

CURRICULUM VITAE

Ahmed M. ElMelhat

Associate Professor of Physical Therapy Department, Beirut Arab University/ Cairo University, Consultant physical therapy

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Personal Information:

Full Name: Ahmed Mohamed El Sayed El Melhat
Nationality: Egyptian
Religion: Muslim

Core Qualifications

- PhD in Physical Therapy for Musculoskeletal Disorders and its Surgeries (Cairo University, Egypt, 2019 — full-time, Very Good, ranked 1st)
- MSc in Orthopedic Physical Therapy & BSc in Physical Therapy with Honors (Cairo University, Egypt)
- Registered Consultant Physical Therapist — General Physical Therapy Syndicate of Egypt & Ministry of Health and Population of Egypt (No. 8033); Member, Australian Physiotherapy Association; Associate Member, International Headache Society.
- **Expertise**: Musculoskeletal Physical Therapy | Manual Therapy & Spinal Manipulation | Orthopedic & Post-Surgical Rehabilitation | Sports Injury Rehabilitation | Clinical Prediction Rules | Evidence-Based Practice | AI in Physiotherapy Education.
- Associate Professor rank held concurrently at Beirut Arab University and Cairo University; 28 peer-reviewed publications (Scopus/WOS indexed) and speaker at international conference including the World Physiotherapy Congress and APTA Combined Sections Meeting.

Professional Summary

- **Associate Professor** of Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University from **5/2025-till Now.**
- **Assistant Professor** of Physical Therapy Department – Faculty of Health Sciences – Beirut Arab University from **9/2020-till 4/2025.**
- **Associate Professor** Department of Physical Therapy for Musculoskeletal Disorders and its Surgery, Faculty of Physical Therapy, Cairo University, Giza, Egypt. **12/2024-till now.**

- **Consultant** of Physical Therapy at the General Physical Therapy Syndicate of Egypt and the Ministry of Health and Population of Egypt. (No: 8033) (2009-7501)
- **PhD**. Physical Therapy for Musculoskeletal disorders and its surgeries, Cairo University (**2019**) Grade: very good ranking 1st.
- **M.Sc**. Orthopedic Physical Therapy, Cairo University **(2015**) Grade: very good ranking 1st.
- **Main Speaker** in advanced courses for post graduated physical therapists organized by continuing and professional education center (CCPE) in BAU, CU.
- Member of the Australian Physiotherapy Association (Member no. 102217) for one year starting February 2025.
- **Associate member** in the International Headache Society (**HIS**).

Education

Cairo University, Faculty of Physical Therapy Cairo, Egypt **2015 till 2019**

• **Doctorate degree** in Physical Therapy (PhD), Cairo University, Egypt. **Very Good** grade (GPA 3.60),
Title of Ph.D. thesis: Efficacy Of Cervicothoracic Mobilization On Shoulder Impingement Syndrome.
• **Specialization**: Physical therapy for musculoskeletal disorders and its surgeries

Cairo University, Faculty of Physical Therapy Cairo, Egypt **2012 till 2015**

Master of Physical Therapy (MSc) …**Very Good** grade (GPA 3.46),
Dissertation: Association of Quadriceps Torque With Lower Extremity Dysfunction In Patients With Early Degrees Of Knee Osteoarthritis.
Specialization: Orthopedic Physical Therapy

- Technical skills: Use of Biodex Isokinetic Dynamometer in assessment and treatment, handling patients with severe pain, patients' education, time management, multi-tasking.

Cairo University, Faculty of Physical Therapy Cairo, Egypt **2005 till 2009**

• Bachelor of Physical Therapy (BSc) Grades: Excellent grade with Honors. Percentage (88.68%).

Academic Experience

Beirut Arab University, Faculty of Health Sciences, Beirut, Lebanon.

- Associate Professor of Physical Therapy Department **2020 till now**

Fall Courses

PHTH 315 Musculoskeletal Physical Therapy II (3 Crs)
PHTH 335 Musculoskeletal Physical Therapy Practice I (3 Crs)
PHTH 325 Musculoskeletal Physical Therapy Lab (1 Cr)
PHTH 217 Assessment in Physical Therapy (3 Crs)
DPT 612 Evidence Based Seminar II(3 Crs)

Spring Courses

PHTH 214 Musculoskeletal Physical Therapy I (3 Crs)
PHTH 336 Musculoskeletal Physical Therapy Practice I (3 Crs)
PHTH 436 Research Project
DPT 637 Advanced Topics in physical therapy (3 Crs)

Cairo University, Faculty of Physical Therapy Cairo, Egypt

- ***Assistant professor of Musculoskeletal physical therapy*** **2019 till 2020**

- **Teaching**: Musculoskeletal Physical Therapy, orthotics and prosthetics, sports physical therapy, and clinical labs Assistant supervisor of balance laboratory,

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- Teaching in the **post-professional Master program** of physical therapy for musculoskeletal disorders:

1. Sports Injury Management
2. Advanced Kinesiology.

- Teaching in the **Doctoral program of physical therapy** for musculoskeletal disorders

3. Analysis of procedures in Physical Therapy for muscloskltal disorders.
4. Foundation of Motor Control II
5. Measurement of movement performance.

- Teaching in the **Doctor of Physical Therapy (DPT)** program for musculoskeletal disorders.

6. Directed study in musculoskeletal disorders.

- **Supervisor** in orthopedic physical therapy clinic of Cairo University

Cairo University, Faculty of Physical Therapy Cairo, Egypt

- ***Lecturer of physical therapy*** **2015 till 2019**

Course Taught: Physical Therapy for Musculoskeletal Disorders and Surgery

- **Job Duties:**

1. Train undergraduate students on manual skills in practicum classes.

2. Mark assignments and exams.

Cairo University, Faculty of Physical Therapy Cairo, Egypt

- ***Teaching Assistant of physical therapy*** **2011 till 2015**

Cairo University, Giza, Egypt.

Faculty of Physical Therapy Out-patient Clinic and Cairo University Hospitals.
•Department Chairman: Dr. Salwa Fadel
•Course Taught: Clinical Physical Therapy for Musculoskeletal Disorders and Surgery (Clinical class).
•**Job Duties:**
8. Demonstrate clinical cases to the undergraduate students.
9. Participate in oral/clinical exams.
10. Supervise internship physical therapists.

Field interest:

Evidence based practice and rehabilitation.
Interest in different manual therapy schools' approaches.
Interest in shoulder and knee sports injuries rehabilitation.
Interest in post-operative orthopedic rehabilitation.
Interest in clinical prediction rules in physiotherapy.

CLINICAL EXPERIENCE

- **Registered a**s Consultant of Physical Therapy at the General Physical Therapy Syndicate of Egypt and the Ministry of Health and Population of Egypt. (No: 8033) (2009-7501) **2009 till now**
- **Clinical training** faculty member at physical therapy outpatient's clinics at Cairo university. **2011 till 2020**
- **Clinical training** faculty member at physical therapy outpatient's clinics at Beirut Arab University. **2011 till 2020**
- **Consultant** Physiotherapist in Shalan Hospital, Cairo, Egypt **(2013 till 2016)**
- **Consultant** Physical therapist in charge of the 18 -20 years old team - **Al Ahly Club (2016-2017)**
- **Consultant** Physiotherapist in AL haram Hospital, Cairo, Egypt **(2018- 2019).**
- Working at EL SHEFAA medical centre for (**2012-2015**).
- Private physical therapy clinic, Cairo, Egypt (2016 till now)
- Physical therapist for the volleyball teams of Ahly Sporting Club, Egypt (2015-2007)
  - PHYSIOTHERAPIST with Prof. Dr .Usama Rashad (Dean, Faculty of Physical Therapy – Heliopolis University) private clinic (Alagoza –Maady city).

Leadership positions:

- ♦ Member of research committee, Faculty of Health Sciences, Beirut Arab University 2023-till now.
- ♦ Head of Student Activities committee of the faculty of Health sciences, Beirut Arab University 2020-2023.
- ♦ Coordinator of post graduate affairs, department for Musculoskeletal disorders and its surgery, Faculty of physical therapy, Cairo university (Sep 2019 till 2020).

Academic responsibilities:

➢ Member of Faculty Council, Faculty of Health Sciences, Beirut Arab University.

➢ a senior core academic faculty in the Physical Therapy Department at BAU in the full accreditation process of the BSc program from WCPT.

➢Staff member of (Ethical committee), Faculty of Physical Therapy, Cairo University.

➢ Staff member in Postgraduate exam control, Faculty of Physical Therapy, Cairo university.

➢ Staff member in Bachelor Exam Control, Fifth year, Faculty of Physical Therapy, Cairo university.

➢ Course coordinator of (physical therapy Musculoskeletal disorders and its surgery) 4th year, Faculty of Physical Therapy, Cairo university, **2016** till **2019**.

Quality Assurance Activities

Active participation in quality related activities including:

- The Physical Therapy Department engaged in a series of World Physiotherapy (WPT) reaccreditation online meetings as part of the formal review process for renewing the accreditation of the BPT Program.
- Follow up of surveys related to the WPT annual report (exit survey, graduate info and alumni survey, employer survey).
- Development of PT program Faculty Handbook volume II.
- Follow up of PTD Research Activities.
- Preparation of assigned course reports.
- Preparation of assigned course files digitally.

Publication

A. International:

ORCID: https://orcid.org/0000-0001-8429-2335
Scopus ID: 57218403856
Google scholar: https://scholar.google.com/citations?user=ImG5s10AAAAJ&hl=en

1. **2026**: **El Melhat AM**, Elgayar SL, Elhalawaty AF, Koura GM, Takkoush M, Ismail AM, Mohamed AA. Effects of adding sustained natural apophyseal glides on neuropathic pain-related symptoms and clinical outcomes in patients with lateral elbow tendinopathy: A randomized controlled trial. Physiotherapy Theory and Practice. 2026 Oct 21:1-5. https://doi.org/10.1080/09593985.2026.2749509

2. **2026**: **El Melhat**, A.M., Saab, I.M., Abbas, R.L., El Khatib, A., Mohamed, R.A., Hijazi, B., Takkoush, M., Kronfol, O. and Ahmed, K.T., Addition of low-load blood flow restriction training to conventional physiotherapy improves handgrip strength and function in patients with lateral epicondylitis at the short-term: A single-blind randomized clinical trial. *Journal of Back and Musculoskeletal Rehabilitation*, p.10538127261494053. https://doi.org/10.1177/1053812726149405
3. **2026**: Torad AA, Alanazi S, Elbosaty RF, Essa NA, Hasan-Hafez O, Horváth AA, Boolani A, Singh H, Taha MM, Alawafi R, **El Melhat AM**. Psychological Distress, Daytime Sleepiness, Fatigue, and Health-Related Quality of Life in Young Adults: A Cross-Sectional Study with Implications for Rehabilitation. InHealthcare 2026 Oct 22 (Vol. 14, No. 21, p. 3573). https://doi.org/10.3390/healthcare14213573
4. **2026**: Kadamani I, Emam MA, Ismail AM, El-Ashry AM, Rizvi MR, Youssef AS, Ali AS, **El Melhat AM**. Exploring the psychological distress, socioeconomic hardship, and academic performance among lebanese university students during a period of national crisis. Social Sciences & Humanities Open. 2026 1;14:103491. https://doi.org/10.1016/j.ssaho.2026.103491
5. **2026:** Ghada Mohamed Koura, Praveen Kumar Kandakurti, Ahmed Mohamed Elshiwi, **Ahmed M El Melhat**, Samar Mohabozaid et al. Associations of screen time and physical activity with motor control, mood, and cognitive states in adolescents following acute high-intensity interval training. Scientific Reports.2026. https://doi.org/10.1038/s41598-026-66387-3
6. **2026: El Melhat AM**, lazem H, Shalash KA, et al. The Effect of Game-Based Virtual Reality Rehabilitation and Its Impact on Upper Extremity Function After Arthroscopic Rotator Cuff Repair: A Randomized Controlled Trial. Games for Health Journal. 2026. https://doi.org/10.1177/2161783X261461654
7. **2026:** Alhefzi AI, Reddy RS, Alfaya FF, Alshehri SH, Mukherjee D, Alkhamis BA, Ahmad I, Kardm S, Koura GM, Al Salim Z, Gautam AP, **El Melhat AM.** Gait asymmetry as a determinant of functional recovery and return to sport after ACL reconstruction: a cross-sectional biomechanical analysis. Frontiers in Bioengineering and Biotechnology. 2026 May 13;14:1762965. https://doi.org/10.3389/fbioe.2026.1762965
8. **2026:El Melhat AM**, Ismail AM, Abdelhamid SM, Othman R, Saab IM. Artificial intelligence in physical therapy education: the future of improving performance and clinical reasoning in musculoskeletal care. European Journal of Physiotherapy. 2026 May 6:1-4. https://doi.org/10.1080/21679169.2026.2669819
9. **2026**:Ismail AM, Gohary MM, Bondok SM, Elatta AB, El Gressy NS, El Melhat AM, Felaya ES. Effect of walking exercise on liver enzymes in children with phenylketonuria and non-alcoholic fatty liver disease: A randomized controlled trial. Medicina clinica.;166(4):107395. https://doi.org/10.1016/j.medcli.2026.107395
10. **2026**: Koura G, Elshiwi AM, REDDY RS, Ali Z, Al-Essa TM, Alahmari EA, Asiri HA, Asiri BM, **El Melhat** AM. Rehabilitation-Oriented Assessment of Functional Asymmetry and Sensorimotor Deficits Following Total Knee Arthroplasty: Implications for Therapeutic Strategies in Musculoskeletal Care. Frontiers in Medicine.;13:1760680. https://doi.org/10.3389/fmed.2026.1760680
11. **2026**:Ali AS, Alhirsan SM, Elshazly M, Ali ZA, Elzanaty MY, Mansour WT, Taha SI, Alarousi IN, Hamoda IM, Diab SF, **El Melhat AM**. Artificial Intelligence in Physiotherapy Education: A Multi-Country Middle East Survey of AI Acceptance and Barriers Among University Students. European Journal of Education. 2026 Mar;61(1):e70476. https://doi.org/10.1111/ejed.70476
12. **2026**:Al Amin, R., Abbas, R.L., Ali, A.S. ,Saab, I.M., AlKhatib S. & **El Melhat A. M**., Therapeutic impact of electrical stimulation versus intramuscular electrical stimulation via dry needling on tibialis anterior muscle on reducing spasticity in stroke survivors: a randomized controlled trial. Irish Journal of Medical Science. (2026). https://doi.org/10.1007/s11845-025-04261-3 .
13. **2025: El Melhat AM,** Abbas RL, El Khatib A, Saab IM, Abdelhamid SM, Ahmed KT. Electromyographic analysis of abdominal muscle activation during side bridge variations: effects of hip angle and breathing pattern. Human Movement. 2025;26(4):71–84. https://doi.org/10.5114/hm/207654 .
14. **2025**: **El Melhat**, Ahmed M., Ayman El Khatib, Shimaa Abdelalim Essa, Ahmed F. Elhalawaty, Ahmed S. Abd El Wahed, Moustafa R.Z, Ghada M. Koura, and Samah Saad Zahran. "Exploring the Association of Selected Lower Limb Biomechanical Variables on Exacerbating Pain, Disability, and Postural Balance in Female Athletes with Patellofemoral Pain Syndrome." *Physical Therapy in Sport*. https://doi.org/10.1016/j.ptsp.2025.06.004
15. **2025:El Melhat AM,** Abdelhamid SM, Ismail AA. Can Thoracic manipulation and its effect on scapular kinematics and muscle strength ratio in shoulder impingement syndrome. Clinical implications of manual therapy. e-Poster presented at World Physiotherapy Congress 2025, Tokyo, Japan. https://doi.org/10.82161/rsqs-hw21
16. **2025:ELMelhat A M.,** Zahran S S, Koura G M., Abdelhamid S M. Exploring the Link Between Spinopelvic Alignment, Pain, Disability, and Dynamic knee valgus in Women with Patellofemoral Pain Syndrome.

Poster presented at World Physiotherapy Congress 2025, Tokyo, Japan. https://doi.org/10.82161/d3xj-e435

17. **2025: El Melhat**, A. M., Abbas, R. L., Zebdawi, M. R., & Ali Ismail, A. M. Effect of adding thoracic manipulation for the management of patients with adhesive capsulitis: a randomized clinical trial. *Physiotherapy theory and practice,* 1–14. https://doi.org/10.1080/09593985.2024.2316897.
18. **2025: El Melhat AM,** Mohamed HTK, Youssef EF, Gad AM, Al Hamaky DMA. Identifying patients with shoulder impingement syndrome who improve with scapular training: a clinical prediction study. Physiotherapy quarterly. 2025;33(1):109–116; https://doi.org/10.5114/pq/186836.
19. **2024: El Melhat AM,** El Khatib A, Youssef AS, Zebdawi MR, Abdelhamid SM, Hamada HA, Abbas RL. Influence of Changing Hip Position on Electromyographic Activities of Selected Trunk Muscles During Bridging Exercises in Healthy Subjects: A Cross-Sectional Study. Journal of Manipulative and Physiological Therapeutics. 2024 Jan 1;47(1-4):12-21. https://doi.org/10.1016/j.jmpt.2024.08.010
20. **2024: El Melhat AM,** Abd El Wahed AS, Saab IM, ABBAS RL, Zebdawi MR, Abdelhamid SM, El Khatib A. Effect of Hand Dexterity Exercises on physical therapist students' self-efficacy: A Randomized Clinical Trial. Bulletin of Physical Therapy Research and Studies. 2024 Jun 1;2(2). DOI: 10.21608/bptrs.2024.278866.1031

21. **2024:** Abbas, Rami L., Didier Cooreman, Hala Al Sultan, Mayssah El Nayal, Ibtissam M. Saab, Ayman El Khatib, Aseel El Kawam, and **Ahmed M. El Melhat.** "Effect of Adding Virtual Reality Training to Traditional Exercise Program on Pain, Mental Status and Psychological Status in Unilateral Traumatic Lower Limb Amputees: A Randomized Controlled Trial." Games for Health Journal. https://doi.org/10.1089/g4h.2023.0164.

22. **2024**: Ismail A, **El Melhat A.** Erectile dysfunction in obese men with subjective tinnitus: a sedentary lifestyle as the link between the two problems that can be solved with exercise training. Health Problems of Civilization. 2024. doi:10.5114/hpc.2024.139096.

23. **2024: El Melhat, A. M.,** Youssef, A. S., Zebdawi, M. R., Hafez, M. A., Khalil, L. H., & Harrison, D. E. (2024). Non-Surgical Approaches to the Management of Lumbar Disc Herniation Associated with Radiculopathy: A Narrative Review. Journal of clinical medicine, 13(4), 974. https://doi.org/10.3390/jcm13040974.
24. **2024:** Shalash, K. A., Chabara, A. E. R., Azzam, A. H., Mohamed, N. A., and **ElMelhat, A. M.** Is there a subgroup of females with patellofemoral pain syndrome likely to benefit from proximal control exercises?. Physiotherapy Quarterly, 32(1), pp.43-49. https://doi.org/10.5114/pq.2024.135421

25. **2023:** Mohamed, HE, Youssef, EF, Rezk, A.-EA, Mohamedy, EA, **Elmelhat, AM**, & Mohamed, NA. Efficacy of hip strengthening on varus thrust in knee osteoarthritis. *SPORT TK-EuroAmerican Journal of Sports Sciences* , 12 , 11. https://doi.org/10.6018/sportk.580561

26. **2022:** Ahmed S.A. Youssef, Ibrahim Moustafa Moustafa, **Ahmed M. Elmelhat,** Xiaolin Huang , Paul A Oakley, Deed Eric Harrison. Randomized Feasibility Pilot Trial of Adding a New Three-Dimensional Adjustable Posture-Corrective Orthotic to a Multi-Modal Program for the Treatment of Nonspecific Neck Pain. *Journal of Clinical Medicine*.2022 28;11(23). DOI: 10.3390/jcm11237028

27. **2022**:Ahmed S. Ali, Nahed A. Salem, Amr Hassan, Badr M. Abd Alrazek Khalel; Nabil Mahmoud Abdel-Aal, **Ahmed M ElMelhat,** Sara M. Ahmed, Ibrahim Mohamed Hamoda. Validity and Reliability Of Arabic-Language Version Of Medrisk Questionnaire In Assessing Patient Satisfaction With Physiotherapy Services For Low Back Pain. *NeuroQuantology*; 2022:20(15). DOI: 10.14704/NQ.2022.20.15.NQ88006

28. **2022: ElMelhat AM**, Eldin Fetouh Shalash KA, Chabara AE, Azzam AH, Mohamed NA. Identifying female responders to proximal control exercises in patellofemoral pain syndrome: A clinical prediction rule. *J Taibah Univ Med Sci*,(2022). 11;17(6):954-961. DOI: 10.1016/j.jtumed.2022.05.008

29. **2022**:Asmaa.E.G.Elhelo , Abdulrahman.A.Chabara , Ahmad.H.Azzam **, Ahmad .M. ElMelhat** and Dina S. Abd Allah: The Clinical Prediction of Patients' Age & BMI to Quadriceps Muscle Strength Training on Knee Pain and The Functional Activity Level in Female Patients With Knee Osteoarthritis**.** *Med. J. Cairo Univ*., Vol. 90, No. 6, 1737-1741 2022. 10.21608/MJCU.2022.272624

30. **2022**: Mai Hassan Desouki, Alaa Eldin Balbaa, Mohamed Samir Gobba , **Ahmed M. El Melhat**, Mohammed S. Abdelsalam: Effect of lumbar repositioning feedback training on pain and joint position sense in participants with chronic mechanical low back pain. *Fizjoterapia Polska* (Polish journal of physiotherapy) :2022; 20(4); 36-42.

31. **Ahmed M ElMelhat,** Ahmed SA Youssef, Rami L Abbas, Ahmed S. Ali, Hamada Ahmed Hamad, Sara Magdy Ahmed, Samah Saad Zahran. Is Sagittal Alignment of Spinopelvic Parameters Correlated to Pain Level, Functional Disability and Frontal Plane Projection Angle in Women with Patellofemoral Pain Syndrome? A Cross–Sectional Study. *Journal of SPORT TK* ,11,15(2022). DOI: https://doi.org/10.6018/sportk.537601

32. **Ahmed M Elmelhat**, Salwa F Abdelmagid, Ebtessam F Gomaa, Ahmed M Gad. Changes in Rotator Cuff Strength Ratio, Shoulder Pain and Disability after Cervicothoracic Mobilization in Subjects with shoulder impingement syndrome. *Fizjoterapia Polska* :2020; 20(1); 36-42.
33. **Ahmed Elmelhat,** Lillian albert, Ghada koura. Association of quadriceps torque with lower extremity dysfunction in women with early degrees of knee osteoarthritis: Current Research Integrative Medicine, 2017(1); 42.

B. Published books: sharing in chapter in those books:

1. **Book title**: Physical Therapy for orthopedic surgery (Part I) First edition, No. of deposit at the Cairo university library, Cairo, Egypt under the National No. 20349/2020.
2. **Book title:** Physical therapy for Sports Injuries. No. of deposit at the at the Cairo university library, Cairo, Egypt under the National No.22253/2020.

C. Professional/Committee Service:

- Editorial board Journal of Scientific Research and Reviews.
- Reviewed an article entitled 'Enhancing Shoulder Range of Motion in Collegiate Female Basketball Athletes via Virtual Reality: An Experimental Investigation' for BMC Digital Health.
- Reviewed an article entitled Low-Intensity Blood Flow Restricted Multi-Joint Exercise Improves Muscle Function in Patellofemoral Pain: A Randomized Trial "for Medical Science Monitor Journal.

- Reviewed an article entitled 'Reliable outcome parameters in patients with lumbar radiculopathy attributed to disc herniation: An observational study' for Frontiers in Musculoskeletal Disorders.
- Reviewer in the Journal of Physical Therapy Science for an article entitled "Peak torque substantially varies between patients with nonspecific low back pain; belong to directional preference classification, and healthy subjects. Clinical biokinesiologic perspectives".
- Reviewed an article entitled "Manual Correction for Chronic Lumbar Lateral Shift, A Paradigm shift: A Case study". Bulletin of Faculty of Physical Therapy.
- Reviewed an article entitled "Treatment options for entrapment neuropathy of infrapatellar branch of saphenous nerve post knee arthroplasty. A case report. Bulletin of Faculty of Physical Therapy.
- Reviewer of an article titled "Effect of Thoracic Manipulation on Neck Pain in the Mobility Group: A Randomized Controlled Trial" in Health Science Reports journal.
- Reviewer of an article titled "The Effectiveness of Problem-Based Learning in Reducing Work-Related Musculoskeletal Problems Among Hospital Nurses: An Interventional Study" in Nursing Forum Journal.
- Reviewer of an article entitled "Efficacy of Physiotherapeutic Intervention in Restricting Progression of Sarcopenia: A Succinct Review" Bulletin of Faculty of Physical Therapy.
- Reviewer of an article entitled "Awareness of Ergonomics in the Clinical Laboratory scientists" for the Journal of Advances in Medicine and Medical Research.
- Reviewer of an article entitled "The Layout of Plantar Load with Foot Posture in Taiwanese Collegiate Athletes with Morton's Neuroma" for the journal: Biomedical Signal Processing and Control.
- Reviewer of an article entitled "Diagnosis and Description of Occult Scaphoid Fractures: An Exploratory Study to Assess Whether Clusters of Clinical Features are Diagnostic in Comparison to MRI" for the journal Physiotherapy Theory and Practice.
- Reviewer of an article entitled "Exploring the Efficacy of Neurophysiotherapy in Guillain Barre Syndrome Through Virtual Reality Based Rehabilitation: A Case Report" for Cureus Journal of Medical Science.

Conferences participation: As Speaker

- Contribution as a **co-author** to a scientific poster titled "Does Adding Cervico-Thoracic Manipulation Enhance Clinical Shoulder Outcomes in Primary Shoulder Adhesive Capsulitis Treatment?" presented at the Feb 2026 Combined Sections Meeting (CSM) organized by the American Physical Therapy Association (APTA).

- Participation as **speaker** in *World Physiotherapy Congress 2025* in Tokyo, Japan, presenting two e-posters of his research. His presentations addressed the clinical implications of manual therapy and contributed to global discussions on evidence-based physiotherapy practice.
  1-Can Thoracic Manipulation Improve scapular kinematics and Muscle Strength ratio in Shoulder Impingement Syndrome? A Clinical Implications of Manual Therapy. On Thursday 29 May 2025
  2-Exploring the Link Between Spinopelvic Alignment, Pain, Disability, and Dynamic knee valgus in Women with Patellofemoral Pain Syndrome. on Friday 30 May 2025.
- Participation as **speaker** in "How to write an effective discussion" as a part of Research Empowerment Workshop for postgraduate students that organized by FHS research committee on February 21, 2025.
- Participation as **speaker** with a lecture entitled: "Understanding Extremity Pain: When to Consider Checking the Spine?" in the 23rd International Physical Therapy Conference – Cairo University (IPTCCU) organized by the Faculty of Physical Therapy – Cairo University -Grand Nile – Between 25-26 July, 2024.
- Participation in 4th International Physical Therapy Conference in South Valley University - Qena, Egypt sharing a poster entitled: Assessing Quadriceps Torque and Lower Extremity Function in Women with Early Degrees of Knee Osteoarthritis: A Correlative Study and giving a lecture entitled: Anterior Knee Pain Dilemma. February 14-15, 2024
- Participation as speaker with a lecture entitled: "Spinal Manipulation: What You Need to Know" in the 22nd International Conference of the Faculty of Physical therapy – Cairo University organized by the Faculty of Physical Therapy – Cairo University. -Grand Nile - July 28-29, 2023.
- **Speake**r at 4th International Physical Therapy Conference Under the Title of:
- " No more Disability with Pt & Rehabilitation " at Heliopolis Cairo, the lecture was on: Biomechanical Strategies for Knee Osteoarthritis., Dec. 2022.
- **Speaker** at International Webinar with title: Evidence-based clinical practice guidelines for management of knee osteoarthritis, that organized by Scientific Committee -Department of physiotherapy, college of health sciences, Gulf Medical University, Sep 2022.
- **Speaker** at 1st international conference on sports injuries and nutrition, **5-6 March 2020** ..Cairo Egypt..
- **Speaker** at 1st annual symposium for musculoskeletal physical therapy, **8. February 2020**.Cairo Egypt.."Advances in muscloskeletal rehabilitation".
- **Speaker** at 2nd conference of physical therapy south vally university , **12-14 February 2020** ..Qena& Luxor..
- **Speaker** at 2nd International Conference for scientific research and its practical applications in physical therapy, **Cairo University : 28th Nov 2019 ,.**
- **Speaker** at 1st scientific conference of physical therapy, **12-13 December 2019** ..Cairo Egypt. ."No more disability with rehabilitation.

- **Speaker** at orthopedic physical therapy scientific conference **3- May 2018** .Cairo Egypt.. "Rehabilitation Post ACL Reconstraction …What are the challenges ".
- **Speaker** at "Yoga and physical therapy " **16-17 october 2017 ,Chicago ,USA**
- **Speaker** at orthopedic physical therapy scientific conference **December 2017** ..Cairo Egypt.."How to read MRI of shoulder joint in simple way"..
- **Speaker** at orthopedic physical therapy scientific conference **3- December 2017** ..Cairo Egypt.. "Evidence based clinical practice guidelines for management of knee osteoarthritis ".

Workshops and Courses:(as Speaker)

- Organization and Deliverance of a workshop on '**Spinal Manipulation**' in collaboration with CEC – BAU in PTOC on January 16-17, 2026.
- Organization and Deliverance of a workshop on '**Spinal Manipulation'** in collaboration with CEC – BAU in PTOC on January 16-17, 2026 on August 23-24, 2025.
- Organization and Deliverance of a workshop on '**Clinical and Sports Taping'** in collaboration with CEC – BAU in PTOC on October 25–26, 2025.
- Organization and participation in the "**5th 3MT competition**" for the postgraduate students, hosted by FHS research committee on April 30, 2026.
- Organization of two workshop of **Spinal Manipulation** - organized by CEC - BAU January 16-18 and January 31 and February 1-2, 2025.
- Organization of a workshop of **Medical Taping in Sports Injuries** - organized by CCPE - BAU May 26-27, 2023.
- Organization of a workshop of **Spinal Manipulation** - organized by CCPE - BAU June 2-3, 2023.
- Organization of a workshops of **Spinal Manipulation** - in collaboration with the CCPE - BAU in PTOC February 9-11, 2024.
- Organization of a workshops of **Spinal Manipulation** - in collaboration with the CCPE - BAU in PTOC February 16-18, 2024.
- Organization of a research day for the postgraduate students, where they present their research in 3 minutes by the scientific Committee at Faculty of Health Sciences on February 2nd, 2024.
- Organization of a workshops of **Spinal Manipulation** - in collaboration with the CCPE - BAU in PTOC May 23-25th, 2024.
- **Post graduate training courses: under** supervision of continuous education centre …with training more than 1000 graduate on those courses From Egypt, Jordon, Lebanon, Saudi Arabia…ect from **2014 till now**
  - Spinal Manipulation Course.
  - Shoulder joint from A to Z Course "Manual Therapy Approach"
  - Knee joint from A to Z Course "Evidence-Based management and rehabilitation update"
- 'Evidence based orthopaedic manual therapy " work shop …May 2017

For physical therapists at ministry of health.

- New Era in physiotherapy for sports injuries and EMG " work shop …May 2017 For physical therapists at ministry of health .

Attendance of Scientific lectures

- Attendance a professional development webinar titled "From Chalkboards to Chatbots: Practical Strategies for Engagement, Assessment & Academic Integrity in the Age of AI," delivered in partnership between McGraw Hill and the Association of Arab Universities on 31 March 2026. The session addressed the use of AI in higher education, including strategies for enhancing student engagement, designing authentic assessments, and strengthening academic integrity in digital learning environments.
- Attendance the Bone Health TeleECHO Program webinar organized by the AUBMC and titled "Managing Osteoporosis: Sequential and Combination Therapy" on February 23, 2026. The session, led by Dr. Michael McClung, focused on the evaluation and treatment of patients with osteoporosis and rare metabolic bone disorders.
- Attendance the Q&A webinar titled "Management of Migraines and Non-Specific Neck Pain," organized by the IFOMPT Office on February 18, 2026. The session, led by Prof. Gwen Jull and Dr. Zhiqi Liang, focused on the clinical relationship between migraine and cervical musculoskeletal dysfunction.
- Attendance an academic talk entitled "Ethics of Research: What Every New IRB Applicant Needs to Know," delivered by Dr. Salim Moussa and organized by the Research Committee of the Faculty of Health Sciences. The session was held on November 14, 2025
- Attendance a scientific webinar titled "Healthy Aging — The Power of Balance & Nutrition Promoting," organized by the Emirates Physiotherapy Society on October 5, 2025.
- Attendance the session entitled "Strategies for Improved Visibility in the Health Field: Research in a Sparkling MENA Region", delivered by Dr. Said El Shamieh on August 29, 2025, at BAU – Faculty of Health Sciences.
- Attendance a seminar entitled "قانون التعليم العالي", delivered by Dr. Sobhi Abu Shaheen, Dean of Students' Affairs, on August 25, 2025, in Jamal Abdel Nasser Hall.
- Attendance a scientific webinar entitled "Promoting Your Research in a Crowded Landscape: How Trend MD Supports Discoverability", organized by JMIR Publications on August 14, 2025
- Attendance a scientific lecture titled "AI Applications in Healthcare Management and Academia," held on May 22, 2025, at the Ali Rashed Hall. The session was delivered by Dr.

Thesis Supervision:

- **1- Khaled Alaa Eldin Fetouh Shalash,** PhD thesis, title (development of clinical prediction rule for classifying patients with patellofemoral Pain syndrome who respond to Proximal control exercises), **2019.**
- 2. **Heba Allah ElSayed Mohamed Elsaeed,** PhD thesis, title (Efficacy of Hip Muscles Strengthening On Dynamic Knee Stability, Spatiotemporal Gait Parameters and Disability in Knee Osteoarthritis), **2020.**
- 3. **MAI HASSAN AHMED DESOUKI,** PhD thesis, title (effects of lumbar repositioning feedback and transversus abdominis training on lumbar proprioception in patients with chronic mechanical low back pain), **2020 .**

- 4. **Asmaa elshahat gaber elhelo**, Master thesis, title (development of clinical prediction rule to identify patients with knee osteoarthritis who demonstrates a favorable response to quadriceps muscle strength) , **2020**.
- 5. **Hager terak khater Mohamed,** Master thesis, title (A clinical preidiction rule to identify patients with shoulder impingement syndrome response to scapular focused training), **2020**.
- 6. **Tamer Ibrahim Mohamed Galal**. Master thesis, title(Assessment Of Proximal Hip Muscles Strength And Dynamic Knee Valgus In Patellar Tendiopathy),**2020.**

Courses -Conferences attended:

- Attendance of a scientific webinar entitled: "Developing an Effective AI Policy and AI Training for Faculty and Staff in Higher Education Institutions" organized by Neuromusculoskeletal Rehabilitation Research Group Institution, University of Sharjah on February 20, 2025.
- Attendance of a scientific webinar entitled "Diabetic Foot Management: Latest Breakthroughs and Best Practices", organized by the Journal of clinical medicine, Multidisciplinary Digital Publishing Institute (MDPI), Switzerland on December 20, 2024.
- Attendance of a course titled "Systematic Review & Meta-Analysis," organized by the Egyptian Association of Continuing Medical Education Development in Cairo, Egypt September 8-26, 2024
- Attendance of a research meeting entitled: "Research Talk" organized by the Graduate studies and Research Department – BAU. January 12, 2024.
- Attendance of Virtual Webinar entitled "Building Bridges Exploring Community Engaged Learning" organized by the Quality Assurance Center (QAC) – BAU on February 3rd, 2024.
- Attendance of a scientific webinar delivered by Dr. Georg Supp, an expert from McKenzie International Institute, organized by the department of physiotherapy at the University of Sharjah on Mar 6, 2024.
- Attendance of a Virtual Webinar entitled "Bone Health Teleco: An initiative with Global Impact on Osteoporosis Care" Organized by Calcium Metabolism and Osteoporosis Program, WHO Collaborating Center for Metabolic Bone Disorders, AUBMC, in Collaboration with Project ECHO On October 9th, 2024.
- Attending virtually from the 20th -21th of November 2021 webinar series entitle with: Recent advances in assessment and rehabilitation following anterior cruciate ligament (ACL) injuries" organized by department of physiotherapy, college of health sciences, university of Sharjah.
- Attending**:** orthopedic manual therapy congress ON 15Feb-16Feb 2019..IFOMPT congress, Cairo, Egypt.

- **23Feb-26 Feb 2019 :** Biomechanical and electrophysiological guided spine physical therapy at faculty of physical therapy , cairo university.
- **11 Feb 2018:** kintic control : movement assessment **,,, cairo Egypt**
- **2-3 august ,2017:** comprehensive spinal manual therapy at cairo university
- **23Nov_1 Dec, 2016** : Statistical analysis by using SPSS , at Institute for Statistics at cairo university .
- **23 Jan_16 Apr, 2012** : Diagnostic radiology "C.T,MRI,X-RAY " For PhysioTherapy , at cairo university hospitals.
- **26 Jan _7 Feb ,2012** : Emergency 1st Aids, at Medical training department of international cultural center I.C.C
- **6 Dec, 2013** : Surgical Pre Condition for Rehabilitation after
- Orthopedic Trauma , at faculty of Physical Therapy , Cairo University.
- **9-10 April 2015** : the 35th intensive course " the shoulder **.** The National institute of Neuromotor System
- **21-23 May 2013**."General osteopathic techniques GOT"osteo Egypt school .
- **3-5 May 2015** "Genral and segmental manipulation according to Maitland's Concept and Osteopathy".

Quality Assurance Activities

Active participation in quality related activities including:

- Follow up of surveys related to the WPT annual report (exit survey, graduate info and alumni survey, employer survey).
- Development of PT program Faculty Handbook volume II.
- Preparation of assigned course reports.
- Preparation of assigned course files digitally.
- Revision of Course Specifications of assigned courses.

Media presentations:

- **Online webinar** on" knee assessment and differential diagnosis"For groups from different countries on Facebook ..2020
- **INTERVIEWS & TV SHOWS**

Seha w eljamal channel 30 minute interview, , October 2014

Nile Family , program (Ask physician) , title: PT for shoulder pain , 26-4-2017.

The Faculty and Leadership Development Center (FLDC) Courses, Cairo University:

- **14-15 sep , 2019** " Critical thinking "
- **7-8 sep , 2019** " Exams and students evaluation "
- **10-11 , July , 2019** " Evidence Based Strategy in Medical Practice "
- **12th January , 2016** " The Credit Hours Systems"
- **31 December , 2015** " Competing for Research Funds'
- **20th May , 2015** : Examination and evaluation systems students.
- **4th Sep , 2013** :Financial and legal aspects of the undergraduate Business.
- **31 Aug , 2013** : Recent trends in teaching.

- **1 march 2015**: International publication.

Certificates of Appreciations:

2026: Awards Recognition from Deanship of graduate studies and research for' Excellence in Teaching, Research and community services for 2025-2026.
2019: The appreciation from "president of Cairo University for international publication.
2019: The appreciation from "Community service and environment development sector , Faculty of Physical Therapy , Cairo university " for Participation in the comprehensive medical therapeutic convoy organized by Cairo University to manshiaa Radwan village , Giza **.**
2018: The appreciation from "The Faculty of Physical Therapy Cairo University for enormous and active participation in the international accreditation process from the World Confederation for Physical Therapy "WCPT"
2014: The appreciation from "Head of department for the effort done during the study in the department of musculoskeletal disorders and its surgery, Faculty Physical Therapy, Cairo University)

Language:

Arabic: Native.
English: Very Good (oral and written).

Computer and Soft ware:

Familiar with word – Excel- Power point-Internet.

Hobbies:

Traveling- Participating in Camps- Internet.

References

1.Prof. Alaa Balbaa, PT, PhD, Previous Dean of the faculty of Physical Therapy, Cairo University, Egypt**.**
balbaaa@hotmail.com
2.Prof. Khaled Ayad, PT, PhD, Dean of the faculty of Physical Therapy, Deraya University, Egypt**.**
khaled-ayad@hotmail.com

3.Prof. Salwa Fadel, PT, PhD, Previous chairman of Department of Physical Therapy for Musculoskeletal Disorders and its Surgery, Faculty of Physical Therapy, Cairo University, Giza, Egypt.
Dr_salwa_fadl@live.com

Dr. Ahmed ElMelhat