



CURRICULUM VITAE



Ahmed Mohamed Elnahhas (PT, PhD)

Assistant Professor in Pediatric Physical Therapy

College of Applied Medical Sciences- Shaqra, Shaqra University, KSA
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Senior Lecturer in Pediatric Physical Therapy (on leave)

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Registered Physiotherapy Consultant in Egypt & KSA

Personal Data:

Name	Ahmed Mohamed Elsayed Elnahhas
Date of Birth	20/ 05/ 1984
Marital state	married
Nationality	Egyptian
Place of Birth	Dakahliya, Egypt
Google Scholar Website	https://scholar.google.com/citations?hl=en&user=XGy9u90AAAAJ
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Education:

(Oct 2011- Jun 2015)	Doctoral degree (PhD) in pediatric physical therapy, Cairo University. Thesis title: "Calf Muscle Strength and Standing Efficiency in Children with Spastic Diplegia".
(Oct 2008- Jun 2011)	Master degree (MSc) in pediatric physical therapy, Cairo University. Thesis title: "Modulation of Muscle Tightness by Manual Stretching in Children with Spastic Cerebral Palsy (A Systematic Review)".
(Oct 2001- Sep 2005)	Bachelor degree (BSc) in physical therapy with grade " excellent with honor ", Faculty of Physical Therapy, Cairo University, Egypt.

Academic Experience:

- (11/4/2023- present) **Full Time Assistant professor** in pediatric physical therapy, Health Rehabilitation Department, College of Applied Medical Sciences- Shaqra, Shaqra University, Kingdom of Saudi Arabia.
- (27/7/2015- present) **Senior lecturer** in pediatric physical therapy department, Faculty of Physical Therapy, Cairo University, Egypt.
- (1/ 9/ 2018- 9/4/2023) **Visiting senior lecturer** in Faculty of Physical Therapy, Horus University, Egypt.
- (7/8/2011- 26/7/2015) **Assistant lecturer** in pediatric physical therapy department, Faculty of Physical Therapy, Cairo University, Egypt.
- (20/5/2007- 6/8/2011) **Teaching assistant** in pediatric physical therapy department, Faculty of Physical Therapy, Cairo University, Egypt.

Teaching Experience:

Under-graduate Courses:

- (2023- 2024) Curriculum development & teaching of “**Pediatric Physical Therapy- PHT 477**” for 4th year BSc students, “**Neurophysiology- PHT 352**” for 3rd year BSc students, “**Measurements in Physical Therapy- PHT 244**” & “**Therapeutic exercise-1- PHT 245**” for 2nd year BSc students at Shaqra University, KSA.
- (2021- 2023) Participation in curriculum development, teaching & supervision of “**Evidence Based Practice in Physical Therapy- BAS 5158**” & “**Physical Therapy for Pediatrics- PED 5263**” for 5th year BSc students at Horus University in Egypt.
- (2020- 2023) Participation in curriculum development, teaching & supervision of “**Motor Development & Learning- PED 4250**” for 4th year BSc students at Horus University in Egypt.
- (2018- 2021) Curriculum development, teaching & supervision of “**Tests & Measurements- BAS 2224**” for 2nd year BSc students at Horus University in Egypt, this course includes manual muscle testing, goniometry, muscle length testing, limb length assessment & girth measurement.
- (2018- 2019) Participation in teaching & supervision of “**Electrotherapy- BAS 2226**” for 2nd year BSc students at Horus University in Egypt.
Supervision of the practical sections of “**Biomechanics I (Gait Analysis)- BAS 2115**” for 2nd year BSc students at Horus University in Egypt.
- (2017- 2018) Participation in preparation, teaching & supervision of “**Physical therapy for pediatrics- PT 513**” for 5th year BSc students, Cairo University.
- (2009- 2018) Participation in teaching & supervision of “**Physical therapy for pediatrics and pediatric surgery (40102)**” & “**Clinical training for pediatrics and pediatric surgery (40106)**” for 4th year BSc students, Cairo University.

Post-graduate Courses:

- (2016- 2017) Participation in teaching “**Pediatric Rehabilitation- PED 607**” course for MSc students, Cairo University.
- (2016- 2018) Coordinator of “**Hospital Administration- PED 614**” course for MSc students, Cairo University.
- (2015- 2016) Coordinator of the following courses at Cairo University: **Radiology- PED 613** (MSc), **Genetics- PED 603** (MSc), **Radiology- PED 509** (Diploma), **Neuroanatomy- PED 500** (Diploma).

Clinical Experience:

- (Jan 2024 - present) **Physiotherapy Consultant**, Marat General Hospital, Saudi Arabia.
- (Mar 2022- Apr 2023) **Manager** of The Pediatric Outpatient Clinic in the Faculty of Physical Therapy, Horus University.
- (Sep 2018- Apr 2023) **Consultant** at The Pediatric Outpatient Clinic in the Faculty of Physical Therapy, Horus University.
- (Apr 2011- Jul 2018) **Owner & manager** of Elnahhas Pediatric Physical Therapy Center at 39 King Faisal St. - Giza- Egypt.
- (Jun 2011- Aug 2018) **Senior physical therapist** specialized in pediatrics at The Outpatient Clinic in the Faculty of Physical Therapy, Cairo University.
- (Jun 2008- Jun 2011) **Pediatric physical therapist** at The Outpatient Clinic in the Faculty of Physical Therapy, Cairo University.
- (May 2007- Jun 2008) **Sports physical therapist** in The Egyptian Armed Forces Sports Authority & Tala'ea El Gaish Sporting Club.
- (Nov 2005- Oct 2006) **Physical therapist** at Cairo University Hospitals, Egypt.
- (May 2005- Mar 2011) **Physical therapist** at El-Negmy Clinic, Heliopolis, Egypt.

Continuing Education attended:

Courses/ workshops related to professional skills in specialty (pediatric physical therapy):

- **Paediatric Orthopaedic Review Course**, from The Egyptian Orthopaedic Association, Kasr Al-Ainy Conference Center, Egypt, (26-27/ 5/ 2022).
- **Skills in dealing with persons with disability**, by Dr. Ahmed Elomary (lecturer of special education, Cairo University), symposium was held at Faculty of Physical Therapy, Cairo University (4/ 3/ 2018).
- **Managing Children with Cerebral Palsy**, by Physiopedia, (October 2016).
- **Adaptive seating system in neuro-motor impairment**, by Prof. Dr. Mohamed Tag (pediatric orthopedic surgery), Cairo University, Egypt, (1/ 6/ 2016).
- **Orthotic management of lower limbs in neurological conditions**, by Dr. Ehab Waly, Faculty of Physical Therapy, Cairo University, Egypt, (8-9/ 3/ 2016).
- **New Trends in Physical Therapy Management for Brachial Plexus Injury**, National Institute of Neuro-Motor System, Egypt, by Prof. Dr. Emam El-Negmy (PhD, University of Southampton), (17/ 12/ 2015).
- **Neuro-developmental Technique (NDT)**, National Institute of Neuro-Motor System, Egypt, by Prof. Dr. Kamal Shoukry (PT, PhD, Cairo University), (16/ 11/ 2015).
- **New trends in pediatric rehabilitation**, National Institute of Neuro-Motor System, Egypt, by Prof. Dr. Kamal Shoukry (PT, PhD, Cairo University), (12/ 10/ 2015).
- **Therapeutic management from infancy to adulthood in individuals with neuromotor impairments**, by Mrs. Estelle Brown (NDT PT, South Africa), Mrs. Shelley Broughten (NDT OT, South Africa) & Dr. Ehab Waly (PhD PT, NDT PT), (21-22/ 3/ 2015).
- **Intensive Pediatric Physical Therapy**, from the American PediaSuit™ Protocol & Therapies4kids, (20-24/ 2/ 2010).

Courses/ workshops related to general professional skills:

- **Intelligent Robotic Rehabilitation**, organized by: Smart Medical Solutions Company, workshop was held at Horus University in Egypt, (15/ 3/ 2023).
- **Basic Medical Skills**, by Dr. Lashin Saad (lecturer of medical physiology, Mansoura University), workshop was held at Horus University in Egypt, (February 2021).

- **Measurements of Infection Control**, by Prof. Dr. Mohamed El Farash (Professor of Microbiology & Immunology, Mansoura University), session was held at Horus University in Egypt, (5/ 9/ 2019).
- **Basics of Nerve Conduction Study & Electromyography**, by Prof. Dr. Ann Abdel Kader (Professor of clinical neurophysiology, Cairo University), workshop was held at National Institute of Neuro-Motor System, Egypt, (28/ 2/ 2019).
- **Lower extremity assessment: Biomechanical perspective**, by Prof. Dr. Osama Ragaa Abdelraouf, Faculty of Physical Therapy, Cairo University, (16-17/ 9/ 2015).
- **Differential Diagnosis of the Upper Quadrant**, by Prof. Dr. Samir Sabbahi (PT. PhD), Cairo University, (24/ 8/ 2006).
- **New Trends in Applied Pharmacology & The Interaction Between Medications and Physiotherapy Modalities**, by Dr. Ahmed Ibrahim Aboulsoud, Faculty of Pharmacy, Al-Azhar University, (19-23/ 8/ 2006).
- **The First Aid Basic Training Course**, from the Egyptian Red Crescent & Faculty of Medicine, Cairo University, (15-19/ 8/ 2006).
- **Cupping Therapy**, by Dr. Ahmed Mohamed El-Shewy (PT, PhD, Cairo University), (2005).
- **New Trends in Obesity Management**, by Dr. Mamdouh Gabr Hagag (PT, PhD, Cairo University), (2005).

Courses/ workshops related to teaching skills, quality assurance & accreditation:

- **Using the E-learning system & the virtual classroom system**, from The Deanship of E-Learning and Digital Transformation, Shaqra University, KSA, (12-14, 26-27/ 12/ 2023).
- **Analyzing data and questionnaires and using their results to ensure quality and continuous improvement**, from The Deanship of Development & Quality, Shaqra University, KSA, (14/ 11/ 2023).
- **Strategies for evaluating and constructing exams**, from The Deanship of Development & Quality, Shaqra University, KSA, (7/ 11/ 2023).
- **Tools for measuring learning outcomes**, College of Applied Medical Sciences, Shaqra University, KSA, (1/ 11/ 2023).
- **Journey with accreditation - addressing the recommendations & conditions of accreditation**, from The Deanship of Development & Quality, Shaqra University, KSA, (31/ 10/ 2023).
- **Measuring key performance indicators for academic programs according to program accreditation standards**, from The Deanship of Development & Quality, Shaqra University, KSA, (18/10/2023).
- **Evaluating the quality of academic programs**, from The Deanship of Development & Quality, Shaqra University, KSA, (11/ 10/ 2023).
- **Evaluating program outcomes and graduate attributes**, from The Deanship of Development & Quality, Shaqra University, KSA, (26/ 9/ 2023).
- **Building and measuring learning outcomes**, from The Deanship of Development & Quality, Shaqra University, KSA, (19/9/2023).
- **Preparing and reviewing the program and course reports**, from The Deanship of Development & Quality, Shaqra University, KSA, (12/ 9/ 2023).
- **Preparing and reviewing program and course specifications**, from The Deanship of Development & Quality, Shaqra University, KSA, (5/ 9/ 2023).
- **Teaching strategies and formulation of learning outcomes**, from The Deanship of Development & Quality, Shaqra University, KSA, (23/ 5/ 2023).
- **Essentials of Blended Learning**, from The Faculty and Leadership Development Centre (FLDC), Cairo University, (17-18/ 12/ 2022).
- **University Teacher Support Seminar “Active learning and ICT-enhanced teaching in higher education”**, Faculty of Engineering, Ain Shams University, funded by Erasmus+ Programme, Speaker: Joan-Tomàs Pujolà, University of Barcelona, (25/ 7/ 2019).

- **Effective Teaching Skills**, from FLDC, Cairo University, (10-11/ 1/ 2018).
- **Procedures for Producing Electronic Courses**, by Electronic Learning Center, Cairo University, Egypt, (19-21/ 4/2016).
- **Quality standards in teaching**, from FLDC, Cairo University, (2-3/ 1/ 2016).
- **Preparation of An Electronic Course**, Cairo University Center for Quality Assurance of Education, Egypt, (29/ 11/ 2015).
- **Use of Technology in Teaching**, from FLDC, Cairo University, (12- 14/ 1/ 2013).
- **Credit Hour System**, from FLDC, Cairo University, (30/ 1- 1/ 2/ 2012).
- **Student Evaluation**, from FLDC, Cairo University, (11-13/ 1/ 2011).
- **Recent Trends in Teaching**, from FLDC, Cairo University, (24-26/ 5/ 2010).

Courses/ workshops related to research skills:

- **Evidence-Based Practice (EBP)**, organized by Evidence Training Center, accredited by Saudi Commission for Health Specialties (SCFHS), (28/ 12/ 2023).
- **Mastering Academic Writing & International Publishing**, organized by Tazeez Health Training Center, accredited by SCFHS, (23/ 11/ 2023).
- **Research Methodology Course**, organized by Creative Knowledge for Health Training Center, accredited by SCFHS, (20/ 10/ 2023).
- **The Saudi Digital Library is a wealth of knowledge and scientific wealth**, from The Deanship of Library Affairs, Shaqra University, KSA, (1/ 10/ 2023).
- **Systematic searching in Embase: using PICO to identify relevant results for Evidence-based medicine**, at Elsevier Life Science Solutions, Presented by Harpreet Shah, PhD, Solution Marketing Manager Embase, (8/ 7/ 2020).
- **Scientific Writing**, by Prof. Dr. Hussein Elsubagh (Professor of Pharmaceutical Chemistry– Faculty of Pharmacy– Mansoura University), session was held at Horus University in Egypt, (5/ 9/ 2019).
- **Egyptian Knowledge Bank (EKB)**, by Dr. Mahmoud Elkhoudary (lecturer of analytical chemistry- Faculty of Pharmacy), session was held at Horus University in Egypt, (5/ 9/ 2019).
- **Statistical Analysis of Bio-Experiments**, from The Faculty and Leadership Development Centre (FLDC), Cairo University, (28-29/ 8/ 2017).
- **Arabic & English editing in scientific research**, from FLDC, Cairo University, (10-11/ 4/ 2017).
- **Research Ethics**, from FLDC, Cairo University, (4-5/ 5/ 2016).
- **Reference management system (EndNote Program)**, by Dr. Ahmed Youssef, Training Unit, Faculty of Physical Therapy, Cairo University, (16/ 4/ 2015).
- **Statistical Data Analysis Using SPSS**, from The Institute of Statistical Studies & Research, Cairo University, Egypt, (8/ 12/ 2012- 12/ 1/ 2013).
- **International Publishing of Research**, from FLDC, Cairo University, (7-9/ 5/ 2012).
- **How to Compete for a Research Fund**, from FLDC, Cairo University, (22-24/ 12/ 2008).

Courses/ workshops related to management & leadership skills:

- **Healthcare Data Analytics: Leveraging Data for Better Decision-Making**, organized by Ali Bin Ali Hospital, accredited by SCFHS, (11-12/ 5/ 2024).
- **Strategic planning is a science and an art**, from The Deanship of Development & Quality, Shaqra University, KSA, (3/ 10/ 2023).
- **Critical Thinking**, from The Faculty and Leadership Development Centre (FLDC), Cairo University, (5-6/ 10/ 2020).
- **Strategic planning**, from FLDC, Cairo University, (2-3/ 9/ 2015).
- **Legal & Financial Aspects in University Environment**, from FLDC, Cairo University, (18-20/ 1/ 2010).
- **Time and Conference Management**, from FLDC, Cairo University, (23-25/ 6/ 2008).

Courses/ workshops related to communication & interaction skills:

- **Conference Organization**, from The Faculty and Leadership Development Centre (FLDC), Cairo University, (7-9/ 5/ 2013).
- **Effective presentation skills**, from FLDC, Cairo University, (24-26/ 11/ 2012).
- **Code of Ethics in University Environment**, from FLDC, Cairo University, (23-25/ 8/ 2011).
- **Communication Skills**, from FLDC, Cairo University, (22-24/ 6/ 2009).

Courses/ workshops related to computer skills:

- **Fundamentals of Digital Transformation Certificate (FDTC)**, from Center of Knowledge & E-Services, Supreme Council of Universities, Egypt (Nov 2022).
- **ICDL**, syllabus version: 4.0 (1/ 6/ 2011).

Conferences:

1. **ADAPT online international conference 2023- "Teaching and Learning Approaches in Low-Resource Settings"**, (24/ 11/ 2023).
2. **The 1st Scientific Conference of Pediatric Physical Therapy Department in Horus University entitled "Current Evidence in Pediatric Physical Therapy"**, participated as a **speaker** of a scientific lecture: "Effects of backward gait training on balance, gross motor function, and gait in children with cerebral palsy", Horus University, New Damietta City, Egypt, (24/ 5/ 2022).
3. **The 2nd scientific conference of physical therapy "No more Disability with Physical Therapy & Rehabilitation"**, participated as a **speaker** of a scientific lecture: "NEW TRENDS IN MOTOR LEARNING FOR CEREBRAL PALSY", Cairo, Egypt, (11/ 12/ 2020).
4. **The 2nd Scientific Conference of the Physical Therapy Department at the National Institute of Neuromotor System, under the title of "Fostering the Future Rehabilitation of Cerebral palsy"**, participated as a **speaker** of a scientific lecture: "BENEFITS OF BACKWARD GAIT TRAINING FOR CEREBRAL PALSY", Giza, Egypt, (28/ 2/ 2019).
5. **Scientific meeting of pediatric physical therapy department**, Faculty of Physical Therapy, Cairo University, (15/ 4/ 2018).
6. **The 3rd annual conference of orthopedic department, National Institute of Neuromotor System, under the title of "Pediatric Ankle & Foot Deformities"**, Giza, Egypt, (15-16/ 2/ 2018).
7. **The 17th international scientific conference, Faculty of Physical Therapy, Cairo University, under the title of "Empowering Disability"**, Cairo, Egypt, (10-11/ 3/ 2016).
8. **The 16th international scientific conference, Faculty of Physical Therapy, Cairo University, under the title of "No More Disability"**, Cairo, Egypt, (5-6/ 3/ 2015).
9. **The scientific congress of the department of physical therapy for disturbance of growth & development in children & its surgery, under slogan "Pediatric Physical Therapy under Quality Assurance System"**, Cairo, Egypt, (3/ 12/ 2008).

Workshops (presented):

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|-----------------|---|
| (5 / 5 / 2024) | "Student Evaluation", Shaqra Univ. |
| (6 / 2 / 2024) | "Pediatric Physical Therapy Assessment", Shaqra Univ. |
| (8/ 11/ 2023) | "How to Request a Free Original Textbook & its Online Resources", Shaqra Univ. |
| (7 / 5 / 2023) | "How to Find the Most Appropriate Textbook to Build Course Content", Shaqra Univ. |
| (7 / 8 / 2022) | "How to Request Free Original Textbooks for Faculty Members", Horus Univ. |
| (17/ 8/ 2021) | "Appraising Evidence About Intervention", Horus Univ. |
| (2, 9/8/2021) | "Research Validity", Horus Univ. |
| (14/11/2020) | "Efficient Search in PEDro Database", Buraydah Colleges, KSA. |
| (14-28/10/2019) | "Efficient Search in Physiotherapy Evidence Database (PEDro)", Horus Univ. |
| (4 / 9 / 2018) | "Selecting the Best Resources for Physical Therapy Education", Horus Univ. |

(6 / 5 / 2018)	“Physical Therapy for Congenital Knee & Foot Deformities”, Cairo University.
(29/ 4/ 2018)	“Physical Therapy for Congenital Muscular Torticollis”, Cairo University.
(29/ 4/ 2018)	“Physical Therapy for Developmental Dysplasia of the Hip”, Cairo University.
(3 / 4 / 2017)	“Orthotic Prescription for Cerebral Palsy”, Cairo University.
(28/11/2015)	“Systematic Review” Workshop, Faculty of Physical Therapy, Cairo University.

Activities:

- Participation in **workshops, scientific meetings & research seminars.**
- Participation in **designing & updating academic curricula.**
- Participation in **academic advising** for both undergraduate & postgraduate students.
- Participation in the committees of **quality assurance & accreditation.**
- Participation in establishing the **question bank** of “Physical Therapy for Pediatrics” course (PT 513) for BSc students, Cairo University, (2017- 2018) & “Tests & Measurements” course (BAS 2224) for BSc students, Horus University, (2018- 2021).
- Participation in the process of **student evaluation, exam preparation & oral and practical exams.**
- **Updating Department Website,** Health Rehabilitation Department, College of Applied Medical Sciences, Shaqra University, (May 2023).

Memberships:

- **Member in the Quality Assurance Unit,** College of Applied Medical Sciences, Shaqra University, (Aug 2023- present).
- **Member in the Academic Plans and Programs Development Committee,** College of Applied Medical Sciences, Shaqra University, (Jun 2023- present).
- **Member in the Council of the Health Rehabilitation Department,** College of Applied Medical Sciences, Shaqra University, (May 2023- present).
- **Member in the Team to Follow up and Review Physical Therapy Program Accreditation Requirements,** College of Applied Medical Sciences, Shaqra University, (May 2023- present).
- **Member in the Curriculum Committee,** Health Rehabilitation Department, College of Applied Medical Sciences, Shaqra University, (May 2023- present).
- **Member in the Scientific Committee,** Health Rehabilitation Department, College of Applied Medical Sciences, Shaqra University, (May 2023- Aug 2023).
- **Member in the Textbook Selection Committee,** Health Rehabilitation Department, College of Applied Medical Sciences, Shaqra University, (May 2023).
- **Member in The Research Ethical Committee, Horus University, Egypt,** (Jan- Apr 2023).
- **Member in Student Book Revision Committee,** Faculty of Physical Therapy, Horus University in Egypt, (Aug 2022- Apr 2023).
- **Member in Research Fund Committee, Horus University in Egypt,** (Aug 2022- Apr 2023).
- **Member in the Council of the Faculty of Physical Therapy,** Horus University in Egypt, (Nov 2019- Apr 2023).
- **Member in Student Affairs & Education Committee,** Faculty of Physical Therapy, Horus University in Egypt, (Oct 2018- Apr 2023).
- **Member in exam control & preparation** for level 2 BSc physical therapy, (2018- 2019) & level 5 BSc, (2021- 2023), Horus University.
- **Member in the Council of Pediatric Physical Therapy Department,** Cairo University, (2017- 2018) & Horus University, (2020- 2023).
- **Corresponding Member** in the American Academy of Cerebral Palsy and Developmental Medicine (AAPDM), (#36634), (2016- 2017).
- **Member in the Research Committee** of Pediatric Physical Therapy Department, Cairo University, (2015- 2017).
- **Member in General Physical Therapy Syndicate in Egypt,** (2007- present).

Professional Licensure:

- **Saudi Commission for Health Specialties:**
 - Consultant- Physiotherapy (#23565010) (Sep 2023- present).
- **General Physical Therapy Syndicate in Egypt:**
 - Physical Therapy Consultant (#622) (Jun 2017- present).
 - Physical Therapy Specialist (#2655) (Apr 2012- Jun 2017).
 - Physical Therapy Practitioner (#3690) (Feb 2007- Apr 2012).
- **Ministry of Health in Egypt:**
 - Physical Therapy Specialist (#2634) (Apr 2012- present).
 - Physical Therapy Practitioner (#4212) (Feb 2007- Apr 2012).

Administrative Positions:

- **Head of Quality Assurance Unit of Health Rehabilitation Department**, Shaqra University, KSA, (Aug 2023- present).
- **Head of Professional Development Unit**, College of Applied Medical Sciences, Shaqra University, KSA, (Jun 2023- present).
- **Founder and Manager of The Pediatric Outpatient Clinic**, Faculty of Physical Therapy, Horus University in Egypt, (Mar 2022- Apr 2023).
- **Coordinator of Pediatric Physical Therapy Department**, Horus University in Egypt, (Oct 2020- Nov 2022).
- **Head of exam control & preparation for level 2 BSc physical therapy**, Horus University, (Oct 2019- Oct 2021).
- **Manager of “International Projects & Scholarships Center”**, Faculty of Physical Therapy, Horus University in Egypt, (Oct 2019- Feb 2020).
- **Head of Continuous Education Program for The Teaching Assistant**, Faculty of Physical Therapy, Horus University in Egypt, (Sep 2018- Jul 2022).
- **Head of Library Committee**, Faculty of Physical Therapy, Horus University in Egypt, (Sep 2018- Apr 2023).

Consulting Experience:

- **Physiotherapy Consultant**, Marat General Hospital, Saudi Arabia, (Jan 2024 - present).
- Consultant at **Pediatric Outpatient Clinic** in the Faculty of Physical Therapy, Horus University, (Sep 2018- Apr 2023).
- Consultant in **General Physical Therapy Syndicate in Egypt**, (#622), (Jun 2017- present).

Community service:

Designing home programs for children with physical disabilities in **Pediatric Outpatient Clinic** in the Faculty of Physical Therapy, Cairo University, (2008- 2018) & Horus University (2018-2023).

Grants & Awards:

- **Cairo University International Publication Reward** (2019), Research ID: #3901.

Honoring & Appreciation:

- **Certificate of Appreciation**, Horus University in Egypt, (Sep 2021).
- **Certificate of Appreciation**, Cairo University Staff Club, (Jun 2007).

Research interests:

Evidence-based physical therapy, Pediatric physical therapy, Pediatric rehabilitation, Neuro-developmental disabilities (especially; cerebral palsy), Motor learning, Physical therapy education.

Scientific Journal Reviewing:

- **PLOS ONE**, Article title: “Mobility Intensive Training (Mob-IT) for Children with Cerebral Palsy: Single Subject Study Protocol”, (May 2023).
- **PLOS ONE**, Article title: “Surgery for carpal tunnel syndrome in patients with and without diabetes – is there a difference in the frequency of surgical procedures?”, (Dec 2023).
- **Bulletin of Faculty of Physical Therapy**, Article title: “Neurophysiotherapy at The Primary Health Care Level: Perception of Public Health Physicians”, (May 2022).
- **Bulletin of Faculty of Physical Therapy**, Article title: “Effect of Functional Electrical Stimulation Versus TheraTogs on Gait and Balance in Children with Hemiplegic Cerebral Palsy: A Randomized Controlled Trial”, (Sep 2021).

Publications:

Published papers in peer-reviewed journals:

- Elnahhas, A. M., Elshennawy, S., & Aly, M. G. (2019). **Effects of backward gait training on balance, gross motor function, and gait in children with cerebral palsy: a systematic review.** *Clinical Rehabilitation*, 33(1), 3–12. <https://doi.org/10.1177/0269215518790053>
- Abdel Rahman, S. A., Elnahhas, A. M., Ahmed, D. I. E. (2019). **Effect of whole-body vibration on bone density in children with Down syndrome: a systematic review.** *International Journal of Recent Advances in Multidisciplinary Research*, 6(9), 5234-5238.
- Olama, K. A., Elnahhas, A. M., Rajab, S. H., Nour El din, S. M. (2019). **Effect of universal exercise unit on balance in children with spastic diplegia.** *International Journal of Multidisciplinary Research and Development*, 6(1),85-88.
- Samaam, M. N., Elnegmy, E. H., Elnahhas, A. M., & Hendawy, A. S. (2018). **Effect of prolonged smartphone use on cervical spine and hand grip strength in adolescence.** *International Journal of Multidisciplinary Research and Development*, 5(9),49-53.
- Elnahhas, A. M., El-Negmy, E. H., & El-Azizi, H. M. (2014). **Calf muscle strength and standing efficiency in children with spastic diplegia.** *Trends in Applied Sciences Research*, 9(9), 503-511.

Master Theses Supervision:

- Student/ Marina Nabil Samaan, Thesis title: “**Effect of prolonged smartphone use on cervical spine and hand grip strength in adolescence**”, Faculty Council approval: 15/ 10/ 2017, Discussed: 29/ 9/ 2018.
- Student/ Samaa Hussein Rajab, Thesis title: “**Effect of universal exercise unit on balance in children with spastic diplegia**”, Faculty Council approval: 19/ 11/ 2017, Discussed: 18/ 6/ 2019.
- Student/ Dina Ibrahim Elsayed, Thesis title: “**Effect of whole-body vibration on bone density in children with Down syndrome: (systematic review)**”, Faculty Council approval: 13/ 6/ 2017, Discussed: 30/ 11/ 2019.

Ongoing Master Theses Supervision:

- Student/ Fady Nagy Farid Rofela, Thesis title: **Effects of plyometric exercises in children with cerebral palsy: a systematic review**, Faculty Council approval: 19/ 1/ 2023.
- Student/ Aya Adel Mahmoud, Thesis title: “**Effect of treadmill training on balance in children with cerebral palsy (a systematic review)**”, Faculty Council approval: 13/ 6/ 2017.

Referees:

- **Fatma A. Hegazy, PT, PhD**
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- **Usama Mohamed Rashad, PT, PhD**
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Member in Physical Therapy Studies Sector Committee, Ministry of Higher Education, Egypt.
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Any document will be provided upon request.