

# Abduladheem Kamkar, MS, PT, OMT

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<b>University Education</b>	1990-1992	University of Pittsburgh	U.S.A.
	<ul style="list-style-type: none"><li>▪ <b>M.S., Sports Physical Therapy</b></li><li>▪ Thesis, Electromyographic Analysis of Serratus Anterior Muscle Exercises</li></ul>		
	1986-1990	University of Pittsburgh	U.S.A.
	<ul style="list-style-type: none"><li>▪ <b>B.S., Physical Therapy</b></li><li>▪ Graduated Magna Cum Laude</li></ul>		

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<b>Experience</b>	1997-present	Dr. Kamkar Medical & Physiotherapy Center	Dubai
	<b>Owner &amp; Principal Physical Therapist</b>		
	<ul style="list-style-type: none"><li>▪ Director of the Center</li><li>▪ Directed the initial setting up of the center</li><li>▪ Clinical caseload of musculoskeletal cases</li></ul>		
	1993–present	Dubai Police, Department of Medical Services	Dubai
	<b>In-charge Physical Therapy Section</b>		
	<b>Head of Supportive Medical Services</b>		
	<b>Physical Therapist</b>		
	<ul style="list-style-type: none"><li>▪ Administrative duties</li><li>▪ Clinical caseload of musculoskeletal cases</li></ul>		
	1990–1993	Saint Francis Health System	Pittsburgh, USA
	<b>Staff Physical Therapist</b>		
	<ul style="list-style-type: none"><li>▪ Clinical caseload of outpatient orthopedics</li><li>▪ Involved in presenting educational in-services to staff</li></ul>		

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<b>Continuing Education</b>	13-14 April 2007		Dubai
	Classification of Chronic Low Back Pain Disorders: Setting the Framework for a Mechanism-Based Intervention, Prof. Wim Dankaerts		
	15-16 December 2006		Singapore
	Diagnosis of Mechanical Dysfunction and Stability Retraining of the Shoulder Girdle, Mark Comerford		

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13-14 December 2006	Singapore
Diagnosis of Mechanical Neck Pain and Functional Stability Retraining, Mark Comerford	
11-12 December 2006	Singapore
Understanding Movement and Function- Concepts, Mark Comerford	
21-23 September 2006	Antwerp, Belgium
State of the Art in Managing Upper Limb Joint and Soft Tissue Disorders, Karim Khan, Bill Vicenzino, and Rachel Leary	
29 April- 1 May 2006	Dubai
Physio Dubai 2006, Emirates First Physiotherapy Conference	
27-28 April 2006	Dubai
McConnell Approach to Management of Chronic Back and Leg Pain, Jenny McConnell	
10-11 October 2005	Rome, Italy
Movement Impairment Syndromes, Prof. Shirley Sahrmann	
7-9 October 2005	Rome, Italy
The Spine, World Congress on Manual Therapy	
5-6 October 2005	Rome, Italy
Shoulder Impingement and Instability, Pattern Recognition and Management, Mark Jones	
18 November 2004	Abu Dhabi
Rehabilitation of Lower Limb Injuries, Prof. Graham Smith	
17 November 2004	Abu Dhabi
Injuries to the Hip and Groin, Prof. Graham Smith	
7-8 October 2004	Dubai
The McConnell Approach to the Problem Knee, Alfio Albasini	
28-29 September 2004	Dubai
Specialty Practi-Med Dubai, Musculoskeletal conference.	
27 March 2004	Cape Town, South Africa
Cervical Spine Disorders, Sterling & Falla	
21-26 March 2004	Cape Town, South Africa
8th International Federation of Orthopaedic Manipulative Therapists' Conference	

20 & 21 March 2004	Cape Town, South Africa
Science of Stability, Prof. Paul Hodges	
18 & 19 March 2004	Cape Town, South Africa
Cranial Facial Dysfunction, Von Piekartz	
9-12, March 2004	Dubai
The Mulligan Concept, SNAGS, MWM, & PRP's, Hall	
4-7, March 2004	Dubai
The Mulligan Concept, SNAGS, MWM, & PRP's, Hall	
1 & 2 December 2003	Sydney, Australia
Explain Pain, Butler & Moseley	
27-30 November 2003	Sydney, Australia
Musculoskeletal Physiotherapy Australia, 13th Biennial Conference	
26 November 2003	Sydney, Australia
Hip Movement Impairment Syndromes, Prof. Shirley Sahrmann	
25 November 2003	Sydney, Australia
Shoulder Movement Impairment Syndromes, Prof. Shirley Sahrmann	
24 November 2003	Sydney, Australia
Movement Impairment Syndromes, Prof. Shirley Sahrmann	
30 June-25 July 2003	Perth, Australia
Certificate course in Manual Therapy	
21-22 October 2002	Dubai
The First Middle East Conference on Health Informatics	
8-17 July 2002	Dubai
Certificate in neurolinguistic programming (NLP)	
8-12 June 2002	Sharjah
Introduction to ISO 9001 Requirements	
9-13 June 2001	Dubai
Basic Healthcare Administration and Total Quality	
12-15 November 2001	Prague, Czech Republic
Manual Medicine, Prof. Karel Lewit, Prof. Vladimir Janda	
11-12 November 2000	Perth, Australia
NAGS, SNAGS, & MWM, Brian Mulligan	

6-10 November 2000	Perth, Australia
7th International Federation of Orthopaedic Manipulative Therapists' Conference	
3-4 November 2000	Perth, Australia
NAGS, SNAGS, & MWM, Brian Mulligan	
28 & 29 April 1998	Sharjah
Orthopaedic Surgery and Road Traffic Accident Conference	
5-8 August 1993	Chicago, USA
Functional Orthopedics I, Institute of Physical Art	
March 13-17, 1993	Rochester, USA
S6, Introduction to Spinal Manipulation, Olaf Evjenth	
10 & 11 December 1992	Rochester, USA
E4, Peripheral Joint Manipulation, Freddy Kaltenborn, Trudie Kaltenborn	
8 & 9 December 1992	Rochester, USA
E1, Introductory Extremity Evaluation and Treatment: part 1, Freddy Kaltenborn, Trudie Kaltenborn	
6-10 February 1992	San Francisco, USA
Combined Sections Meeting of the American Physical Therapy Association	

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**Research & Publications**

- Primary investigator in an electromyographic analysis of serratus anterior muscle exercises, Master's thesis, 1992
- Primary author of "Nonoperative Management of Secondary Shoulder Impingement Syndrome"; Kamkar A, Irrgang JJ, Whitney SL. *Journal of Orthopaedic and Sports Physical Therapy* 17 (5):212-224, 1993
- Primary author of "Evaluation and treatment of Superior Subluxation of the First Rib"; Kamkar A, Cardi-Laurent C, Whitney SL. *Journal of Sport Rehabilitation* 1(4):300-316, 1992
- Co-investigator in a study to determine reliability of girth measurements of the lower extremity. Poster presentation 1992 American Physical Therapy Association Annual Conference, Denver, Colorado. "Reliability of Girth Measurements of the Lower extremity; Beichner DM, Irrgang JJ, Kamkar A, Pezzullo DJ, Whitney SL

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**Professional Activities**

- Chairman of Emirates Physiotherapy Society Board (Emirates Medical Association), 2006-2007
  - Head of Scientific Committee and member of Organizing Committee of the *Physio-Dubai 2006*, Emirates First Physiotherapy Conference
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- Presented a lecture on “Mulligan Concept Techniques: The Evidence”. Advances in Arthritis Management, Gulf Medical College Ajman. 23-3-2007
  - Presented a lecture on “Physiotherapy Management of Neck & Low Back Pain: a Movement Impairment Approach” , Physical Medicine & Rehabilitation Conference, Arab Health 31-1-2007
  - Presented a lecture on “Physiotherapy Management of Low Back Pain: a Movement Impairment Approach” , Back Care Forum organized by the Dubai Bone & Joint Center 16-2- 2006
  - Presented a lecture on “Specific Exercises for Treatment of Lumbar Instability in Low Back Pain”, Emirates Physiotherapy Society Meeting 14-6-2005
  - Presented a lecture on “An Overview of the New Zealand Acute Low Back Pain Guide and the Guide to Assessing Psychosocial Yellow Flags in Acute Low Back Pain”, Physiotherapy Forum, 21 March 2005, Dubai
  - Presented a lecture on “Lateral Epicondylalgia, an evidence-Based Approach”, Physiotherapy Forum, 3 March 2004, Dubai
  - Presented a lecture on “Conservative Management of Superior Subluxation of the First Rib” at the Fifth UAE Sports Medicine Conference and Asian Sports Medicine Course, Dubai, UAE, April 2-4 1996
  - Presented a lecture on “Non-operative Management of Secondary Shoulder Impingement Syndrome” at the Fourth UAE Sports Medicine Conference and Asian Sports Medicine Course, Sharjah, UAE, March 26-29 1994
  - Presented a section on “Evaluation and Treatment of Cervicothoracic Joint Dysfunction and First Rib dysfunction” in a continuing education course entitled “Evaluation and Treatment of the Cervical Spine” taught by Richard Erhard, PT, DC, Pittsburgh, PA, USA, January 15-17, 1993

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**Memberships**

- Member Emirates Physiotherapy Society
- Member American Physical Therapy Association (APTA)
- Member Orthopedic Section (APTA)

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**Languages**

- Fluent Arabic & English

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**Nationality**

UAE