
Neama Hamed Mohamed Neamat Allah, PhD, MSc, PT

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Professional Summary

- Physical therapist, educator, and clinician with 14 years of experience in healthcare.
- BSc, Master's & PhD in Physical Therapy.

Education

PhD. in Physical Therapy, 2018. Joint supervision between Faculty of Physical Therapy, Cairo University (Egypt) and Division of Biokinesiology and Physical Therapy, University of Southern California (USA).

- Emphasis on physical therapy and biomechanics.
- Dissertation-based degree.
- Dissertation entitled "Effect of Ilium Realignment on Sacroiliac Joint Dysfunction and Hip Joint Proprioception".

Master of Science (MSc.) in Physical Therapy, 2012. Faculty of Physical Therapy, Cairo University (Egypt).

- Emphasis on physical therapy and biomechanics.
- Thesis-based degree.
- Thesis entitled "Effect of Core Stability Exercises on Balance and Trunk Muscles' Endurance in Healthy Adults".

Bachelor of Science (BSc.) in Physical Therapy, 2006.

- Faculty of Physical Therapy, Cairo University, Egypt.

Work history

December, 2018 to Present

- Full time Lecturer of Physical Therapy and Biomechanics, Faculty of Physical Therapy, Cairo University, Egypt.

May, 2016 to December, 2018

- Full time PhD Research Scholar at Division of Biokinesiology and Physical Therapy, University of Southern California, Los Angeles, CA.
- Laboratory experience. Duties include gaining experience in data collection, data entry, statistical analysis, manuscript preparation and submission.
- Research work. Duties include developing a research project to determine the predictive ability of segment angular velocities for lower extremity joints power absorption during a triple hop task.

June, 2008 to May, 2016

- Assistant Lecturer of Physical Therapy and Biomechanics, Faculty of Physical Therapy, Cairo University, Egypt.

- Taught entry-level students, orthopedic physical therapy, mechanics and Pathomechanics of the musculoskeletal system, basic biomechanics, gait analysis, orthopedic and regional biomechanics, and ergonomics courses.
- Contributed substantially to improve the quality of education in the Faculty.

October, 2006 to June, 2008

- Physical Therapist at Dr. Yasser Seada Physical Therapy Clinic, Dakahliya, Egypt.
- Out-patient setting. Duties include evaluation and treatment of different musculoskeletal conditions of the upper and lower extremities, spine, and temporomandibular joint. Other duties include assessment and treatment sport injuries including upper and lower quadrants injuries. Also, assessment and treatment of rheumatic diseases, and strokes.

October, 2006 to November, 2007

- Physical Therapy intern student, Cairo University Hospital, Egypt.
- Clinical rotation.
- Rotation included clinical departments of in-patient and out-patient Orthopedics, Neurology, Pediatric, Geriatric, ICU, Oncology, Surgery, Internal Medicine, Cardiopulmonary, and Preventive Medicine.
- Duties include application of physical therapy assessment and treatment protocols under direct supervision.

Publications

Theses/Dissertations:

- **Neamat Allah, Neama Hamed.** (2018). Effect of Ilium Realignment on Sacroiliac Joint Dysfunction and Hip Joint Proprioception. (PhD Dissertation).
- **Neamat Allah, Neama Hamed.** (2012). Effect of Core Stability Exercises on Balance and Trunk Muscles' Endurance in Healthy Adults. (Master Thesis).

Publication in Refereed Journals:

- Abdelhaleem, M.D., Abdelhay, M.I., Aly, S.M., **Neamat Allah, N.H.** Effects of 6 weeks of ankle stability exercises on pain, functional abilities, and flexibility in patients with chronic non-specific low back pain: a randomized controlled trial. *Bull Fac Phys Ther* 28, 14 (2023). <https://doi.org/10.1186/s43161-023-00126-x>
- Ehab Ali Abdallah, **Neama H. Neamat Allah**, Mohamed I. Abdelhay, Nahed Mousa, Mahmoud D. Abdelhaleem, Sobhy Mahmoud Aly, Atef Noder. Effectiveness of Eccentric Strengthening Exercises on Pain and Functional Abilities in Patients with Knee Osteoarthritis: A Randomized Clinical Trial. *EJPT*.2021; 8:18-27.
- Mahmoud D. Abdelhaleem, Ehab M. Ali, **Neama H. Neamat Allah**, Zeezee M. Zaitoon, Samah Zahran, Mohamed I. Abdelhay. Effect of simultaneous application of positional release technique and Maitland mobilization technique on sciatica: a randomized controlled trial. *Bulletin of Faculty of Physical Therapy*. 2022;27(29):1-6. doi: 10.1186/s43161-022-00089-5.
- Mohamed H El- Gendy, Mostafa M Ibrahim, Emad S Helmy, **Neama H Neamat Allah**, Hamada A Hamada. Effect of Manual Physical Therapy on Sleep Quality and Jaw

Mobility in Patients with Bruxism: A randomized Controlled Trial. *Frontiers in psychology*, submitted.

- Ibrahim MM, El-Gendy MH, Helmy ES, A. Hamada H, **Neamat Allah NH**. Validity and reliability of the Egyptian algometer in patients with bruxism. *Physiotherapy Quarterly*. 2022;30(1):24-26. doi:10.5114/pq.2020.102162.
- **Neama H. Neamat Allah**, Susan M. Sigward, Ghada A. Mohamed, Salam M. Elhafez, Ihab M. Emran, 2019. Effect of Repeated Application of Rigid Tape on Pain and Mobility Deficits Associated with Sacroiliac Joint Dysfunction, *Journal of Back and Musculoskeletal Rehabilitation*. 32(3): 487-496.
- **Neama H. Neamat Allah**, Ghada A. Mohamed, Salam M. Elhafez, Ihab M. Emran, 2018 Effect of Rigid Tape on Hip Joint Proprioception in Patients with Sacroiliac Joint Dysfunction. *Journal of Bioscience Research*. 15(3): 2686-2692.

Conference Proceedings:

- Nicole Schwery, **Neama Neamat Allah**, Sara Almansouri, Susan Sigward. Characterization of Sagittal Plane Joints Demands During A Triple Hop Task: Implications for Clinical Interpretation. APTA 2019 Combined Sections Meeting in Washington, DC, 2019. **Platform Presentation**.
- Paige E. Lin, **Neama H. Neamat Allah**, Connie Chan, Gregory J. Bogie, Lindsay P. Gately, Susan M. Sigward. Influence of Hamstring Activity on Knee Moments During Loading Response of Gait in Individuals Following ACL Reconstruction. OARSI 2018 World Congress, Liverpool, United Kingdom, 2018. **Podium Presentation**.
- Lin PE, **Neamat Allah NH**, Yano SM, Alsalahat AL, Sigward SM. Quantifying Whole Body Compensations in Ground Reaction Forces During Gait in Individuals Post-ACLR. American College of Sports Medicine Annual Meeting, Minneapolis, Minnesota 2018. *Medicine & Science in Sports & Exercise* 50.5S (2018): 254. **President's Cup Poster Presentation**.
- Lin PE, **Neamat Allah NH**, Yano SM, Alsalahat AL, Sigward SM. Quantifying Compensations at the Whole-Body Level During Gait in Individuals Post-ACLR. Southwest American College of Sports Medicine Annual Meeting, Long Beach, California 2017. **Podium Presentation - Award Winner**.
- **Neama H. Neamat Allah**. Effect of Core Stability Exercises on Trunk Muscles' Endurance and Dynamic Balance in Healthy Adults. 2nd International Conference and Exhibition on Physical Medicine & Rehabilitation, Baltimore, Maryland 2014.
- **Neama H. Neamat Allah**. Effect of Core Stability Exercises on Balance and Trunk Muscle Endurance in Healthy Adult Subjects. 8th national conference of human performance in health & Disability Chronic Occupational & Environmental Respiratory Diseases and Human Performance. Cairo, Egypt 2012.

Teaching Activities

Courses Taught at Faculty of Physical Therapy, Cairo University, Egypt

- 2008-2012 PT 204- Basic Biomechanics
PT 213- Gait Analysis

- 2012-2023 PT 303- Orthopaedic Biomechanics
PT 312- Regional Biomechanics
PT 410- Introduction to Ergonomics