 and infection control: An online cross-sectional survey in Jordan.** *Work*. 2022 Jan 1;72(3):797-805.
18. **Yabroudi MA**, Nawasreh ZH, Dabas WA, Al-Shorman EJ, Darwish AA, Samaneh HA, Bashaireh KM. **The influence of sleep quality and quantity on soccer injuries in professional teams.** *The Journal of Sports Medicine and Physical Fitness*. 2021 Dec 9;62(10):1375-82.
19. Maayah MF, Al-Jarrah MD, **Yabroudi M**, Abdel-aziem AA, Gaowgzeh RA, Neamatallah Z, Alfawaz SS. **Students' perceptions of the educational environment of the applied medical sciences programs.** *Advances in Mechanics*. 2021 Aug 19;9(3):1154-69.
20. Muller B, **Yabroudi MA**, Lynch A, Popchak A, Lai CL, van Dijk CN, Fu FH, Irrgang JJ. **Return to preinjury sports after anterior cruciate ligament reconstruction is predicted by five independent factors.** *Knee Surgery, Sports Traumatology, Arthroscopy*. 2021 Apr 22:1-9
21. **Yabroudi MA**, Bashaireh K, Nawasreh ZH, Snyder-Mackler L, Logerstedt D, Maayah M. **Rehabilitation duration and time of starting sport-related activities associated with return to the previous level of sports after anterior cruciate ligament reconstruction.** *Physical therapy in sport*. 2021 Mar 1;49:164-70.
22. Bashaireh KM, **Yabroudi MA**, Nawasreh ZH, Al-Zyoud SM, Bashir NB, Aleshawi AJ, Allouh MZ. **Racial variations in knee joint laxity: A comparative study of the Jordanian Arab and Malay populations.** *The Knee*. 2020 Aug 1;27(4):1205-11.
23. Popchak AJ, **Yabroudi MA**, Irrgang JJ. **ACL: Time-Based Return to Play. "Role of Patient Reporting in Return to Play"**. In *Return to Play in Football 2018* (pp. 263-271). Springer, Berlin, Heidelberg.
24. Alenazi AM, Alshehri MM, Hoover JC, **Yabroudi MA**, Kachanathu SJ, Liu W. **The effect of t'ai chi exercise on lipid profiles: a systematic review and meta-analysis of randomized clinical trials.** *The Journal of Alternative and Complementary Medicine*. 2018 Mar 1;24(3):220-30.
25. **Yabroudi MA**, Björnsson H, Lynch AD, Muller B, Samuelsson K, Tarabichi M, Karlsson J, Fu FH, Harner CD, Irrgang JJ., **"Predictors of Revision Surgery After Primary**

- Anterior Cruciate Ligament Reconstruction,"** Orthopaedic Journal of Sports Medicine, 2016. vol. 4(9), no. 2325967116666039
26. Muller B, **Yabroudi MA**, Lynch A, Lai CL, van Dijk CN, Fu FH, Irrgang JJ, **"Defining Thresholds for the Patient Acceptable Symptom State for the IKDC Subjective Knee Form and KOOS for Patients Who Underwent ACL Reconstruction,"** The American Journal of Sports Medicine, 2016 Nov;44(11):2820-6.
 27. Dziki, J., Badylak, S., **Yabroudi, M.**, Sicari, B., Ambrosio, F., Stearns, K., Turner, N., Wyse, A., Boninger, M.L., Brown, E.H. and Rubin, J.P., **"An acellular biologic scaffold treatment for volumetric muscle loss: results of a 13-patient cohort study,"** npj Regenerative Medicine, vol. 1, no. 16008, pp. 0-0, 2016
 28. Han N, **Yabroudi MA**, Stearns-Reider K, Helkowski W, Sicari BM, Rubin JP, Badylak SF, Boninger ML, Ambrosio F., **"Electrodiagnostic Evaluation of Individuals Implanted With Extracellular Matrix for the Treatment of Volumetric Muscle Injury: Case Series.,"** Phys Ther, vol. 96, no. 4, pp. 540-549, 2015
 29. **Yabroudi, Mohammad A.**, and James J. Irrgang. **"Rehabilitation and return to play after anatomic anterior cruciate ligament reconstruction."** *Clinics in Sports Medicine* 32:1 (2013): 165-175.

PEER REVIEWED SCIENTIFIC AND PROFESSIONAL PRESENTATIONS

1. Abdalrahman Abu Ali, **Mohammad A. Yabroudi**, Zakariya H. Nawasreh, Naser Obeidat, Khaldoon M. Bashareh, Jay Irrgang. **Improvements in Patient-Reported Outcomes Following Supervised Exercise in Patients with Degenerative Meniscus Tears: A Randomized Clinical Trial.** April 2025, OARSI 2025, Incheon, South Korea.
2. **Mohammad A. Yabroudi**, Abdalrahman Abu Ali, Zakariya H. Nawasreh, Naser Obeidat, Khaldoon M. Bashareh, Jay Irrgang. **Effects of Progressive Resistance Exercise and Aerobic Exercise on Functional Outcomes in Individuals at High Risk of Knee Osteoarthritis: A Randomized Clinical Trial.** April 2025, OARSI 2025, Incheon, South Korea.
3. Zakariya H. Nawasreh, **Mohammad A. Yabroudi**, Sumayah Abu Jaber, Khaldoon M. Bashareh. **Decreased Frontal-Plane Knee Loading in Patients with Radiological Signs of Knee Osteoarthritis Two-Year after ACL-Reconstruction.** Feb 2025, Combined Sections Meeting (CSM). Texas, USA
4. **Mohammad A. Yabroudi**, Zakariya H. Nawasreh, Sharaf M. Daradkeh, Mohamed Kassas, Khaldoon M. Bashareh. **The Clinical Measures that Can Differentiate Between Patients with and without Knee OA Two Years after ACL Reconstruction.** May 2024, 21ST ESSKA Congress. Milan, Italy.
5. Zakariya H. Nawasreh, Mohammad A.Yabroudi, Sharaf M. Daradkeh, Khaldoon M. Bashareh. **Differences in Joint Contributions to Total Support Moment During**

- Landing of Vertical Jump Between Athletes with and without Knee Osteoarthritis Two Years Post ACL-Reconstruction.** May, 2024, 21ST ESSKA Congress. Milan, Italy.
6. **Mohammad A Yabroudi**, Duha Bataineh, Zakariya H Nawasreh, Khaldoon Bashairah, Ibrahim AlTubasi. **The Association between Pre-Surgery Knowledge of ACL Reconstruction and Rehabilitation with Patient Satisfaction after Surgery.** 2023 Combined Sections Meeting (CSM). San Diego, USA.
 7. Nawasreh Z; **Yabroudi M**, Bashairah K. **Reasons for not returning to the same pre-injury level in non-professional men soccer players after ACL reconstruction.** Virtual conference and will be held online, Oral presentation, 11-15, May, 2021, 19th ESSKA Congress. Milan, Italy
 8. Nawasreh Z; Dabas W; **Yabroudi M**; Al-Shorman E; Darwish A; Samaneh H; Bashairah K. **The influence of Sleeping and Smoking Measures on the Occurrence of Injuries in Professional Soccer Players.** ePoster, World Physiotherapy Congress On-line, 9-11, April, 2021
 9. **Mohammad Yabroudi**, Zakariya Nawasreh, Lynn Snyder-Mackler, David Logerstedt, Khaldoon Bashairah. **Predictors of Patient's Satisfaction after Anterior Cruciate Ligament Reconstruction (Platform).** Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2020, Denver, Colorado, USA
 10. Zakariya Nawasreh, **Mohammad Yabroudi**, Lynn Snyder-Mackler, David Logerstedt, Khaldoon Bashairah. **Reasons for Not Returning to Pre-injury Level of Activity and Sports After ACL Reconstruction.** Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2020, Denver, Colorado, USA
 11. **Mohammad A. Yabroudi**, Ahmad Aldardour, Zakariya H. Nawasreh, Ibrahim M. Altubasi, Khaldoon Bashairah. **The Additive Effect of Pulsed Electromagnetic Field to Progressive Resistance Exercise in Treating Patients With Knee Osteoarthritis. A Randomized Controlled Trial (Platform).** The First International Physical Therapy Conference in Al-Isra University. October 2019, Amman, Jordan
 12. **Mohammad A Yabroudi**, Zakaryia Nawasreh, Mikhled Maayah, Khaldoon Bashairah. **Rehabilitation Duration is A Primary Predictor for Return to Pre-injury Level of Sports After Anterior Cruciate Ligament Reconstruction (Platform).** Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2019, Washington, DC, USA
 13. **Mohammad A Yabroudi**, Bart Muller, Chung-Liang Lai, Andrew Lynch, Alicia Oostdyk, Freddie Fu, Christopher Harner, James Irrgang. **Return to Pre-Injury Level of Sports after Anterior Cruciate Ligament (ACL) Reconstruction.** Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2014, Las Vegas, Nevada
 14. Bart Muller, **Mohammad A Yabroudi**, Chung-Liang Lai, Andrew Lynch, Majd Tarabichi, C. Niek van Dijk, Freddie Fu, Christopher Harner, James Irrgang. **Prediction of Return to Preinjury Sports Following ACL Reconstruction**

- (Platform).** Bi-Annual Meeting of the European Society for Sports Medicine, Knee Surgery and Arthroscopy (ESSKA), May 2014, Amsterdam, Netherland
15. Bart Muller, **Mohammad A Yabroudi**, Chung-Liang Lai, Andrew Lynch, C. Niek van Dijk, Freddie Fu, Christopher Harner, James Irrgang. **Defining thresholds for the patient acceptable symptom state for the IKDC subjective knee form and KOOS for patients undergoing ACL reconstruction.** Bi-Annual Meeting of the European Society for Sports Medicine, Knee Surgery and Arthroscopy (ESSKA), May 2014, Amsterdam, Netherland
 16. Bart Muller, **Mohammad A Yabroudi**, Chung-Liang Lai, Andrew Lynch, C. Niek van Dijk, Freddie Fu, Christopher Harner, James Irrgang. **Defining thresholds for the patient acceptable symptom state for the IKDC subjective knee form and KOOS for patients undergoing ACL reconstruction.** American Orthopaedic Society for Sports Medicine (AOSSM) Annual Meeting 2013, Chicago, Illinois
 17. **Mohammad A Yabroudi**, Bart Muller, Chung-Liang Lai, Andrew Lynch, Alicia Oostdyk, Freddie Fu, Christopher Harner, James Irrgang. **Comparison of Two Methods to Measure Return to Sports after Anterior Cruciate Ligament (ACL) Reconstruction.** American Orthopaedic Society for Sports Medicine (AOSSM) Annual Meeting 2013, Chicago, Illinois

MENTORSHIP FOR GRADUATE STUDENTS

- **Mentor:** Abd AlRahman Abu Ali. The Effect of Therapeutic Exercise on Physical Function for Individuals at High Risk of Knee Osteoarthritis: A Randomized Controlled Trial. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Aya Mohammad Noor Al-Adwan (2024), Prevalence, Associated Factors, And Psychological Impact Of Chronic Pain After Total Knee Arthroplasty In Jordan. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Maria Lababneh (2023). The kinetics and kinematics during landing from single-leg hopping tasks for athlete and non-athlete individuals: a normative data cross-sectional study. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Esra' Saleh (2022). The effect of home-based therapeutic exercises on adult people with fibromyalgia: a systematic review and meta-analysis. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Co-mentor:** Mohammed Kassas (2021). Is the development of radiographic signs of knee osteoarthritis mediated by altered knee and hip muscles strength and performance after anterior cruciate ligament reconstruction. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Co-mentor:** Sharf Daradkeh (2021). Is the development of radiographic signs of knee osteoarthritis mediated by altered knee biomechanics after anterior cruciate ligament reconstruction. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.

- **Co-mentor:** Ahmad Darwish (2020). Prevalence of Sport Injuries in Professional and intercollegiate Sports in Jordan. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Co-mentor:** Wesam Aldebes (2020). Contextual risk factors and post-injury outcomes of professional and intercollegiate sports injuries in Jordan. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Banan El Gharabawy (2020). The Effect of Quarantine Period on Patients with Knee Osteoarthritis During COVID-19 Pandemic in Jordan. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Ahlam Alqudah (2020). The relationship of physical activity with joint range of motion in rheumatoid arthritis patients. Master's degree in clinical rehabilitation Sciences. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Rowa Almomany (2020). Return to pre-injury level of military duty after anterior cruciate ligament reconstruction in Jordan. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Co-mentor:** Safa'a Nazzal (2019). Occupational Performance and Satisfaction in Daily Life Activities as Perceived by Individuals with Vestibular Disorders. Master's degree in clinical rehabilitation Sciences. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.
- **Mentor:** Ahmad Aldardour (2019). The effectiveness of pulsed electromagnetic field and progressive resistance exercise on knee osteoarthritis. Master's degree in Physiotherapy. Faculty of Applied Medical Sciences, Jordan University of Science and Technology.

CONTINUING EDUCATION COURSES AND CONFERENCES

- Mecmedix International Master Training, September 19-21, 2025, Bergamo, Italy
- Rehabilitation After Hip Arthroscopy. Physical Therapy Scientific Day of Hashemite University. April 17th, 2025. Alzarqa, Jordan. **Speaker**
- Rehabilitation After Hip Arthroscopy, The 14th International Conference of the Jordan Orthopaedic Association. November 6-9, 2024. Amman, Jordan. **Speaker**
- Examination and Treatment of Myofascial Trigger Points, Certified Dry Needling Practitioner. Physiopod, Basic and Advanced Dry needling workshops. Amman, 8-9/6/2023, 24-25/8/2023.
- Brian Mulligan's Concepts, Mobilisation with movement B: Lumbar, Lower Extremities & Advanced, 24 contact hours, September 22-24, 2022. Amman-Jordan. **Attendant**
- Brian Mulligan's Concepts, Mobilisation with movement A: Upper Quadrant, Basic & Advanced, 24 contact hours, July 14-16, 2022. Amman-Jordan. **Attendant**
- Shoulder Joint: Assessment and Treatment, 8-contact-hours training course. Alibdaa physiotherapy center, October 29, 2021. Alzarqa, Jordan. **Organizer & Instructor**
- Low Back Pain Management: Simple and Effective Approaches. 8-contact-hours training course. Irbid Consultancy Center for Physical Therapy. September 24, 2021. Irbid, Jordan. **Organizer**
- Physiotherapy in Spinal Cord Injuries-Part 2. 8-contact-hours training course. Altamayuz physiotherapy center, September 17, 2021. Amman, Jordan. **Organizer**

- Cervicothoracic Disorders Management. 16-contact-hours training course. Alemad physiotherapy center. August 20th and August 27th, 2021. Amman, Jordan. **Organizer and Attendant**
- Clinical Reasoning in Pediatric Physiotherapy. 8-contact-hours training course. Alemad physiotherapy center. August 6th, 2021. Amman, Jordan. **Organizer**
- Shoulder Joint: Assessment and Treatment, 8-contact-hours training course. Irbid Consultancy Center for Physical Therapy, June 25th, 2021. Irbid, Jordan. **Organizer & Instructor**
- The Gross Motor Function Measure. 8-contact-hours training course. Physio One physiotherapy center. June 11th, 2021. Amman, Jordan. **Organizer**
- Physiotherapy in Spinal Cord Injuries-Part 1. 8-contact-hours training course. Physio Life physiotherapy center, March 4th, 2021. Amman, Jordan. **Organizer**
- Imaging of the Spine. 8-contact-hours training course. Alemad physiotherapy center. July 24th, 2020. Amman, Jordan. **Organizer**
- Imaging of the Spine. 8-contact-hours training course. Al-Itqan physiotherapy center. July 17th, 2020. Irbid, Jordan. **Organizer and Attendant**
- COVID-19 and Physical Therapy. Online course. March 26th, 2020, Jordan. **Organizer**
- Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2020, Denver, Colorado, USA
- The First International Physical Therapy Conference in Al-Isra University. October 2019, Amman, Jordan
- Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2019, Washington, DC, USA
- The 2nd Arab Conference of Sport Medicine, 18-20 July 2018- Amman- Jordan
- The 2nd Conference of Jordanian Universities in Rehabilitation Sciences (**Organizer**). 8th November 2016. Jordan University of Science and Technology. Irbid – Jordan
- Applied Statistics for Life and Social Sciences Using R training course. 31st Jan – 1st Feb 2016. Jordan University of Science and Technology. Irbid – Jordan
- Assessment and Innovative Teaching Methods in Applied Medical Sciences training course. 19th – 20th 2016. Jordan University of Science and Technology. Irbid – Jordan
- Bi-Annual Meeting of the European Society for Sports Medicine, Knee Surgery and Arthroscopy (ESSKA), May 2014, Amsterdam, Netherland
- Combined Sections Meeting (CSM) of the American Physical Therapy Association, February 2014, Las Vegas, Nevada
- American Orthopaedic Society for Sports Medicine (AOSSM) Annual Meeting 2013, Chicago, Illinois
- Clinical Reasoning and Neurodynamics Course. 26th – 27th July 2008. (8 credit hours). Primephysio Association, Amman – Jordan
- Vision Rehabilitation Workshop :(Visual Impairment in the Early Development of Child and in the Work of Therapists). 13th – 14th April 2007
King Hussein Cancer Center, Amman – Jordan
- Symposium and workshop in "Trauma- Management and Support" 16th – 17th September 2005
Jordanian Swedish Medical Association, Amman – Jordan
- Several courses in: communication skills, time management, stress management, problem solving and decision-making, and labor laws. 2005

- Civil Society Development Centre, J.U.S.T – Jordan
- 100-hour training course in "Participatory Rapid Appraisal ". 15th – 18th February 2005
Questscope, Amman – Jordan
- Intensive training program in "Self Concept". March 27th 2004.
Questscope, Amman – Jordan
- Intensive training program in "Behavior Modification". February 21st 2004.
Questscope, Amman – Jordan

PROFESSIONAL AND SCIENTIFIC MEMBERSHIP

- **Member of Scientific Committee.** Jordanian Physiotherapy Society. Feb 2022 – Feb 2024.
- **Head of Scientific Committee.** Jordanian Physiotherapy Society. Feb 2020-Feb 2022.
- **Editorial board member:** Annals of Joint Journal, 2015 – 2020
- **Member of Jordanian Physiotherapy Society,** 2005 – Present.
- **Department representative** at the faculty council, Faculty of Applied Medical Sciences, Jordan University of Science & Technology. Sept 2018 - Sept 2019.
- **Head of and member of the graduate studies committee** at the Dept of Rehabilitation Sciences - Jordan University of Science & Technology. Sept 2021 – Present.
- **Head of supply and maintenance committee** at the Dept of Rehabilitation Sciences - Jordan University of Science & Technology. Sept 2016 – Present.
- **Head of physical therapy curriculum accreditation committee** at the Dept of Rehabilitation Sciences - Jordan University of Science & Technology. Sept 2020 – Sept 2021.
- **Head of students' affairs committee** at the Dept of Rehabilitation Sciences - Jordan University of Science & Technology. Sept 2020 – Sept 2021.
- **Member of the students' affairs committee** at the Dept of Rehabilitation Sciences - Jordan University of Science & Technology. Sept 2016 – Sept 2020, and Sept 2021 - Present.
- **Member of the local community services committee** at Applied Medical Sciences faculty - Jordan University of Science & Technology. Sept 2015-Sept 2017.
- **Member of conferences and scientific days' committee** at the Applied Medical Sciences faculty- Jordan University of Science & Technology. Sept 2016 – Sept 2018.

- **Member of the media committee** at the Department of Rehabilitation Sciences, Applied Medical Sciences faculty- Jordan University of Science & Technology. Sept 2016 – Sept 2018.

ACADEMIC AND ADMINISTRATIVE DEVELOPMENTS

Led and participated in preparing the COVID-19 safety measures and regulations for physical therapy practice in Jordan. Jordan- April 11th, 2020.

Participated in the WCPT accreditation process for the physical therapy program at Jordan University of Science and Technology. May 11th, 2018.

Participated in the ASIC accreditation process for the Faculty of Applied Medical Sciences at Jordan University of Science and Technology. November 13th, 2017.

Participated in curriculum building for master's program, Erasmus Plus project: interdisciplinary clinical master program in Rehabilitation Sciences (JUST-CRS), Amman, Jordan. January 15-17, 2017.

Participated in curriculum building for master's program, Erasmus Plus project: interdisciplinary clinical master program in Rehabilitation Sciences (JUST-CRS), Lisbon, Portugal. May 21-25, 2017.

Participated in curriculum Building for the master's program, Master of Science in Physical Therapy, Irbid- Jordan. March 2017.

COMMUNITY SERVICES

Organized many scientific workshops for physical therapists in Jordan.

Participated in many blood donation campaigns at Jordan University of Science & Technology.

Participated in the International Day of Cardiopulmonary Resuscitation (CPR) event organized by the faculty of applied medical sciences- Jordan University of Science & Technology. October 16th, 2018.

Participated in the Cardiopulmonary resuscitation (CPR) event at Irbid City Center Mall, organized by the faculty of applied medical Sciences- Jordan University of Science & Technology. November 8th, 2017.

Participated in the Faculty of Applied Medical Sciences' free medical day. Almazar, Irbid, September 27th, 2017.

Participated in the International Day of Occupational Therapy event organized by the faculty of applied medical sciences. November 17th, 2016.

Participated in the Faculty of Applied Medical Sciences' free medical day. Betras, Irbid, April 25th, 2016.

AWARDS AND HONORS

Graduate Students Travel Award, American Orthopaedic Society for Sports Medicine (AOSSM) Annual Meeting 2013, Chicago, Illinois.

Academic Scholarship for MSc, Jordan University of Science and Technology, August 2009-2010.

Academic Scholarship for Ph.D., Jordan University of Science and Technology, January 2011- August 2015.

Dean's List, Jordan University of Science and Technology (2003-2005).

PROFESSIONAL WEBSITES/ACCOUNTS LINKS

Official Personal Webpage (*at Jordan University of Science & Technology*):
<https://www.just.edu.jo/eportfolio/Pages/Default.aspx?email=m.yabroudi>

Google Scholar:
<https://scholar.google.com/citations?hl=en&user=s3C3U-0AAAAJ>

Research Gate:
<https://www.researchgate.net/profile/Mohammad-Yabroudi>

LinkedIn:
<https://www.linkedin.com/in/mohammad-a-yabroudi-799172104/>

ORCID:
<https://orcid.org/0000-0002-1215-2621>

REFERENCES:

James Irrgang, PT, PhD, ATC, FAPTA
Chair and Professor
Department of Physical Therapy
Vice Chair of Clinical Outcomes Research
Department of Orthopaedic Surgery
University of Pittsburgh
Bridgeside Point 1, 100 Technology Drive, Suite 210
Pittsburgh, PA 15219
jirrgang@pitt.edu
412-383-9865

Saleem Banihani, MLAS, MSc, PhD
Professor and Dean
Faculty of Applied Medical Sciences
Jordan University of Science and Technology
P.O.Box 3030, Irbid 22110, Jordan
Phone: + 962(2)7201000. Ext: 26948
sabanihani@just.edu.jo

Zakariya H. Nawasreh, PT, MSc, PhD
Associate Professor of Physical Therapy
Department of Rehabilitation Sciences
Faculty of Applied Medical Sciences
Jordan University of Science and Technology
P.O.Box 3030, Irbid 22110, Jordan
Phone: +962 (2)7201000 Ext: 26937
zhnawasreh@just.edu.jo