



Ahmed Mohamed Elnahas (PT, PhD)

Assistant Professor & Consultant in Pediatric Physical Therapy

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Highlights

- Works well under pressure
- Exceptional interpersonal skills
- Highly responsible and reliable
- competent in spotting search topics

Education

PhD in pediatric physical therapy • (Oct 2011- Jun 2015) •
Cairo University, Egypt

Thesis title: "Calf Muscle Strength and Standing Efficiency in Children with Spastic Diplegia".

MSc in pediatric physical therapy • (Oct 2008- Jun 2011) •
Cairo University, Egypt

Thesis title: "Modulation of Muscle Tightness by Manual Stretching in Children with Spastic Cerebral Palsy (A Systematic Review)".

BSc in physical therapy with grade "excellent with honor" •
(Oct 2001- Sep 2005) • Faculty of Physical Therapy, Cairo
University, Egypt.

Experience

Academic Experience:

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

Experience (Cont'd)

Clinical Experience:

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

Memberships:

- *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).*
 - *Member in Research Fund Committee, Horus University in Egypt, (Aug 2022- Apr 2023).*
 - *Member in The Research Ethical Committee, Horus University in Egypt, (Jan 2023- Apr 2023).*
 - *Member in Student Book Revision Committee, Faculty of Physical Therapy, Horus University in Egypt, (Aug 2022- Apr 2023).*
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Experience (Cont'd)

Administrative Positions:

- *Coordinator of Pediatric Physical Therapy Department, Horus University in Egypt, (Oct 2020- Nov 2023).*
- *Manager of The Pediatric Outpatient Clinic, Faculty of Physical Therapy, Horus University in Egypt, (Mar 2022- Apr 2023).*
- *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).*

Personal Skills

- *Computer Skills*
- *Good Reseacher*
- *Accreditation Skills*
- *Patient Assessment*

Publications

Published papers in peer-reviewed journals:

- Elnahas, 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., Elnahas, 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., Elnahas, 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., Elnahas, 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.
- Elnahas, 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/ 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.
- 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.

National and international conferences

1. **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).
2. **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).
3. **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).
4. **Scientific meeting of pediatric physical therapy department**, Faculty of Physical Therapy, Cairo University, (15/ 4/ 2018).
5. **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).
6. **The 17th international scientific conference, Faculty of Physical Therapy, Cairo University**, under the title of **“Empowering Disability”**, Cairo, Egypt, (10-11/ 3/ 2016).
7. **The 16th international scientific conference, Faculty of Physical Therapy, Cairo University**, under the title of **“No More Disability”**, Cairo, Egypt, (5-6/ 3/ 2015).
8. **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

Courses/ workshops attended related to teaching skills:

- **Essentials of Integrated Education**, 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 attended related to research skills:

- **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 **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 attended 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 attended 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).
- **Critical Thinking**, from The **Faculty and Leadership Development Centre (FLDC), Cairo University**, (5-6/ 10/ 2020).
- **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 and 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 attended related to management & leadership skills:

- **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 attended related to communication & interaction skills:

- **Conference Organization**, from 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 attended 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).

Workshops (presented):

- “How to Request Free Original Textbooks for Faculty Members”, Horus Univ. (7 / 8 / 2022)
- “Appraising Evidence About Intervention”, Horus Univ. (17/ 8/ 2021)
- “Research Validity”, Horus Univ. (2, 9/ 8/ 2021)
- “Efficient Search in PEDro Database”, Buraydah Colleges, KSA. (14/ 11/ 2020)
- “Efficient Search in Physiotherapy Evidence Database (PEDro)”, Horus Univ. (14-28/10/2019)
- “Selecting the Best Resources for Physical Therapy Education”, Horus Univ. (4 / 9 / 2018)
- “Systematic Review” Workshop, Faculty of Physical Therapy, Cairo University. (28/11/ 2015)
- “Orthotic Prescription for Cerebral Palsy”, Cairo University. (3 / 4 / 2017)
- “Physical Therapy for Congenital Muscular Torticollis”, Cairo University. (29/ 4/ 2018)
- “Physical Therapy for Developmental Dysplasia of the Hip”, Cairo University. (29/ 4/ 2018)
- “Physical Therapy for Congenital Knee & Foot Deformities”, Cairo University. (6 / 5 / 2018)

Teaching Experience:

Under-graduate Courses:

- 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. (2021- 2023)
- Participation in curriculum development, teaching & supervision of “**Motor Development & Learning- PED 4250**” for 4th year BSc students at Horus University in Egypt. (2020- 2023)
- 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- 2021)
- Participation in teaching & supervision of “**Electrotherapy- BAS 2226**” for 2nd year BSc students at Horus University in Egypt. (2018- 2019)
- Supervision of the practical sections of “**Biomechanics I (Gait Analysis)- BAS 2115**” for 2nd year BSc students at Horus University in Egypt. (2018- 2019)
- Participation in preparation, teaching & supervision of “**Physical therapy for pediatrics- PT 513**” for 5th year BSc students, Cairo University. (2017- 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. (2009- 2018)

Post-graduate Courses:

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

Consulting Experience:

- 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:

- **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).
- **Bulletin of Faculty of Physical Therapy**, Article title: "Neurophysiotherapy at The Primary Health Care Level: Perception of Public Health Physicians", (May 2022).