

Dr. Aida Amir Nassif Naguib

Academic Rank: Lecturer of Physical Therapy

Specialization: Department of Basic Science

Contacts:

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Cairo University Scholar: Aida Amir

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Personal Information:

Date of Birth: 1st February 1987

Nationality: Egyptian.

Marital State: Married

Current Address: El- Warak, Giza.

Academic Specifications

- **Major Field of specialization:** Physical Therapy.
- **Fine specialty:** Physical Evaluation, Manual therapy, Sport Injuries and Nutrient.

Summary of Academic Qualifications:

Degree	General Grade	Date
Master in Quality Management	Excellent	2020
PHD of physical therapy, Cairo University, Egypt	Very Good GPA (3.6)	2020
Thesis title: "Neurological and Biomechanical Effects of Spinal Mobilization with Arm Movement on Cervical Radiculopathy: Randomized Controlled Trial"		
FIFA Diploma in Football Medicine		2020
Master of physical therapy, Cairo University, Egypt	Very Good GPA (3.4)	2014
Thesis title: "Effect of Kinesiotape of Fatigue Timing in Normal Subects"		
Professional Diploma in Clinical Nutrient		2013
Bachelor of physical therapy, Cairo University, Egypt	Excellent with honor (87.75%)	2008

Other Certifications:

- Lead Auditor OHSMS (Occupational Health and Safety Management System) ISO 45001:2018
IRCA Ref. 2024
- Auditor/ Lead Auditor ISO 9001: 2015 Quality Management System
IRCA Ref. 18108

Work experience and Employment History:

A. Academic Positions:

Current Academic Position:

- **Employer:** Faculty of physical Therapy, Cairo University, Egypt
- **Job Title:** Lecturer of Physical Therapy, Department of Basic Science.
- **From:** 2020 till Present.

Selected responsibilities:

- Teach and implement lecturers for the undergraduates
- Teach and implement lecturers for the postgraduates (Diploma Students)
- Implement diverse workshops for the undergraduate and postgraduate students to allow them to be engaged in the rehabilitation programs of different conditions using biomechanical analytic, electro diagnostic and differential diagnosis.

Director of expatriates follow up unit.

- **Employer:** Faculty of physical Therapy, Cairo University, Egypt
- **Job Title:** Director of expatriates follow up unit.
- **From:** 2020 till Present.

Selected responsibilities:

- Assist the expatriates within the university learning process.
- Assist the students to complete their residency papers
- Assist the students to get their IDs and ensuring that they were attached to the system.
- Helping English language speakers and managing their problems especially that related to the language used in the lectures.

Previous Academic Positions:

1. Associate Lecturer of Physical Therapy, Department of Basic Science

- **Employer:** Faculty of physical Therapy, Cairo University, Egypt
- **Job Title:** Assistant Lecturer of Physical Therapy, Department of Basic Science.
- **From:** 2014 till 2020.

Selected responsibilities:

- Teach core courses for undergraduates.
- Use variety of teaching methods such as Problem based learning, Team based learning, Case studies etc. using Blackboard and Banner systems.
- Advisor for undergraduate student research projects.
- Actively engaged in academic advising, curriculum revision, accreditation, research, professional development.

2. Instructor of Physical Therapy, Department of Basic Science.

- **Employer:** Faculty of physical Therapy, Cairo University, Egypt.
- **Job Title:** Demonstrator
- **From:** 2010 to 2014

Selected responsibilities:

- Demonstrating the main assessment tools, manual and therapeutic principles.
- Train the candidates proper application of manual and therapeutic exercises.

B. Clinical Positions:

1. Musculoskeletal physiotherapist & Nutritionist:

- **Employer:** El Omraa' Center. Cairo, Egypt.
- **From:** 2008 till now

Selected Responsibilities:

- Proper management of patients with disc lesions, osteoarthritic knee & hip complains, lower back pain, cervical problems & sports injuries.
- Proper diet programs for patients with mild to moderate obesity using lipolytic cavitation, acupuncture, Radiofrequency, Cryotherapy & laser lipolysis device.

2. Musculoskeletal physiotherapist & Nutritionist:

- **Employer:** Saint Treize hospital. Cairo, Egypt.

- **From:** 2008 to 2010

Selected Responsibilities:

- Proper management of patients with disc lesions, osteoarthritic knee & hip complains, lower back pain, cervical problems & sports injuries.
- Proper diet programs for patients with mild to moderate Obesity.

3. Musculoskeletal and neurological physiotherapist:

- **Employer:** El Nile Center. Cairo, Egypt.

- **From:** 2008 till 2010

Selected Responsibilities:

- Proper management of patients with disc lesions, osteoarthritic knee & hip complains, lower back pain, cervical problems, sports injuries & hemiplegic patients.

Technical Courses:

- Methods of measurement, evaluation, and enumeration of the test item, the health sector provided by Measurement and assessment center (MAC) Project Management Unit, Higher Education Development (PMU) (December, 2020)
- Data analysis track provided by Minister of Artificial Intelligence, UAE and UDACITY (July, 2020)
- Have attended many certified presentations provided by Faculty and leadership development center (FLDC)- Cairo University and their topics were obtained:
 - Critical thinking (December, 2019)
 - Time and meeting management (September, 2018)
 - Evidence-based strategy in medical practice (Medical Sciences Sector) (August, 2018)
 - Statistical analysis in biological Studies (December, 2017)
 - The change management (April, 2017)
 - International Publication of Scientific Research (October, 2014)
 - Managing the research team (September, 2014)
 - Examination and student assessment systems (August, 2014)
 - Effective teaching skills (August, 2014)
 - Use of technology in teaching (February, 2014)
 - Ethics of scientific research (February, 2013)

- Ethics and professional conduct in university work (August, 2012)
- TOEFL provided by Foreign Languages and Translation Specialist, 2010.

Research interest and Scientific work:

Research interests list:

- Orthopedic physical therapy evaluation and intervention.
- Sport Injuries.
- Manual Therapy and Soft Tissue Mobilizations.
- Nutrient and General Health

Publications:

Aida A., Fatma S., Soheir S. and Amr H. (2020): Effect of Spinal Mobilization with Arm Movements on Kinesthetic Awareness in Patient with Chronic Cervical Radiculopathy: Randomized Controlled Trial. Fizoterapia. 5: 112

Aida A., Fatma S. and Amir N. (2015): Effect of Kinesiotape on Fatigue Timing in Normal Subjects. 16th international scientific conference, Faculty of Physical Therapy, Cairo University.

Conferences and workshops:

Speaker at the 16th international scientific conference, Faculty of Physical Therapy, Cairo University, Cairo, Egypt, 5th – 6th of March 2015.

Skills:

- Excellent written and oral communication skills.
- Very Good English spoken, Reading & writing, Fair French.
- Excellent computer skills (including word, excel& power point).
- Excellent presentation and interpersonal skills.
- Excellent Reporting skills
- Good knowledge of occupational health evaluations, assessments and methodologies.

Personal Skills:

- Self-motivated, systematic and efficient.
- Ability to work in a group or individually according to the job requirements.
- Presentation and communication skills.
- Problem solving skills.
- Able to work under pressure.