

OPTIMIZING SHOULDER FUNCTION:

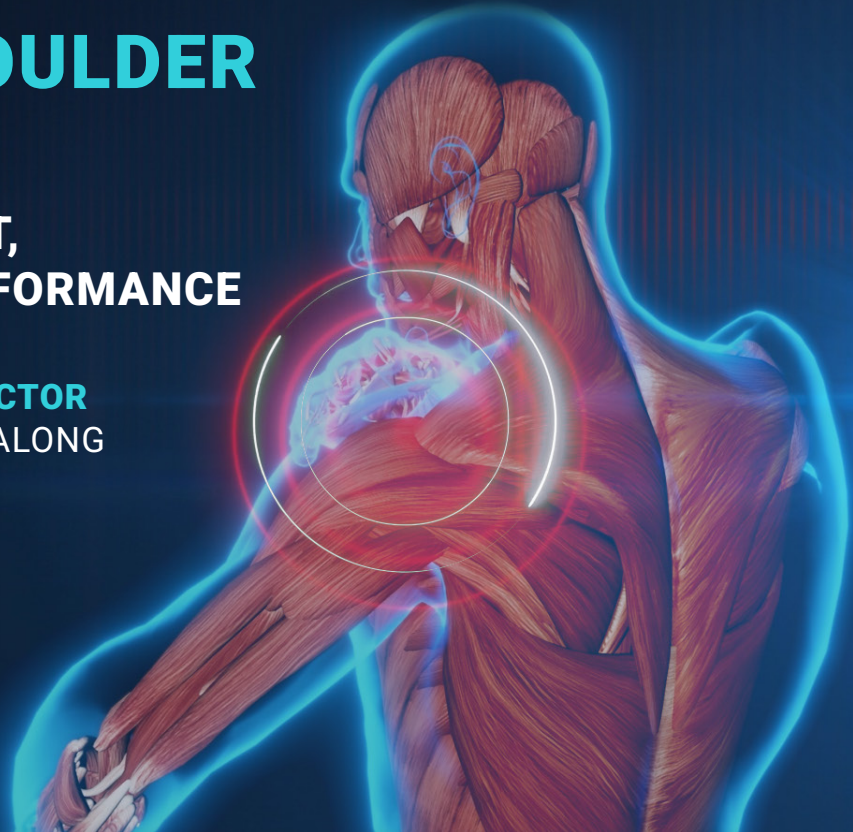
ADVANCES IN ASSESSMENT, REHABILITATION, AND PERFORMANCE

FEATURING THE LAUNCH OF THE **DOCTOR
OF PHYSICAL THERAPY PROGRAM**, ALONG
WITH AN **ALUMNI REUNION**

📅 **May 30, 2026**

🕒 **8:30 AM–3:30 PM**

📍 **Hadat–Baabda Campus**
Our Lady of the Seeds Monastery



PROGRAM

8:30–9:00 AM

Registration

9:00–9:30 AM

Opening Ceremony

- **Dr. Charbel Habib**, Head of UA's Department of Physical Therapy
- **Dr. Charles Morcos**, President of the Lebanese Order of Physiotherapists
- **Fr. Michel Saghbiny**, Rector of Antonine University
- **Official Launch of UA's Doctor of Physical Therapy (DPT) Program**

9:30–9:50 AM

Coffee Break

FIRST PANEL

PRECISION IN SHOULDER THERAPY

9:50–10:15 AM

From Stiffness to Motion: Biomechanics, Pathogenesis, and Osteopathic Manipulation in Adhesive Capsulitis

Dr. Tarek Touma, DO

10:15–10:40 AM

Ultrasound Guided Diagnosis and Hydrodilatation for Adhesive Capsulitis

Dr. Krystel Aouad, MD

10:40–10:55 AM

Coffee Break

10:55–11:20 AM

**From Differential Diagnosis and Clinical Reasoning to Data-Driven Decisions:
Integrating VALD in Clinical Assessment**

Dr. Charbel Najem, PhD, DPT

11:20 AM–12:00 PM **Shoulder Instability: Evidence on Neuroplastic Changes and Implications for Treatment Strategy**

Prof. Annelies Maenhout, PhD, PT

12:00–1:00 PM **Lunch Break**

SECOND PANEL THE COMPLETE SHOULDER SYSTEM: TESTING, STABILITY, STRENGTH, AND SPEED

1:00–1:25 PM **The Efficacy of Ultrasound Guided Dry Needling in the Treatment of Calcific Tendinitis of the Supraspinatus**

Dr. Elie El Dahdah, DPT

1:25–2:05 PM **The Explosive Shoulder Blueprint: Stability > Strength > Speed**

Mr. Amir Eid, PhD Candidate, MSc, PT

2:05–3:00 PM **VALD in Practice: Advanced Shoulder Testing Workshop**

Mr. Kinan El Khatib, MSc, PT

3:00–3:20 PM **Closing Ceremony**

3:30–5:00 PM **UA Alumni Gathering and Networking Session**

SPEAKERS' BIOGRAPHIES



TAREK TOUMA, DO

Dr. Tarek Touma, DO (Doctor of Osteopathy), graduated from the International Academy of Osteopathy in Belgium and has a multidisciplinary academic background combining health sciences and movement sciences. He holds degrees in Radiologic Technology and Physiotherapy from the Lebanese University, as well as two Master's degrees in Motor Sciences from the Free University of Brussels, complemented by a Higher Studies Diploma (DES) and an Advanced Studies Diploma (DEA).

Practicing since 2006, Dr. Touma specializes in the management of muscular and musculoskeletal pain through an integrative approach grounded in biomechanics, manual therapy, and current scientific evidence.

Alongside his clinical practice, he is actively involved in academia, teaching at the Physiotherapy Institute of Saint Joseph University of Beirut (USJ) and at the Lebanese German University (LGU).

Driven by a genuine commitment to elevating clinical practice and helping practitioners reach the highest standards of competence and patient care, he founded Advanced Osteopathy Training (AOT), a continuing education program dedicated to advancing scientific knowledge and clinical reasoning in musculoskeletal and osteopathic practice. In only two years, AOT has already trained more than one hundred students and healthcare professionals.

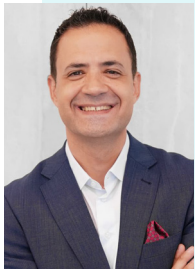
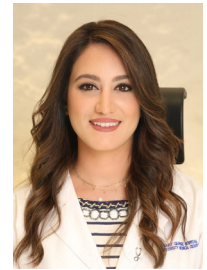
KRYSTEL AOUAD, MD

Dr. Aouad is an Assistant Professor of Rheumatology and a full-time consultant rheumatologist at Saint George Hospital University Medical Center. She serves as treasurer of the Lebanese Society of Rheumatology and is the Internal Medicine coordinator for third-year medical students at Saint George University of Beirut.

She completed her rheumatology fellowship at Pitié-Salpêtrière Hospital in Paris, gaining expertise in inflammatory diseases, complex spinal and mechanical disorders, osteoporosis, and ultrasound-guided injection procedures. She also holds a diploma in musculoskeletal ultrasound from Sorbonne University.

Dr. Aouad earned a Master of Science in Biostatistics and Public Health (MPH) from Paris-Saclay University under the mentorship of Prof. Laure Gossec. She is an active member of the European Emerging EULAR Network (EMEUNET) and currently serves as Chair of the Visibility and Global Affairs Subcommittee.

Her main interests include spondyloarthritis, psoriatic arthritis, rheumatoid arthritis, imaging, and collaborative research. She received the first prize from EMEUNET at the American College of Rheumatology Congress in November 2020 and has authored multiple peer-reviewed manuscripts and book chapters. She also serves as a reviewer for several journals, including *The Lancet Rheumatology*.



CHARBEL NAJEM, PhD, DPT

Dr. Najem is an Assistant Professor at Antonine University and a senior clinician with over 20 years of experience in the management of chronic pain and complex musculoskeletal conditions. He earned his PhD in Health Sciences from Ghent University, a Clinical Doctorate from Saint Joseph University of Beirut (USJ), and a Master of Science in Physiotherapy from KU Leuven.

Dr. Najem combines academic expertise with extensive hands-on clinical practice. His work focuses on chronic pain syndromes through approaches that integrate pain neuroscience education, functional rehabilitation, and patient-centered care to optimize outcomes and long-term recovery.

ANNELIES MAENHOUT, PhD, PT

Prof. Maenhout is a visiting professor in the Department of Rehabilitation Sciences at Ghent University, Belgium, and an expert shoulder physiotherapist at HIT (www.teamhit.be). She teaches in the University's Physiotherapy master's program, delivers international courses and lectures, and is a member of the Upper Limb Research Team at Ghent University. In clinical practice, she is passionate about developing individualized and dynamic training programs that help patients regain strong and healthy shoulder function.



ELIE EL DAHDAH, DPT

Dr. El Dahdah is an international physiotherapist and healthcare entrepreneur specializing in musculoskeletal pain management and sports injury rehabilitation. A graduate of Saint Joseph University of Beirut (USJ), he further developed his expertise through advanced training in Germany and Paris.

Dr. El Dahdah is the founder and owner of six physiotherapy clinics across Lebanon, Qatar, and Dubai, in addition to two medical education companies based in Dubai and Paris dedicated to the training of healthcare professionals. His work combines clinical excellence, medical education, and healthcare entrepreneurship to advance modern rehabilitation practices.

AMIR EID, PhD Candidate, MSc, PT

Mr. Eid is a performance coach and entrepreneur dedicated to building elite athletes and high-level coaching systems. As the founder of Miami Fitness Factory and Middle East representative of the National Council on Strength and Fitness (NCSF), he combines science, leadership, and innovation to elevate the standards of strength and conditioning across the region.



KINAN EL KHATIB, MSc, PT

Mr. El Khatib is a business manager and regional strategist specializing in healthcare innovation and sports performance technologies across the Middle East and Africa. Based in Nicosia, he works at the intersection of medicine, science, and technology, supporting hospitals, rehabilitation centers, and elite sports organizations in adopting advanced solutions that enhance recovery, resilience, and human performance.

He holds bachelor's and master's degrees and has pursued Executive MBA studies, reflecting a strong foundation in both healthcare and strategic leadership. Passionate about transforming complex innovations into real-world impact, he frequently speaks on the future of performance, well-being, and data-driven decision-making across diverse systems and cultures.