

CURRICULUM VITAE

1. PERSONAL DATA:

Name: Manal Mohamed Ismail Farrag

Date of Birth: 29/11/1969

Place of Birth: Egypt

Nationality: Egyptian

English Proficiency: Very good reading, writing, and speaking.

French proficiency: Very good reading, writing and speaking.

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Educational Experience

- **Ph.D.** Orthopedic Physical Therapy, 2000, Cairo University, Egypt.
Title of Ph.D. thesis:
" The Effect Of Computer Simulation Enhanced Training On Hand Functions In Children After Reconstruction Of Hypoplastic Thumb"
- **M.Sc.** Physical Therapy, 1996, Cairo University, Egypt
Title of master thesis:
The Effect of Different Techniques of Application of Continuous Passive Motion on Hand Mobility After Flexor Tendon Repair."
- **Bachelor's degree (B.Sc.)** of Physical Therapy, 1991, Cairo University, Egypt.
- **Fellowship:**
A certification of Higher Education Academy (**HEA**): Fellow status (16/1/2020)

Professional Experience

(a) Academic Positions Held in Cairo University:

11/2014- Present

Rank: Professor

Department: Orthopedic Physical Therapy

College: Physical Therapy

University: Cairo University

Country: Egypt

10/2009- 11/2014

Rank: Assistant Professor

Department: Orthopedic Physical Therapy

College: Physical Therapy

University: Cairo University

Country: Egypt

10/2000-10/2009

Rank: Lecturer

Department: Orthopedic Physical Therapy

College: Physical Therapy

University: Cairo University

Country: Egypt

7/1996-10/2000

Rank: Assistant Lecturer

Department: Orthopedic Physical Therapy

College: Physical Therapy

University: Cairo University

Country: Egypt

11/1992-7/1996

Rank: Demonstrator

Department: Orthopedic Physical Therapy

College: Physical Therapy

University: Cairo University

Country: Egypt

1991-1992

Rank: House Officer Physical Therapist

Department: Physical Therapy
College: Medicine
University: Cairo University
Country: Egypt

(b) Academic Positions Held in Princess Nourah Bint Abdulrahman University:

8/2018- 8/2022

Rank: Professor
Department: Rehabilitation Sciences.
College: Health and Rehabilitation Sciences
Country: KSA

8/2013- 8/2018

Rank: Associate Professor
Department: Rehabilitation Sciences.
College: Health and Rehabilitation Sciences
Country: KSA

(c) Academic Positions Held in King Saud University:

9/2001-8/2003

Rank: Assistant Professor
Department: Physical Therapy
College: Applied Medical Science
University: King Saud
Country: KSA

(d) Professional/Industrial Positions

6/2017- Present

Position Title: Consultant
Department: Orthopedic Physical Therapy
Company: Princess Nourah Bint Abdulrahman University
Country: KSA

9/2009- 9/2013

Position Title: Consultant
Department: Orthopedic Physical Therapy
Company: Physical Therapy college
Country: Egypt

(e) Administrative Positions Held

1. Period: 9/ 2019-2022

Position Title: Unit manager
Department: Electronic education Unit
College: Health and Rehabilitation Science
University: Princess Nourah Bint Abdulrahman
Country: KSA

2. Period: 9/2017-9/2018

Position Title: Department Head
Department: Health Communication Sciences
College: Health and Rehabilitation Sciences
University: Princess Nourah Bint Abdulrahman
Country: KSA

3. Period: 9/2014-9/2017

Position Title: Unit manager
Department: Academic Advising Unit
College: Health and Rehabilitation Science
University: Princess Nourah Bint Abdulrahman
Country: KSA

4. Period: 8/2010-8/2012

Position Title: The vice manager
Department: Orthotic and Prosthetic unit
College: the faculty of Physical Therapy,
University: Cairo.
Country: Egypt

Scientific Activities:

Conferences

Activity Attendance/ Participation	Date	Title of Conference	Type Local/ International	Organiser
Attendance Chairperson	July 2023	The 22 nd international conference of physical Therapy (Physical	International	Cairo University

		therapy and quality of life.		
Attendance Chairperson	February 2023	Physical Therapy conference	National	Daraya University
Participation Chairperson	December 2022	Conference of orthopaedic surgery	International	Association of orthopaedic surgeons Egypt
Attendance	May 2022	3 rd Annual National Nursing conference	National	Princess Nourah Bint Abdulrahman University.
Attendance	February 2019	10 th Medical career day conference	International	Princess Nourah Bint Abdulrahman University.
Attendance	October 2018	World Thrombosis Day	International	Princess Nourah Bint Abdulrahman University
Participation	April 2013	The 14 th International Scientific Conference of the Faculty of physical therapy under the title "Physical therapy the future of the treatment	International	Cairo University
Participation	July 2009	First Scientific Conference of the quality of education, Cairo University, under the title of "the quality is the way of	Local	Cairo University

		excellence of innovation"		
Participation	March 2009	The 12 th International Scientific Conference of the Faculty of physical therapy, Cairo University, under the title "Physical therapy approach for modernization and development"	International	Cairo University
Attendance	March 2008	The 11 th International Scientific Conference on of the Faculty of Physical Therapy, Cairo University under the title "the art of physical therapy care" in the period	International	Cairo University
Attendance	March 2007	10 th International Scientific Conference of the Faculty of Physical Therapy, Cairo University, under the title "Physical Therapy and	International	Cairo University

		future challenges"		
Attendance	December 2006	3 rd Scientific Symposium of community service and Environment, Faculty of Physical Therapy, Cairo University under the title "rehabilitation after surgery in cases of orthopedic surgeries" (attendance).		
Attendance	March 2005	8 th International Scientific Conference of the Faculty of Physical Therapy (Physical Therapy and technology of the future)	International	Cairo University

Workshops and Training Courses

Activity Attendance/ Participation	Date	Title of workshop/ course	Organiser
Attendance	May 2022	Basic ECG	Princess Nourah Bint Abdulrahman University
Attendance		Program of qualifying for a fellowship in excellence in teaching and learning.	PNU
Attendance		Credit hours training course	FLDC

Attendance		Methods of teaching and student assessment training course.	FLDC
Attendance		Internal audit for educational organization training course	FLDC
Attendance		Course specifications and course report	FLDC
Attendance		Research project training course	FLDC
Attendance		The effective communication training course	FLDC
Attendance		Financial and juridical aspect	FLDC
Attendance		Code of ethics	FLDC
Attendance		Statistical data analysis using SPSS package.	FLDC
Attendance		Effective presentation Skills	FLDC
Attendance		International publishing of scientific research	FLDC
Attendance		Exams and students' evaluation system	FLDC
Attendance		Strategic planning	FLDC
Attendance		Conference organization.	FLDC
Attendance		PNU Curriculum Workshop.	PNU

Theses (Doctoral and Master) Supervision

No	Thesis Doc./ Master	Year	Student's Name	Title of Thesis	Co-authors
1.	Master	2010	Ahmed Olama	The role of therapeutic exercises after knee arthroplasty: A systematic review	Mona Hassan
2.	Master	2010	Nagy Mohamed	Early activation program of rehabilitation versus protective program after Arthroscopic Subacromial decompression.	
3.	Master	2010	Doha Hany	Influence of proprioceptive training in patients with arthroscopic partial meniscectomy.	
4.	Master	2011	Mohamed Farouk	Monthly hormonal Fluctuations in relation to functional knee	

				instability in adult female athletes	
5.	Master	2009	Mahmoud Ahmed	Exercise Therapy for non-specific low back pain :Systematic review	
6.	Master	2009	Bassem Anter	Pulsed electromagnetic field therapy and splinting versus ultrasonic and splinting in the treatment of Carpal tunnel syndrome	
7.	Master	2009	Amr Mohamed Hussein	Comparative study between two taping techniques in treatment of patellofemoral pain syndrome	
8.	Master	2007	Michael George	The effect of laser as an adjunct to nerve mobilization technique on pain and physical performance in cases of sciatica	
9.	Master	2007	Abd El Hamid	Strengthening versus endurance exercises in the treatment of chronic mechanical neck pain.	
10.	Master	2007	Abd EL Rahman	Relationship between kinematic gait analysis and Lysholm knee scale arthroscopic partial meniscectomy	
11.	Master	2007	Khaled el Dessouky	The effect of nerve and tendon gliding exercises versus US in the treatment of CTS	
12.	Master	2007	Reda Said	The effect of Balance training on stability and foot function in cases of unilateral plantar fasciitis	
13.	Master	2007	Khaled EL Shorbagy	Plyometric exercises versus Progressive resistive exercises in the treatment of lateral ankle sprain	
14.	Master	2007	Ahmed El Prince Mohamed	The Prevalence Of Low Back Pain Among Policemen In Great Cairo	

15.	Master	2007	Ashraf Mohamed Senosy	Early Combined Endurance-Coordination Exercises Program for Postoperative Rehabilitation After Lumbar Laminectomy And Discectomy	
16.	Master	2006	Ihab Ali Abdullah	Effects Of Dynamic Versus Isometric Exercises on Pain Severity And Functional Performance In Patients With Knee OA	
17.	PhD	2011	Abd El Halim	Neuro-Mascular electrical stimulation combined with Ponseti method for the correction of idiopathic clubfoot.	
18.	PhD	2011	Khaled EL shorbagy	Physiotherapy program versus a patient-controlled program after arthroscopic anterior shoulder stabilization	
19.	PhD	2009	Mona Ahmed	Comparison between the effects of three different forces of intermittent traction in treatment of cervical spondylosis	
20.	PhD	2009	Ehab Mohamed Kamel	Combined static dynamic splint versus immediate controlled active motion splint after extensor tendon repair	

Scientific Publications

N	Type of paper	Year	Title	Participants (Co-authors)	Journal/Conference	Type Local/International
1.	Original article	2025	IMPAIRED MOTOR CONTROL IN ROWERS WITH NON-SPECIFIC LOW	Atif, M., Mohamed Ismail, M., Moustafa Aldosouki Hegazy, M., & Fawzy Mahmoud, N.	<i>International Journal of Physical Therapy - AlSalam University</i>	International

			BACK PAIN: A COMPARATIVE ANALYSIS WITH HEALTHY CONTROL. , 3(3), 9-17. doi: 10.21608/ijta.2025.388432.1021			
2.	Original Article	2024	Effect of adding retro-walking or whole-body vibration in the routine physiotherapy program on knee functional disability in patients with chronic knee osteoarthritis: A randomized controlled study.. , 2(2) , 14-27. doi: 10.21608/bjpt.2024.291841.1026	Abdelghany, M., Ismail, M., Samir, S., & abdelnaem,	<i>Benha International Journal of Physical Therapy</i>	International
3.	Original Article	2020	Cross-cultural adaptation and validation of the Arabic version of the Western Ontario Shoulder Instability Index (WOSI-Arabic).	El Shorbagy KM, Mohamed AR, Griffin SH	Orthop Traumatol Surg Res.	International

4.	Original Article	2015	The use of electric stimulation in treating clubfoot in newborn infants	Youssef Aliaa R., Nada Abdelhalim, Azzam Amr	Bulletin of Faculty of Physical Therapy, Cairo University	Local
5.	Original Article	2014	Motions and functional performance after supervised physical therapy program versus homebased program after arthroscopic anterior shoulder stabilization: A randomized clinical trial.	El Shorbagy Khaled M	Annals of Physical and rehabilitation medicine, (France)	International
6.	Original Article	2013	Early extra-balance exercises in the conventional physical therapy program for athletes after arthroscopic partial meniscectomy: A randomized Clinical Trial.	Mohamed Doha H.	Bulletin of Faculty of Physical Therapy, Cairo University	Local
7.	Original Article	2013	Closed Kinetic Chain exercises with or without additional	Gamaleldein Mona Hassan, Hassan Karima Abelaty.	Eur J Phy Rehabil Med,	International

			hip strengthening exercises in management of Patellofemoral pain syndrome: a randomized controlled trial.			
8.	Original Article	2013	Dynamic Knee Stability: Single leg hop tests and Hamstring/ Quadriceps Ratio during Menstrual Cycle in Female Athletes.,	Abdel-Lateef F Mohamed.	Bulletin of Faculty of Physical Therapy, Cairo University	Local
9.	Original Article	2012	The influence of Feedback-Assisted Locomotor Training on Gait in Stroke Patients.	Sharaf Moussa A, Mansour Waleed T, Battecha Kadrya H.	Bulletin of Faculty of Physical Therapy, Cairo University,	Local
10.	Original Article	2011	The Incorporation of Balancing Board Exercises in the Management of Plantar Fasciitis.,	Ahmed Reda Sayed	Bulletin of Faculty of Physical Therapy, Cairo University	Local
11.	Original Article	2010	Plyometric Training versus	Ibrahim MM, Youssef EF, El Shorbagy	Foot Ankle Int.	International

			resistive training after acute Lateral Ankle Sprain.	KM.		
12.	Conference paper	2009	Dynamic Balance Training After Unilateral Total hip Arthroplasty .	Ayed Khalid E; Shabana Magdy	Egyptian Conference of physical therapy	Local
13.	Conference paper	2009	The Influence of gender on the relationship between primary Knee Osteoarthritic and Osteoporosis,	Ibrahim Mohamed M, Elsayed Abdel Halim Z.	Egyptian Conference of physical therapy	Local
14.	Original Article	2009	Low Energy Laser Treatment and Nerve Mobilization For Sciatica.	Ayed Khalid yousef Moussa Abdelfatah, Habashy Micheal George.	Bulletin of Faculty of Physical Therapy, Cairo University	Local
15.	Original Article	2008	Gait Analysis and Lysholm Knee Score are complementary in assessing functional outcome	-----	Bulletin of Faculty of Physical Therapy, Cairo University	Local

			after arthroscopic partial meniscectomy.			
16.	Original article	2008	The Effect of Neck Endurance Training as a Component of an exercise program for chronic non-specific neck pain.	-----	Bulletin of Faculty of Physical Therapy, Cairo University	Local
17.	Original article	2008	Kinematic and electromyographic analysis of knee motion during rising from a chair in stroke patients.	Gharib Nevine M, Adel Sahar M.	Bulletin of Faculty of Physical Therapy, Cairo University	Local
18.	Original article	2008	The Effects of Proprioceptive Enhanced Training on Shoulder Pain, Function, Strength and Proprioception in Cases of Rotator Cuff Impingement Syndrome.	Youssef Enas F; Ibrahim Mohamed M., Ismail Manal M. ,	Egyptian Conference of physical therapy,	Local

19.	Original article	2006	Manual Versus Mechanical Traction in Management of cervical Spondylosis.	Hafez Ashraf R;	J.Az Med Fac (Girls),	Local
20.	Conference poster	2005	Effects of Early Closed Kinetic Chain Exercises on the Rate of Callus Formation during Distraction Osteogenesis by Ilizarov's Method.	Rehan A., Hassan A. H., Dahaba M. M., and Hosny G. A.	European Federation Of National Associations of Orthopaedics and Traumatology proceedings Lisbon, Portugal (Poster # 3195)	International
21.	Original article	1999	Virtual reality and hand rehabilitation. Part II: Physiotherapy for hypoplastic thumb using computer simulation.	El Nahass Bassem G	Bulletin of Faculty of Physical Therapy, Cairo University	Local
22.	Original article	1999	Virtual reality and hand rehabilitation. Part I: Computer aided hand function system.	El Nahass Bassem G	Bulletin of Faculty of Physical Therapy, Cairo University,	Local

Other Activities

1. TEACHING

(a) Summary of Courses Taught

<u>Course Name</u>
Orthopedic Physical Therapy
Orthotics and Prosthetic
Analysis of Procedure for Orthopedic Physical Therapy
Traumatology
Differential Diagnosis in Clinical Orthopedic
Advance Clinical Orthopedics
Elective Clinical Course
Scientific Seminars
Foundation of Motor Control
Sports Injury Management
Management of Joint and Postural Deformities
Musculoskeletal Examination
Gait analysis
Advanced physical therapy procedures

(b) Participation in Academic Accreditation

Name of Program	Role	Institution	Name of Accreditation Body	Period
Doctor of Physical Therapy	Accreditation Standard committee	College of Health and Rehabilitation Science, PNU	National Commission for Academic Accreditation and Assessment (KSA)	9/2020-Present

Doctor of Physical Therapy	Courses Coordinator	College of Health and Rehabilitation Science, PNU	National Commission for Academic Accreditation and Assessment (KSA)	9/2013-Present
BSc of Physical Therapy	Quality Assurance Department Coordinator	Faculty of Physical Therapy, Cairo University	National Authority of Quality Assurance and Accreditation of Education (Egypt)	12/2011-12/2012
MSc of Physical Therapy	Quality Assurance Department Coordinator Research Plan in the standard of Scientific Research and Activities	Faculty of Physical Therapy, Cairo University	National Authority of Quality Assurance and Accreditation of Education (Egypt)	12/2011-12/2012
PhD of Orthopedic Physical Therapy	Courses Coordinator	Faculty of Physical Therapy, Cairo University	National Authority of Quality Assurance and Accreditation of Education (Egypt)	12/2011-12/2012

Participation in the development of university curricula:

- Participating in the preparation of Course specifications for undergraduate and postgraduate students as a part of the project to establish an internal system for quality assurance in the faculty.
 - Converting the course of orthotics and prosthetic limbs to e-course **Orthotics and prosthetics e-course**
<http://elc.cu.edu.eg/moodle/course/category.php?id=19>
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Participation in councils and committees:

1. Member of college Council year 2023-2024.
 2. Head of the students' tuition discount committee 2023.
 3. Head of the simulation committees, Rehabilitation Sciences department, Princess Nourah Bint Abdulrahman University. 2019/2020.
 4. Member of the program of Doctor of Physical Therapy committee, Rehabilitation Sciences department, Princess Nourah Bint Abdulrahman University. 2017/2020.
 5. Head of the scientific committee, in rehabilitation department, for evaluating students' projects for the 7th Scientific conference for Students of higher education, Princess Nourah Bint Abdulrahman University.
 6. Member of the scientific committee in the rehabilitation science department for evaluating students' projects for the 6th scientific conference for students of higher education, Princess Nourah Bint Abdulrahman University.
 7. Head of the statistical committee in the college of health and rehabilitation Science, Princess Nourah Bint Abdulrahman University 2014-2015.
 8. Member of the rehabilitation Sciences department council 2014 till 2022 Princess Nourah Bint Abdulrahman University.
 9. Member of the orthopedic department council 2001 and 2006 till 2013 Cairo University.
 10. Member of college Council year 2008-2009
 11. Head of the faculty dean election committee, faculty of physical Therapy, Cairo University 2011- 2012.
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Community Service:

1. Health Consultant in the college of Health and rehabilitation science at the health consultant unit. 2018-present.
2. Attending educational seminars.
3. Supervisor of the outpatient orthopedic clinic in the faculty of Physical Therapy, Cairo University 2009-2013.

Membership of the association:

Member of the Egyptian general syndicate physiotherapy.

Member of the Saudi commission for health specialties.

Project Fund and Grant

Awarded 7 grants (5 for master's degrees and 2 post-doctoral fellowship) for Faculty of Physical Therapy, Cairo University by **USAID Egypt** in **support to a project submitted** to Cairo Initiative program for constructing a hand therapy unit.

Prizes:

Wined the prize for second level in the fifth scientific conference of the student of higher education, Princess Nourah Bint Abdulrahman University.

Appreciation and Honoring:

1. Appreciation and honoring from Cairo University for international publishing in May 2011.
2. Prof. Dr. Kamal Shukri, "Dean of the Faculty of Physical Therapy - Cairo University" in recognition for active participation in the preparation of the proposed initial project for the Faculty of Physical Therapy for the continued development and qualification for accreditation. CIQAP
3. Appreciation and honoring from the unit of orthotic devices and prosthetic limbs, Faculty of Physical Therapy to support the profession of physical therapy and raising the level of health care.
4. Appreciation and honor Princess Nourah University for the participation in the fifth scientific conference for students of higher education in the academic year 2013-2014.
5. Appreciation and honor the college of health science and rehabilitation, Princess Nourah University for participation in

academic activities and teaching process, in the academic year 2014-2015.

6. Appreciation and honor the college of health science and rehabilitation, Princess Nourah University for participation in the first college scientific meetings for students' projects.

Last updated
11/2023