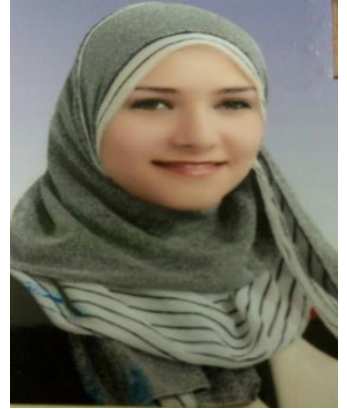


CV. Dr/ Hend Abd El-Monaem Abd El-Monaem

Last updated April 2026

Dr. Hend Abd El-Monaem, Lecturer of Physical Therapy, Department of Internal Medicine, Faculty of Physical Therapy, Cairo University, Egypt.



Personal Data

- **Name:** Hend Abd El-Monaem Abd El-Monaem Abd
- **Date of birth:** 20 October 1985.
- **Place of birth:** Alexandria, Egypt.
- **Nationality:** Egyptian.
- **Gender:** Female.
- **Marital status:** Married with two children
- **National ID:** 28510200201501
- **Graduation date:** September 2007
- **Last job date:** 29 November 2020
- **Address:** 7 Street Ahmed El zzyat, El dokki, Giza governorate 12615, Egypt
- **Email:** drhendpt@cu.edu.eg -- drhendpt@yahoo.com
- **Scholar research site:** <https://scholar.cu.edu.eg/?q=hendmoneem/>
- **Web of Science researcher ID** **GZG-3366-2022**
- **ORCID:** <https://orcid.org/0000-0001-7546-9960>

Educational background

2015-2020 Ph.D. in Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University. **With a very good grade.**

- **Doctoral thesis in 2020** titled “RESPONSE OF GLYCEMIC CONTROL TO LOW LEVEL LASER THERAPY IN TYPE 2 DIABETIC PATIENTS”.

2010-2015 M.Sc. In Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University. **With a very good grade.**

- **Master's thesis in 2015** titled “CHANGES IN QUALITY OF LIFE AFTER SELECTED PULMONARY REHABILITATION IN IDIOPATHIC PULMONARY FIBROSIS PATIENTS”.

2007 B.Sc. in Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University. **With an excellent grade with Honor.**

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Licensure

1- License to practice the profession of physical therapy (practitioner) - issued by the Egyptian Physical Therapy Syndicate, 2007

Professional Experience:

- 2020- till now** **Lecturer of Physical Therapy** at the Department of Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University, Giza, Egypt
- 2015- 2020** **Assistant Lecturer of Physical Therapy** at the Department of Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University, Giza, Egypt
- 2009- 2015** **Administrator of Physical Therapy** at the Department of Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University, Giza, Egypt.
- 2020-2021** **Member of the undergraduate Central Control (Mainstream)**, Faculty of Physical Therapy, Cairo University.
- 2020-2021** **General coordinator of the master's course**, Department of Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University.
- 2022** Participate in establishing and editing the new **postgraduate studies regulation**.
- 2020- to now** **Academic Advisor** for the credit hours system program, Faculty of Physical Therapy, Cairo University, Giza, Egypt.
- 2020- to now** **General coordinator of the Credit Hours System Program's courses**, Faculty of Physical Therapy, Cairo University.
- 2020-to now** **Member of the undergraduate Control (the Credit Hours System Program)**, Faculty of Physical Therapy, Cairo University.
- 2020-to now** **Member of the Department Seminar**, Department of Physical Therapy for Internal Medicine, Faculty of Physical Therapy, Cairo University.
- 2022-to now** **Clinical coordinator for the clinical departments for the Credit Hours System Program's courses**, Faculty of Physical Therapy, Cairo University.
- 2024 to 2025** **Deputy coordinator of the digital transformation and Artificial Intelligence Unit**, Faculty of Physical Therapy, Cairo University.
- 2025 till now** **Head of the credit hours system control**, Faculty of Physical Therapy, Cairo University.

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2025 till now **Coordinator of the digital transformation and Artificial Intelligence Unit,**
Faculty of Physical Therapy, Cairo University.

Board Memberships:

- Member of the board of the **Faculty Council**, Faculty of Physical Therapy, Cairo University. (2025)
- Member of the board of the **Department of Physical Therapy for Internal Medicine**, Faculty of Physical Therapy, Cairo University. (2020 to now)
- Member of **learning and the Student Affairs committee**, Faculty of Physical Therapy, Cairo University. (2021 to now)
- Member of the **Post Graduate Studies Follow-up Committee** .(2020-2021)

Professional Activities

1. Courses and Teaching Skills:

- **Practical and applied** physical therapy for cardiovascular/ pulmonary disorders and geriatrics.
- **First Aid for Physical Therapy Students** (M122 **undergraduate students**, mainstream), Faculty of Physical Therapy, Cairo University.
- **First Aid for Physical Therapy Students** (Int 202 **undergraduate students**, Credit Hours), Faculty of Physical Therapy, Cairo University.
- **Physical therapy for internal medicine and geriatrics** (Int 306 **undergraduate students**, Credit Hours), Faculty of Physical Therapy, Cairo University.
- **Physical therapy for internal medicine and geriatrics** for **undergraduate students**, Faculty of Physical Therapy, Sinai University.
- **Physical therapy for critical cases** for **undergraduate students**, Faculty of Physical Therapy, Sinai University.
- **Research seminars** for postgraduate students (**DPT**), Cairo University.
- **Chest and heart diseases** **CPG 504** for postgraduate students (**Diploma degree**), Cairo University.

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- **Intensive care and treatment of respiratory diseases (CPG 708)** for postgraduate students (**PhD degree**), Cairo University.
- **Neonatal critical care (RES 1005)** for postgraduate students (**Professional Diploma**)

2. Research

a. Supervising Master's/ PhD Dissertation

	Title	
.1	Effect Of High-Intensity Interval Training with Hypocaloric Diet on Cardiorespiratory Fitness and Quality of Life for Breast Cancer Survivors.	M.Sc.
.2	Impact Of Pneumatic Compression Versus High-Frequency Vibration on Nerve Conduction Study in Diabetic Polyneuropathy	M.Sc.
.3	Effect Of Cervical Kinesio Taping on Ventilatory Function and Respiratory Muscles Strength in Forward Head Posture Subjects	M.Sc.
.4	The Impact of Caffeine Overdose on Cortisol Level and Balance in Adult Subjects	M.Sc.
.5	Impact of Low-Level Laser and Aerobic Exercise on Peripheral Arterial Outcomes in Patients with Type 2 Diabetes	M.Sc.
.6	Cervical Versus Diaphragmatic Mobilization Effect on Quality-of-Life Changes for COVID-19 Survivors	M.Sc.
.7	Effect of Intra-Nasal Low-Level Laser on Pulmonary Functions in Patient with Rhino-Sinusitis	M.Sc.
.8	Impact of Telehealth Intradialytic Resistive Exercise on Quality of Life in Patient with Chronic Kidney Disease.	M.Sc.
.9	Arm Wheel Versus Leg Wheel Training on Quality of Life in Patients with Peripheral Arterial Diseases.	M.Sc.
.10	The Impact of Resistance Versus Aerobic Training on Intradialytic Hypotension in Patients with Chronic Kidney Disease	M.Sc.
.11	Impact Of Cervical High-Intensity Resistive Exercises on Ventilatory Measures in Patients with Chronic Non-Specific Neck Pain.	PhD
.12	Impact Of Exercise with Blood Flow Restriction on Clinical Outcomes in Patients Undergoing Hemodialysis	PhD
.13	Calisthenics Versus High-Intensity Interval Exercises on Health-Related Outcomes in Patients with Non-Alcoholic Fatty Liver	PhD

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14	Influence of Cardiopulmonary Rehabilitation on Cardiorespiratory Adaptation in Patients with Pulmonary Hypertension	PhD
15	Low-Level Laser Therapy Versus Offloading Exercises on Foot Ulcer Healing in Patients with Type 2 Diabetes	PhD
16	High-Intensity Interval Inspiratory Training Effect on Ventilatory Functions and Diaphragmatic Excursion in Forward Head Posture	PhD
17	Effect of Breather Device on Pulmonary Function in Patients with Myogenic Temporomandibular Disorders	PhD

B. Publications:

	Title	Journal	
1.	Response of glycemic control to extravascular low-level laser therapy in type II diabetic patients.	Physiotherapy Quarterly https://doi.org/10.5114/pq.2021.105752 2021	Scopus
2.	Effect of Photo-Bio modulation on lipid profile in patients with type 2 diabetes mellitus: A Randomized Clinical Trial. DOI: 10.47750/jptcp.2023.30.03.010	Journal of Population Therapeutics & Clinical Pharmacology , Vol 30(3): e78–e87; 24 January 2023.	Web of Science
3.	Effect of wearing surgical mask during controlled aerobic training on functional capacity and perceived stress in inactive men: a randomized trial”	Scientific Reports (2023) 13:22892 DOI: 10.1038/s41598-023-50178-1	Web of Science
4.	Pneumatic Compression versus Local High-Frequency Vibration Impact on Nerve Conduction and Balance Performance in Diabetic Polyneuropathy.	The Egyptian Journal of Hospital Medicine (January 2024) Vol. 94, Page 108-114. DOI: 10.21608/ejhm.2024.334371	EKB
5.	Telerehabilitation Program Impact on Overactive Bladder Symptoms and Metabolic Health in Obese Women: a Randomized Controlled Trial”	Bulletin Of Rehabilitation Medicine 2024 23(4) 2024-8-16 DOI: https://doi.org/10.38025/2078-1962-2024-23-4-47-54	Scopus
6.	“Reclaiming Wellness: A Comparative Study of High-Intensity Interval Training and Low-Calorie Diets in Optimizing Body Composition and Cardiorespiratory Parameters for Breast Cancer Survivors”	23rd International Physical Therapy Conference , Cairo University, 2024.	EKB
7.	Calisthenics Exercise Versus High-Intensity Interval Training on Health-Related Outcomes in Non-Alcoholic Fatty Liver Patients: a Comparative Study”	Bulletin Of Rehabilitation Medicine 2025 24(2). 2025-4-16 DOI: https://doi.org/10.38025/2078-1962-2025-24-2-38-44	Scopus

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8.	Synergistic Effects of Intra-Nasal Low-Level Laser Therapy and Bhramari Pranayama on Sino-nasal Symptoms and Sleep Quality in Chronic Rhinosinusitis: A Randomized Controlled Trial	The Egyptian Journal of Hospital Medicine (July 2025) Vol. 100.	EKB
9.	Combined Effects of Low-Level Laser Therapy and Aerobic Exercise on Peripheral Arterial Function in Type 2 Diabetes Mellitus: A Randomized Trial	The Egyptian Journal of Hospital Medicine (July 2025) Vol. 100, Page 3465-3471 10.21608/ejhm.2025.445978	EKB
10.	Metabolic Parameters Affecting Incidence of Acquired Pneumonia and Length of Hospital Stay In Intensive Care Unit Patients DOI: https://doi.org/10.64252/emsqt382	International Journal of Environmental Sciences ISSN: 2229-7359 Vol. 11 No. 17s, 2025 Published: 2025-07-17	Scopus

C. Reviewing in a Scientific Journal:

1. Effect of Buerger-Allen Exercises on Wound Healing in Patients with Diabetic Foot Ulcers. A Randomized Controlled Trial	2022-11-07	Physiotherapy Quarterly
2. The Effects of Chest Trunk Mobilization with Sustained Maximum Inspiration and Flow Incentive Spirometry on Chest Expansion, Respiratory Muscle Strength, and Functional Exercise Capacity in Patients Undergoing Video-Assisted Thoracoscopic Surgery	2023-05-12	
3. Comparisons between Chest Trunk Mobilization with Sustained Maximum Inspiration and Flow Incentive Spirometry on Chest Expansion, Respiratory Muscle Strength, and Functional Exercise Capacity in Patients Undergoing Video-Assisted Thoracoscopic Surgery	2023-09-08	
4. "Effect of Physiotherapy in Post-Operative Liver Transplant Patients: A Scoping Review.	2025-4-4	

Continuing Education attended

FLDC Courses	
Effective Presentation.	28-30 /December /2009
International publication of research.	17-19 / April /2012
Organizing scientific conferences	26-28 Jan 2013
Exams and student evaluation systems.	8-9 April 2015
Quality standards in teaching	3-4 June /2015

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Creative thinking.	29-30 July 2015
Strategic planning	30-31 January 2019
Statistical analysis of bio-experiments	13-14 February 2019
Art of Effective Leadership	24-25 June 2019
Decision-making and problem-solving	11-12 Dec 2019
Interactive electronic courses	12-13 August 2020
Critical Thinking	12-13 August 2020
Fundamentals of Digital Transformation “module: Mobile App.	13 September 2023
Quality of Career	12-13 June 2024
The Credit Hour Systems	27-28 Nov 2024
Use of Technology in Teaching	5-6 Feb 2025
Essentials of Integrated Education	27/28 October 2025
AI Applications in Education and Scientific Research.	28/29 Jun 2026

Workshops affiliated with the Cairo University Center for Quality Assurance of Education

The Course Specification and The Study Program.	28th Nov 2022
The Course Report and The Study Program.	1st Dec 2022
Community Participation.	4th Dec 2022
Preparing A Table of Test Specifications and Formulating Exam Questions.	6th Dec 2022
Quality and Development Management	18th Dec 2022
Preparing An Electronic Course	20th Dec 2022

Artificial Intelligence Unit Workshops, Faculty of Physical Therapy, Cairo University.

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Applications of Large Language Models and AI in Higher Education for Researchers and Faculty Members, for eight hours.	8 th Feb 2025
“Enhancing teaching with AI and gamification.”	24 th March 2025
“Your AI Toolkit _ Transform How You Work, Think, and Innovate.”	6 th May 2025

Training Course, Workshop, and Diplomas.

Workshop under the title " First aid for Physical Therapists ", Faculty of Physical Therapy, Cairo University	10 th Oct 2016
- Incorporating statistics into health care research , introductory biomedical statistics training course : by Prof D. Magdy Ibrahim Mostafa with SPSS training . Course duration: 25 teaching hours .	June 2019
Successful completion of the Diploma entitled: Learn Statistical Analysis of Data Using the SPSS Application. This was conducted over 60 hours , organized by the Future Scientist Platform.	From March 15 to July 20, 2023,
Participation in AWS Academic Staff Program 2023-2024 . The Ministry of Higher Education and Scientific Research, AWS Academic Hub.	From 1 st Oct 2023 till 31 Dec 2023,
Successful completion of the Diploma entitled: "The Variance Analysis and Comprehensive Experimental Design (ANOVA) using GraphPad Prism, Statistix, SPSS, and Excel." This was conducted over 100 hours and organized by the Future Scientist Platform.	From January 13 to August 14, 2024
The 8 th annual conference and workshop of Respiratory Intensive Care . “Daily practice in ventilatory support” Grand Nile Tower, Cairo, Egypt.	24 th and 25 th August 2023.
Workshop about " First aid in the workplace ", Faculty of Physical Therapy, Cairo University.	30 th Nov 2023
• First Aid Principles, Basic Life Support “Cardiopulmonary resuscitation” from Information is Equal TO Life Campaign.	25-27 January 2024
• Artificial intelligence Ambassadors program , in collaboration with engineers for a Sustainable Egypt, National Telecommunication Institute, under the care of the Ministry of Communications and Information Technology.	20July/ 20August 2025

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<ul style="list-style-type: none"> • Leadership preparation and crisis management course from the National Training Council, 20 Hours 	28 November to 15 Dec 2025
<ul style="list-style-type: none"> • AI for teaching and learning course, Faculty of Continuous Learning, El Nile University. For 25 hours. 	18 November to 18 Dec 2025

Online webinar lectures

“Enhance your publication's research, leadership, and visibility”. Medical Agency for Research and Statistics (MARS), Online.	30 July 2022
“Academic branding,” Medical Agency for Research and Statistics (MARS) online.	13 July 2022
Statistical excellence series using programs SPSS, Eviews, Excel, statistics, and GraphPad Prism. By Future scientists' platform	21 March
Designing and statistically analyzing questionnaires using SPSS Application, by Future Scientists' Platform	5 th Dec 2025
Remark office 12: Enhancing paper exam grading with artificial intelligence, by Remark Middle East and North Africa.	10 th Sep 2025
AI for research collaboration and network, by Britannica and EKB.	16 th June 2025
Peer review integrated with AI, by Britannica and EKB.	23 th June 2025
Elsevier Courses	
(Program– Scival) (Elsevier, EKB & Helwan University Support Center Training. Elsevier online courses.	29 October, 2022
(Selecting Journals for Publishing) at Helwan University, Support Center Training. Elsevier online courses.	12 November 2022
(New papers all the time: How to keep up-to-date? 90 min) at Egyptian Knowledge Bank, Presented by Omnia AbdelRaheem, Country Ambassador Elsevier Core Research Solutions.	12 November 2022
(How to find the right journal) at CEE Webinar Hub, presented by Alison Ferrett, Customer Success Manager, Elsevier online courses.	13 May 2025

Scientific Conference attendance:

- Participate in the annual conference of the Egyptian Association of Diabetic Foot and Limb Salvage, Diabetic Foot Course of Advanced Wound Management and Revascularization (**D.F. CARE**), **September 2022** in Cairo, Egypt, as a speaker about “**Latest innovations for prevention and management of diabetic foot ulcer .**”

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- ✚ The 8th annual conference and workshop of Respiratory Intensive Care. “Daily practice in ventilatory support” 24th and 25th August 2023. Grand Nile Tower, Cairo, Egypt.
- ✚ 2nd scientific conference of the Cairo University Center for Geriatrics, Sciences, and Care. 7 September 2023.
- ✚ 3rd scientific conference on scientific research and its practical applications in physical Therapy (ICSRPAPT), 5th May 2025.
- ✚ 1st Cairo University Conference for CU-AI Nexus 2025, contribution as moderator session under the title “AI for physical therapy.”

Scientific presentations:

- ✚ Participate in the annual conference of the Egyptian Association of Diabetic Foot and Limb Salvage, Diabetic Foot Course of Advanced Wound Management and Revascularization (D.F. CARE), September 2022 in Cairo, Egypt, as a speaker about “Latest innovations for prevention and management of diabetic foot ulcer .”
- ✚ Scientific Day for Diabetes Mellitus, 17th Dec 2024, 3rd Scientific Day on Internal Medicine, Ahram Canadian University, as a speaker about "New Concept of Diabetes Mellitus and Physical Therapy Role".
- ✚ The Cairo University Center for Geriatrics' monthly meeting, 29th January 2025, as a speaker about "Diabetic Foot, Symptoms and Treatment Strategies".
- ✚ Participation as a speaker in the workshop under the title of “Physical therapy for neonates in ICU”, 24th July 2025, under the supervision of the physical therapy services and continuing education, faculty of physical therapy, Cairo University.
- ✚ World Diabetes Day, 24 November 2025, National Cairo University, as a speaker about "Symptoms, Complications, and Treatment Methods of Diabetes Mellitus".
- ✚ First aid in the work environment workshop for students and employees of the Faculty of Physical Therapy, Cairo University, 2024. Under the supervision of the Community Service and Environmental Development Affairs.

Thanks, and Appreciation

- 1- For Participation in the CU-AI Nexus 2025 and the Hackathon competition.

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- 2- For a valuable role as **academic coordinator of the credit program, and tremendous contribution in the graduating class of 2023 (58)**, Faculty of Physical Therapy, Cairo University.
- 3- The effort made and effective participation to obtain college **accreditation from the National Authority for Quality Assurance and Accreditation of Education.**
- 4- **For academic performance and remarkable behavior in the department in 2021.**

Summary of qualifications:

- Responsible, efficient, reliable, patient, and adaptable.
- Strong ability to work effectively with superiors and colleagues.
- Willing to learn new elements.
- Easy learning how to do things perfectly.
- Cooperative and prefers to be in contact with people, with a high ability to integrate into teamwork.
- Initiative, ambitious, and always looking for the best.

Language Skills: **Arabic:** Mother language
English: **Fluent**

Computer Skills:

- Excellent in using Word, Excel, and PowerPoint.
- Excellent at using the Internet and AI engines.

Biomedical statistics experience:

- Choose the appropriate commonly used statistical test concerning a certain set of data.
- Perform basic statistical tests to analyze different types of data.
- Interpret the outcome of the inferential statistical procedure of the sample data and its relevance to the population.