



# THE COMPREHENSIVE NEURO REHABILITATION REVIEW

May 14, 2026

Kempinski Al Othman

Al Khobar, Kingdom of Saudi Arabia

Host & Course Director



**Nabeel S. Alshafai**

MD FRCS(C) EBNS ABNS (Eligible)

NS Neuro Spine (Bahrain and Saudi Arabia), Chairman

Chairman of Neurosurgery  
The Royal Commission Hospital, KSA

Course Director



**David Cifu MD**

Professor Department Head

School of Medicine Physical Medicine and Rehabilitation  
Virginia Commonwealth University  
Richmond, USA

## Bridging Neuroscience and Clinical Rehabilitation.



Registration Fee:

400 SAR (Student/Physiotherapist)

600 SAR (Resident)

850 SAR (Registrar)

1250 SAR (Consultant)

**LIMITED SEATS  
AVAILABLE**

Email for inquiries:

[info@alshafaiacademy.org](mailto:info@alshafaiacademy.org)

Registration:

[www.register.alshafaiacademy.org](http://www.register.alshafaiacademy.org)

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## Faculty



**Henry Lew**

MD (ABPMR), PhD

Professor, University of Hawaii at Manoa  
Director, Rehabilitation Medicine Education  
Hawaii



**John Hermansen**

PhD

Physical Medicine and Rehabilitation  
Virginia Commonwealth University  
Richmond, USA



**Maher Binjadid**

MD, MBBS

Consultant Physician / Clinical Professor  
Director of Functional Health Care Services  
Prince Sultan Military Medical City, Riyadh, KSA

## PROGRAM SCHEDULE :

### Morning: PM&R Basics of Acute Neurotrauma and Neurological Disorders

08:00 - 08:05	Nabeel S. Alshafai, Introduction and Opening Remarks
08:05 - 08:30	Maher Binjadid, Overview of PM&R Assessment
08:30 - 09:00	John Hermansen, Managing Spasticity, Pain and Sleep
09:00 - 09:30	David Cifu, Managing Bowel, Bladder, and Skin Care
09:30 - 10:00	David Cifu, VTE/DVT, Seizure and Hydrocephalus Monitoring and Management
10:00 - 10:30	Henry Lew, Behavioral Management, Cognitive and Speech and Communication Disorders

10:30 - 10:45 **Coffee Break**

### Case Presentations – Assessment and ICU/Acute Management – SCI, SCI Tumor

10:45 - 12:00 All Faculty - Interactive Panel Presentation and Q&A Session

12:00 - 13:00 **Prayer and Lunch Break**

### Afternoon: PM&R and Rehab Therapy Interventions

13:00 - 13:30	John Hermansen, Considerations for Mobilization, Sarcopenia, Cardiovascular, Weight-Bearing, and a Return to Activity
13:30 - 14:00	John Hermansen, Innovative Approaches to Central and Peripheral Pain
14:00 - 14:30	David Cifu, Post-Acute Outcomes for SCI, TBI, Stroke, Brain Tumor
14:30 - 15:00	Henry Lew, Community Care (Driving, Vocational, TeleRehab, Remote Monitoring)
15:00 - 15:30	John Hermansen, Innovative Strategies (TMS, Telehealth, Stem Cells, Red Light Therapy, Robotics, Computer-Brain Interfaces, Implanted Cerebral Microchips, Epidural Stimulation)

15:30 - 15:45 **Coffee Break**

### Case Presentation – Interventions and Outcomes – TBI, Stroke, Brain Tumor

15:45 - 16:45 All Faculty - Interactive Panel Presentation and Q&A Session

16:45 - 17:00 Nabeel S. Alshafai, Closing Remarks

To provide a concise, practical update on evidence-based strategies that promote functional recovery after neurologic al injury, supporting effective clinical decision-making and patient-centered care.