

## Name: Afaf Mohamed Mahmoud Botla

### Personal Information:

**Date of Birth:** 5/1/1981.  
**Place of Birth:** El Qanater El Khaeria, Qaliopia  
**Marital Status:** Married  
**Nationality :** Egyptian  
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### Education:

Year	Degree	Department, Faculty, and University	Grade
2002	Bachelor's degree of physical therapy.	Faculty of physical therapy, Cairo university	Very good (82.30%)
2009	Master degree of physical therapy for Obstetrics and gynecology	Department of women's health, Faculty of physical therapy, Cairo university	Very good (3.4)
2014	Doctorate degree of physical therapy for Obstetrics and gynecology	Department of women's health, Faculty of physical therapy, Cairo university	Very good

### Licensure:

Egyptian professional license, Practitioner Physical Therapist

### Professional Affiliations:

From	To	Job	Job description
2020	Till now	Assistant professor	<ul style="list-style-type: none"><li>P.T. for Woman's Health (Undergraduate, 4th year).</li><li>P.T. for pelvic floor disorders (Undergraduate, 4<sup>th</sup> year)</li><li>Group discussion in manual therapy for women's health (credit hour program, 4th level).</li><li>P.T. Practicum (Specialty) (Postgraduate, Diploma Degree).</li><li>Clinical Training for Obstetrics and Gynecology (Postgraduate, Diploma Degree).</li><li>P.T. for obstetrics and gynecology (Postgraduate, Master degree)</li></ul>
2014	2020	Lecturer.	<ul style="list-style-type: none"><li>P.T. for Woman's Health (Undergraduate, 4<sup>th</sup> year).</li><li>P.T. Practicum (Specialty) (Postgraduate, Diploma Degree).</li></ul>

			<ul style="list-style-type: none"> <li>Clinical Training for Obstetrics and Gynecology (Postgraduate, Diploma Degree).</li> </ul>
2009	2014	Assistant lecturer.	<ul style="list-style-type: none"> <li>Physical Therapy for Obstetrics and Gynecology (Undergraduate, 3<sup>rd</sup> year).</li> <li>Clinical Training for Obstetrics and Gynecology (Undergraduate, 3<sup>rd</sup> year).</li> </ul>
2004	2009	Demonstrator.	<ul style="list-style-type: none"> <li>Physical Therapy for Obstetrics and Gynecology (Undergraduate, 3<sup>rd</sup> year).</li> <li>Clinical Training for Obstetrics and Gynecology (Undergraduate, 3<sup>rd</sup> year).</li> </ul>

### Courses & Teaching Skills:

Title	Year
1- Effective communication skills.	2008
2- Examinations rules and student's assessment.	2009
3- Using technology at Learning.	2009
4- Quality assurance and accreditation.	2010
5- Meeting and managing time.	2011
6- The credit hour systems.	2012
7- Research ethics.	2012
8- International publishing of scientific research.	2013
9- Managing research teams.	2014
10- Conference organization.	2014
11- Effective teaching skills	2014
12- Effective presentation skills	2014
13- Creative thinking	2018
14- E-Learning	2018
15- Change management	2019
16- University management	2019
17- Crisis management	2019
18- Legal and financial aspects of University environment.	2019
19- Essentials of integrated education	2022

### Workshop Certificates:

Title	Year
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1. Pelvic floor dysfunction assessment and treatment demonstrated. By Dr. Anitta Schilling, 2009.	2009
2- Introduction to kinesiotaping in women's health. By Dr. Dalia M. Kamel, March, 2016.	2016
3- Research (Design, Manuscript preparation & publish). By Dr. Ahmed Farrag, 2016.	2016
4- Preparation of student's feedback questioner, Cairo university center for quality assurance of education, 2017.	2017
5- Evidenced based practice and systematic review. By Prof. Dr. Faten Hassan Abd Elazeim, 2018	2018
6- Academic standards for postgraduate studies (Vision and development). By Prof. Dr. Hoda EL Talawee, 2018	2018
7- Lumbo-Pelvic-Hip Complex Assessment and Treatment. By Prof. Dr. Mohamed Abu Baker , 2019	2019
8- Elsevier- NRC Guide Course for Reviewer (Core of Per review, Part I) 1 <sup>st</sup> April, 2021.	2021
9- Elsevier- NRC Guide Course for Reviewer (Core of Per review, Part II) 29 <sup>th</sup> March 2021.	2021
10- Elsevier –NRC Guide Course for Reviewer (Reviewer Report and Decision, 5 <sup>th</sup> April, 2021	2021
11- New Era in Applied Physical Therapy Research. 8 <sup>th</sup> June, 2021	2021
<b>Conferences</b>	
<b>Title</b>	<b>Year</b>
1. Manual therapy & technology in physical therapy (The 15 international scientific conference, Faculty of Physical Therapy, Cairo University) Cairo, Egypt, 6 <sup>th</sup> -7 <sup>th</sup> of March 2014.	2014
2. Empowering Disability (The 17 international scientific conference, Faculty of Physical Therapy, Cairo University) Cairo, Egypt, 10 <sup>th</sup> -11 <sup>th</sup> of March 2016.	2016
3. Updating weight control (The 1 <sup>st</sup> International Conference for Deraya University, Faculty of Physical Therapy, 23 February 2017.	2017

4. Recent updating physical therapy (prevention & cure) (The 1 <sup>st</sup> international scientific conference for Arab society of manual physical therapy ( A.S.M.P.T), Cairo, Egypt 1 march 2018.	2018
5. Physical therapy and a better future for the disabled (19 <sup>th</sup> international scientific conference, Faculty of Physical Therapy, Cairo University) Cairo, Egypt, 22 <sup>th</sup> -23 <sup>th</sup> of March 2018.	2018
6. Updates in breastfeeding and human lactation (The International Conference of The Egyptian Lactation Consultant Association (ELCA) In Collaboration with Children Project USA) Cairo, Egypt, 5th of July 2018.	2018
7. Performance and sport nutrition (the 2 <sup>nd</sup> International Scientific Conference, Faculty of Physical Therapy, the Egyptian Chinese University) Cairo, Egypt, 3 <sup>RD</sup> of October 2018.	2018
8. The 20 <sup>th</sup> international scientific conference, Faculty of Physical Therapy, Cairo University) Cairo, Egypt, 6 <sup>th</sup> -7 <sup>th</sup> of April 2019.	2019

## **Publications:**

### **Peer-reviewed Research**

<b>Title</b>	<b>Year</b>	<b>Journal</b>
1. The book "Muscle energy technique in treating postnatal low back pain", bearing ISBN 978-3-659-16043-1 has been published at LAP LAMBERT Academic Publishing, 2014.	2014	LAMBERT Academic Publishing.
2. Efficacy of biofeedback assisted pelvic floor muscle training on postoperative stress urinary incontinnce, World Academy of Science, Engineering and Technology International Journal of Medical, Health, Biomedical, Bioengineering and Pharmaceutical Engineering Vol:10, No:5, 2016.	2016	International Journal of Medical, Health, Biomedical, Bioengineering and Pharmaceutical Engineering
3. Correlation between Different Degrees of Anemia and Physical Activity in Postmenopausal Women. Med. J. Cairo Univ., 85(5):1693-1695, 2017.	2017	Med. J. Cairo Univ.

4. Effect of core stability exercises on postpartum lumbopelvic pain: A randomized controlled trial, Journal of Back and Musculoskeletal Rehabilitation, 1 (2018): 1–9 DOI 10.3233/BMR-181259	2018	Journal of Back and Musculoskeletal Rehabilitation
5. Effect of Russian Current Stimulation on Abdominal Strength and Endurance in Postnatal Diastasis Recti: A Randomized Controlled Trial Accepted by Fizioterapia Polska, 2019.	2019	Fizioterapia Polska
6. Impact of Electromagnetic Field Versus Diclofenac Drugs on Primary Dysmenorrhea: A Single Blind Randomized Controlled Trial. J Clin Anal Med 2019;10(2): 202-206.	2019	J Clin Anal Med
7. Assessment of Balance in Pregnant Women Suffering from Mechanical Low Back Pain. World Journal of Medical Sciences 16 (2): 75-78, 2019.	2019	World Journal of Medical Sciences
7. Effect of Core Stability Exercises On Treatment of Post-Partum Sacroiliac Joint Pain: A Randomized Clinical Trial. World Journal of Sport Sciences 14(1): 01-06, 2019.	2019	World Journal of Sport Sciences
8. Effect of Foot Reflexology on Low Back Pain During Pregnancy. 20 <sup>th</sup> International Conference of Faculty of Physical Therapy , Cairo University. 6-7 April 2019.	2019	20th International Conference of Faculty of Physical Therap, Cairo University.
9. Effect of Electroacupuncture on Post-partum Stress Urinary Incontinence. European Journal of Applied Science, 12(4): 160-166, 2020.	2020	European Journal of Applied Science.
10. Efficacy of multisensory exercises programme on cognition and functionality in postmenopausal women. Journal of Life Science and Biomedicine, 11(5):88-93, 2021.	2021	Journal of Life Science and Biomedicine.
11. Impact of premenstrual syndrome on multiple sclerosis symptoms in adult female. A retrospective cross-sectional study. Journal of Life Science and Biomedicine, 11(5): 2021	2021	Journal of Life Science and Biomedicine.

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### **Presentations:**

Site	Type (Poster, Oral presentation)	Year	Country
The 15 international scientific conference, Faculty of Physical Therapy, Cairo University) Cairo, Egypt	Poster	2014	Egypt

### **Skills:**

**Language Skills:** **Arabic:** Mother language  
**English:** foreign (2<sup>nd</sup>) Language.

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