

## MEET OUR AMBASSADORS



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Senior Lecturer

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**Field of Research:**

Rehabilitation; Musculoskeletal Physiotherapy; Spine;  
Exercise; active aging

### SHORT BIO

I am a physiotherapist and researcher specializing in musculoskeletal disorders, focusing on neck and shoulder pain, sports injuries, movement limitations, and falls prevention. As head of the Orthopedic Division in the Department of Physical Therapy, I ensure our training programs use the latest evidence-based methods to prepare future physiotherapists. My research team explores diagnostic, therapeutic, and prognostic solutions for clinical disorders with advanced technology. We use AI to predict fall risk, virtual reality to analyze spinal motion, a smartphone app for balance evaluation, and remote training for neck pain and fall prevention.

Our research spans diverse populations, from young athletes to the elderly, addressing conditions like neck pain, shoulder pain, vestibular disorders, and sports injuries. We examine mobility, stability, and strength impairments, considering social and psychological factors. Collaborating with healthcare and computer science experts, we develop innovative healthcare applications.

My experiences as a military veteran, enthusiastic surfer, and former rehabilitation patient fuel my passion and provide valuable insights. I believe an active lifestyle is essential for physical and mental health, which I strive to instill in my patients and future physiotherapists.

### FUNDRAISING NEEDS

It is estimated that approximately 20,000 Israeli war injured will begin rehabilitation this year, making rehabilitation increasingly critical. As a result of the urgent need for musculoskeletal rehabilitation, and the vast gap between academic knowledge and the field, it is evident that a center for musculoskeletal rehabilitation research is necessary.

The Musculoskeletal Health & Research Center (MHRC) will provide outpatient rehabilitation for injured individuals, multidisciplinary expert opinions, and serve as a fertile ground for research to develop assessment and treatment solutions for complex musculoskeletal injuries by a team of health experts from various fields. As a result of this learning about complex rehabilitation situations during wartime in Israel, evidence-based rehabilitation methods will develop effective and up-to-date methods and guidelines for rehabilitation.