

Date: 13-1-2024

**NADER IBRAHIM ELSAYED**

#### PERSONAL INFORMATION

Title: Dr

Academic Rank: Associate Professor

Date & Place of Birth: 20 - 3 -1976 El -Sherkia , Egypt

Nationality: Egyptian

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#### ACADEMIC QUALIFICATIONS

Degree	Major	Duration (From-To)	University	Country
B.Sc. of physiotherapy. General Evaluation: <b>Very Good with Honor</b>		1994-1998	Faculty of Physical Therapy,Cairo University	Egypt
Master degree in physiotherapy <b>Grade: Very Good with Honor</b>	Musculolocomotor disorders and its surgery	2006	Faculty of Physical Therapy,Cairo University	Egypt
Doctoral Degree( PhD) in physiotherapy	Musculolocomotor disorders and its surgery	2015	Faculty of Physical Therapy,Cairo University	Egypt



FI70, Rev. b  
Ref.: Deans' Council Session (10/2016-2017), Decision No.: 128,  
Date: 05/11/2016

**Grade : Very  
Good (CGPA  
3.22**

**TEACHING EXPERIENCE**

Duration	Rank	Institution	Department/Faculty	Country
2008-2015	<b>Assistant Lecturer</b>	<b>Misr University for science and Technology. (MUST)</b>	<b>Orthopedic department.  Faculty of physical therapy</b>	Egypt
2015-2017	<b>Lecturer</b>	<b>Misr University for science and Technology. (MUST)</b>	<b>Orthopedic department  Faculty of physical therapy</b>	Egypt
Fall 2015- 2016	<b>Part time lecturer</b>	<b>Pharos university (PUA) In Alexandria</b>	Orthopedic Physical therapy Department  Faculty of physical therapy	Egypt
Spring 2016- 2017	<b>Part time lecturer</b>	<b>Pharos university (PUA) In Alexandria</b>	Orthopedic Physical therapy Department.  Faculty of physical therapy	Egypt
Summer 2016-2017	<b>Part time lecturer</b>	<b>Pharos university (PUA) In Alexandria</b>	Orthopedic Physical therapy Department.  Faculty of physical therapy,	Egypt

July 2017- July 2018	<b>Lecturer.</b>	<b>Delta University for science and Technology</b>	<b>Orthopedic Department.</b>  Faculty of physical therapy	Egypt
September20 18-December 2018	<b>Lecturer</b>	<b>Heliopolis University for sustainable development</b>	<b>Orthopedic Department</b>  Faculty of physical therapy	Egypt
July 2018- March2022	<b>Lecturer</b>	<b>Beni suef university .</b>	<b>Orthopedic physical therapy Department.</b>  Faculty of physical therapy	Egypt
Spring 2018- 2019	<b>Part time lecturer</b>	<b>Egyptian Chinese University (ECU)</b>	Biomechanics  Faculty of physical therapy	Egypt
Summer2018 -2019	<b>Part time lecturer</b>	<b>Egyptian Chinese University (ECU)</b>	Biomechanics  Faculty of physical therapy	Egypt
Fall 2019- 2020	<b>Part time lecturer</b>	<b>Heliopolis University for sustainable development</b>	Biomechanics  Faculty of physical therapy	Egypt
Spring 2019- 2020	<b>Part time lecturer</b>	<b>Heliopolis University for sustainable development</b>	Biomechanics  Faculty of physical therapy	Egypt
Fall 2020- 2021	<b>Part time lecturer</b>	<b>Heliopolis University for</b>	Biomechanics  Faculty of physical	Egypt

		<b>sustainable development</b>	therapy	
Spring 2020-2021	<b>Part time lecturer</b>	<b>Heliopolis University for sustainable development</b>	Biomechanics Faculty of physical therapy	Egypt
Spring 2020-2021	<b>Part time lecturer</b>	<b>Egyptian Chinese University (ECU)</b>	<b>Orthopedic Department</b> Faculty of physical therapy	Egypt
Fall 2021-2022	<b>Part time lecturer</b>	<b>Heliopolis University for sustainable development</b>	<b>Orthopedic Department</b> Faculty of physical therapy	Egypt
Fall 2021-2022	<b>Part time lecture</b>	<b>Egyptian Chinese University (ECU)</b>	<b>Orthopedic Department</b> Faculty of physical therapy	Egypt
Spring 2021-2022	<b>Part time lecturer</b>	<b>Heliopolis University for sustainable development</b>	Biomechanics Faculty of physical therapy	Egypt
Spring 2021-2022	<b>Part time lecturer</b>	<b>Egyptian Chinese University (ECU)</b>	<b>Orthopedic Department</b> Faculty of physical therapy	Egypt
Fall 2022-2023	<b>Part time lecturer</b>	<b>Egyptian Chinese University (ECU)</b>	<b>Orthopedic Department</b> Faculty of physical therapy	Egypt
Spring 2022-	<b>Part time</b>	<b>Egyptian</b>	<b>Orthopedic</b>	Egypt

2023	lecturer	Chinese University (ECU)	Department Faculty of physical therapy
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#### OTHER EXPERIENCE

Duration	Rank	Institution	Department/Faculty	Country
1999-2008	physiotherapist	El kasr El Einie hospital	Rheumatology department	Egypt
Since 2008	Physiotherapist consultant	My private clinic	Outpatient clinic	Egypt

## PUBLICATIONS

### JOURNALS

Author/s (In Order)	Title	Journal	Vol./No.	Publication Date
Ibrahim M. Elnaggar, Enas F.Youssef ,Nader I. El-Sayed	Intermittent versus Continuous traction in treatment of patients disc with lumbar herniation	El-Kasr El-Aini Medical Journal,	Volum 12, no2,	March, 2006
Ahmed. M. Attia. , Amira. H. Mohammed , Nader I. El Sayed .	Effect of cyclic stretch exercise on lateral ankle sprain	International Journal of Scientific & Engineering Research	Volum e 9, Issue 11	November -2018
Nader I. El Sayed	The effect of intermittent lumbar traction on the intervertebral disc space in patients with lumbar disc prolapse.	International Journal of Scientific & Engineering Research	Volum e 10, issue 7,	Jul. 2019
NEHAD A. ABO- ZAID , NESMA A. HELMY , NADER I. ELSAIED , AMIRA H. MOHAMMED	Wii sport versus task oriented training on gait in unilateral cerebral palsy	Journal of Human Sport & Exercise	Volum e 16	December 2021.
Muhammad Ahmed Shady , Ibrahim Magdy Elnaggar, Nader I. El Sayed, and Samer Ali	Comparative study between the effect of passive stretching exercises and post isometric relaxation technique in chronic mechanical neck pain patients	European Journal of Molecular Clinical Medicine	Volum e 08, Issue 03,	2021.
Safy. E. Abo- Ali, Mohamed A. Behiry, Mohamed	The Effect of Poorly Designed School Furniture on Children's	Annals of the Romanian Society for	Volum e 25, Issue	April 2021,

Y. Abdelhamid Abdelsamee, Amira H. Mohammed , Nader I. Elsayed	Head and Scapulae Postures: A Cross Sectional Design	Cell Biology (Annals of R.S.C.B.)	4,	
Hind Mohammed El Mahdy Nasser Alsharief, Osama Fekry Ahmed Al Balah, Nader Ibrahim Elsayed	Effect of low level laser with and without Shoulder Mobilization on Shoulder Function in Patients with Shoulder Impingement Syndrome	Journal of Pharmaceutical Negative Results	Volum e 13 , Special Issue 7,	2022
Doaa Tamam Atia, Nader Ibrahim Elsayed , Asmaa Foad Abdelmonem , Mohamed Serag Eldein Mostafa , Fatma Mohammed Alfegy	Prevalence of Musculoskeletal Disorder among Preparatory School Children in Egypt	NeuroQuantology	Volum e 20   Issue 16,	November 2022
<b>Mohamed M. Ahmed, Mohammed Qasheesh, Mahmoud Fathi Gomaa Moustafa, Nader I. ELsayed, Ahmed A E Abdallah, Sahar M. Abdelmutiliba, Ahmed Youssef</b>	Effect of long-term use of Kinesiotape on Hallux Valgus Angle, Double-Blinded RCT	Journal SPORT TK Revista Eur oamericana de	Volum e 12	(2023)
Hind Mohammed El Mahdy Nasser Alsharief, Osama Fekry Ahmed Al Balah, Nader Ibrahim Elsayed	Effect of low level laser with and without shoulder mobilization in treating shoulder impingement	The Egyptian journal of hospital medicine.	Vol. 90,	January 2023
Doaa Tamam Atia, Nader Ibrahim Elsayed, Asmaa Foad Abdelmonem, Sally	Prevalence of Musculoskeletal Disorders among	International Journal of Environmental	Vol. 20,	January 2023

Mohamed Sae'd Mahmoud, Marwa Mahmoud Mahfouz Mahmoud, Kamal Eldin S Mohamed, Khalid Taha Yassin Turky, Usama M Rashad, Amel E Abdel Karim	General and Technical Secondary School Students in Egypt	Research and Public Health (Int. J. Environ. Res. Public Health)		
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## CONFERENCES

conference	Participation	Date	Title
Cairo Physiotherapy Syndicate	Speaker	Dec.2005	Physiotherapy for back dysfunction: problem and management. Under the title of traction in management disc problems
Misr University for Science Technology (MUST)	Participant	18 - 19 April, 2012	1 <sup>st</sup> annual conference in musculoskeletal disorders.
Faculty of physical Therapy, Cairo University	Participant	April 2014	1 <sup>st</sup> international conference of Orthoses and Prostheses.
Faculty of physical Therapy, Cairo University	Participant	March 2016	The 17 <sup>th</sup> international scientific conference, under the title of "Empowering Disability"
Alexandria Physiotherapy Syndicate	Speaker	October 2016	The 2 <sup>nd</sup> scientific conference of Alexandria physical therapy syndicate under the title of Illiotibial band friction syndrome and the role of physiotherapy in such cases.
Faculty of orthopedic medicine, Alexandria	Speaker	February 2017	The 2 <sup>nd</sup> orthopedic and sports medicine



University			conference Under the title of Prevention of sports injuries.
Alexandria Physiotherapy Syndicate Hilton Green Plaza Hotel	Speaker	October 2017	The third scientific conference of the Alexandria Syndicate for Physical Therapy under the title of physical therapy ... The future of medicine
Faculty of physical therapy, Cairo University	Participant	November 2017	The 1 <sup>st</sup> international student's conference for scientific research under the title of: research for better practice.
Kafr Elsheikh physical therapy syndicate in cooperation with faculty of physical therapy, kafr Elsheikh university	Speaker	February 2018	The 1 <sup>st</sup> scientific conference of Kafr Elsheikh physical therapy syndicate in cooperation with faculty of physical therapy (kafr Elsheikh university) under the title of: New era of physical therapy
Faculty of Physical Therapy, Modern university for technology and information(MTI university)	Participant	February 2018	The 2 <sup>nd</sup> student forum for the physical therapy colleges.
Egyptian Chinese university (ECU) Grand Nile tower hotel,Cairo	Speaker	October 2018	Performance and sports nutrition
Orthopedic manual therapy conference Rehana plaza hotel	Participant	15-16 February 2019	Orthopedic manual therapy conference
Egyptian Chinese university) (ECU) and <b>Shanghai Jiao Tong University</b> Al-Manara Hall	Speaker	April 2019	International conference of traditional Chinese medicine and functional medicine: under the title

			of Rehabilitation post anterior cruciate ligament reconstruction(ACLR)
Faculty of physical therapy, Department of physical therapy for orthopedic, Cairo university.	Speaker and Session chairperso n	February 2020	First annual symposium for musculoskeletal physical therapy (Advances in musculoskeletal rehabilitation) under title of: Differential diagnoses of common shoulder problems.
Faculty of physical therapy, Beni-suef university in collaboration with health directorates of Beni-suef	Speaker	February 2020	1 <sup>st</sup> scientific conference faculty of physical therapy, Beni-suef university. under the title of patellofemoral pain syndrome in athletics(PFPS in athletics)
Kafr El-Sheikh Syndicate	Speaker	March 2020	The 4 <sup>th</sup> scientific conference Kafr El- Sheikh Syndicate under the title of Low back pain and its rehabilitation
El-Mansoura international hospital	Speaker	November 2020	Scientific day El- Mansoura international hospital under the title of Common knee problems
Pediatric neurology conference in Kafr El Sheikh government.	Speaker	2 April 2021	The 4 <sup>th</sup> integrative conference between medicine and physiotherapy Under the title of Scoliosis in children physiotherapy role in early detection, assessment, and management

Egyptian Chinese University (ECU) in collaboration with General physical therapy Syndicate	Speaker	8-9 April 2021	The 2 <sup>nd</sup> International conference on sports injury and nutrition under the title of Clinical guidelines for solving hamstring problems
Faculty of physical therapy, Department of physical therapy for orthopedic, Cairo university.	Speaker	10 May 2022	Second annual symposium for musculoskeletal physical therapy (Advances in musculoskeletal rehabilitation) under title of: Guidelines in solving hamstring problems.
Faculty of physical therapy, Horus University	Speaker	28 October 2022	Milestones in physical therapy rehabilitation conference under the title of: How to deal with meniscal injury
Alexandria Physiotherapy Syndicate	Speaker	4 November 2022	The 5 <sup>th</sup> scientific conference under the title there is ability in every disability) Lecture under title of Is there any difference in dealing with ACL reconstruction surgery whether patellar or hamstring tendon graft
Sky life establishment for health and optimal posture	chairman	12-13/10/2023	The 2 <sup>nd</sup> international rehabilitation and well being congress
Faculty of physical therapy misr university for science and technology(MUST)	Speaker	2/11/2023	The 3 <sup>rd</sup> international conference of the collage of physical therapy(Greening the Road to rehabilitation)
Faculty of physical therapy, Horus University	speaker	17 November 2023	The 1 <sup>st</sup> scientific conference of faculty of physical therapy under the title (fut

			ure of rehabilitation ,updates and challenges)
Faculty of physical therapy, Horus University	the chairman	17 November 2023	The 1 <sup>st</sup> scientific conference of faculty of physical therapy under the title (future of rehabilitation ,updates and challenges)

## BOOKS

Author/s (In Order)	Title	Publisher	Edition	Date
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## MEMBERSHIPS OF SCIENTIFIC AND PROFESSIONAL SOCIETIES

## UNIVERSITY COMMITTEES

## WORKSHOPS ATTENDED

Organizers	Participation	Date	Title
Abdel-Latif Gameel Hospital for rehabilitation, Jeddah Saudi Arabia	Participant	November 2006 r	Theories of motor control.
Misr University for Science & Technology (MUST)	Participant	August 2014	Shear deformity in obstetric upper brachial plexus injuries.
Misr University for Science & Technology (MUST)	Participant	October 2014	Physical therapy management of low back pain due to sacroiliac joint dysfunction.
Egyptian Endoscopy Society	Participant	25 <sup>th</sup> – 26 <sup>th</sup> Sep. 2014	Instruction course lectures on the shoulder.

Misr University for Science&Technology (MUST)	Participant	2014	Black berry thumb.
Misr University for Science&Technology (MUST)	Participant	2014	Introduction in buteyko breathing technique.
Misr University for Science&Technology (MUST)	Participant	November 2014	Rules of examination and control committees
Prime physio, Elmostafa center	Participant	November 2015	Introduction to neuromyography E. M.G. for physiotherapist.
Misr University for Science&Technology	Participant	May 2016	Criteria for Accreditation of Higher Education Institutions (Third Edition) "Discussing the Modernization of Vision and Mission Formulation"
Misr University for Science&Technology	Participant	November 2016	Types of questions and specifications of the exam paper
Dar el Mona medical and rehabilitation resort.	Participant	March 2017	Spinal cord injury medicine and assessment & electrical stimulation application and practice after spinal cord injury.
Physio med training center	Participant	November 2018	Musculoskeletal diagnostic ultrasound
Damietta Governorate primary care	Participant	December 2018	Spinal deformities and postural disorders
Cairo Physiotherapy Syndicate	Participant	Nov. 2020	Complementary therapy
Sky life (2 <sup>nd</sup> international rehabilitation congress)	participant	10-11/10/2023	Manual therapy course by Deepak Kumar organized by Skylife for health and optimal posture

## WORKSHOPS OFFERED

Organizers	Participation	Date	Title
Misr University for Science&Technology (MUST)	Speaker	October 2014	Physical examination of the shoulder.
Cairo Physiotherapy Syndicate, Umm Al-Masryeen Hospital	Speaker	April 2016	Role of physiotherapy in leg injuries.
Cairo Physiotherapy Syndicate, Umm Al-Masryeen Hospital	Speaker	September 2016	Back pain assessment and management.
Misr University for Science&Technology	Speaker	March 2017	Shoulder joint and its different problems.
Cairo Physiotherapy Syndicate, Umm Al-Masryeen Hospital	Speaker	April 2017	Prevention of sports injuries.
Cairo Physiotherapy Syndicate, Umm Al-Masryeen Hospital	Speaker	Nov. 2017	New era in spinal rehabilitation.
Kafr El-Sheikh university	Speaker	Nov. 2017	The first scientific day of the Department of Physical Therapy for Orthopedics and Surgery
Cairo Physiotherapy Syndicate, Umm Al-Masryeen Hospital	Speaker	April 2018	Sports injury and rehabilitation for physical therapy.
Physiotherapy Syndicate at Kasr El-Aini French Hospital	Speaker	September 2018	New era in back rehabilitation
Scientific Forum of the Faculty of Physical Therapy, Beni Suef University Evidence based Practice in physical therapy forum	Speaker	April 2019	Rehabilitation post anterior cruciate ligament reconstruction.
Beni Suef Health Directorate	Speaker	Sep. 2019	Rehabilitation post anterior cruciate ligament reconstruction.

Mansoura International Hospital	Speaker	Sep. 2019	Rehabilitation of common problems of spine
Cairo Physiotherapy Syndicate	Speaker	Nov. 2019	Differential diagnose of common shoulder problems.
Matareya Teaching Hospital	Speaker	Dec. 2019	Rehabilitation of most common knee injures
Human Resources Training and Development Center Directorate of Health Affairs in Beni Suef	Speaker	Jan. 2020	Rehabilitation of most common knee injures
Cairo Physiotherapy Syndicate	Speaker	Dec.2020	Cervical spine from A to Z
Faculty of Physical Therapy, Delta University	Speaker	Dec. 2020	Cervical spine from A to Z
Human Resources Training and Development Center Directorate of Health Affairs in Beni Suef	Speaker	January 2021	Common leg injuries in sport
Al-Hayah University	Speaker	-19 July 2022	Assessment of shoulder Problem
AL-Hayah University	Speaker	25 July 2022	Management of the shoulder problems
Human Resources Training and Development Center Directorate of Health Affairs in Beni Suef	Speaker	27 October 2022	Differential diagnosis of the lumbar spine
Human Resources Training and Development Center Directorate of Health Affairs in Beni Suef	Speaker	16 Feb. 2023	Mobilization of upper extremity
Scientific day of the Faculty of Physical Therapy, Alhayah	Speaker	17 Feb. 2023	Differential diagnosis for common problem of shoulder region

University, in cooperation with the Physical Therapy Syndicate			
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## RESEARCH INTERESTS

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## LANGUAGES

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**Arabic, English and a little French**

## OTHER COMMUNITY ACTIVITIES

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## AWARDS RECEIVED

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## GRADUATE STUDENTS SUPERVISION

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Student Name

Thesis Title

Mohahamed ahmed mohamed (master degree)

Comparative study between the effect of passive stretching exercises and post isometric relaxation technique in chronic mechanical neck pain patients

Hind Mohammed El Mahdy Nasser (PhD)

Effect of low level laser with and without shoulder mobilization in treating shoulder impingement

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## REFERENCES

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