



Dina Sayed Abd Allah, Egypt

Email address:drdinasayed_pt@yahoo.com

Mobile telephone:01282742057: Home telephone:0244715929

PERSONAL SUMMARY

Lecturer at the department of physical therapy for Musculoskeletal Disorders and their surgery, faculty of physical therapy, Cairo university, Egypt since 2019 till now. Thirty seven years old, Egyptian and married.

ACADEMIC QUALIFICATIONS

PhD in physical therapy for Musculoskeletal Disorders and their surgery, 2019. **Faculty of Physical Therapy, Cairo University, Egypt.**

M.Sc. degree in physical therapy for Musculoskeletal Disorders and their surgery, 2013. **Faculty of Physical Therapy, Cairo University, Egypt.**

Bachelor of Physical Therapy (2007) Faculty of Physical Therapy, Cairo University, Egypt.

CAREER HISTORY & work experience

Teaching assistant at Musculoskeletal Disorders and their surgery department, Faculty of Physical Therapy, Cairo University, Egypt.in 2009.

Lecturer assistant at Musculoskeletal Disorders and their surgery department, Faculty of Physical Therapy, Cairo University, Egypt.in 2013.

Coordinator of the postgraduate standard in the quality unit, Faculty of Physical Therapy, Cairo University, Egypt.in 2018 and ongoing

Lecturer at Musculoskeletal Disorders and their surgery department, Faculty of Physical Therapy, Cairo University, Egypt.in, 2019.

Part- time Lecturer at Musculoskeletal Disorders and their surgery department, Faculty of Physical Therapy, Heliopolis University, Egypt.in, 2021, Galala university 2024 & 2025.

I had participated in renewing international 2022 and local accreditation 2019, 2025 and obtaining ISO accreditation 2022 & renewing2024.

TEACHING UNDER GRADUATE COURSES

PT for musculoskeletal disorders , Orthoses & prostheses, Differential Diagnosis.

TEACHING POST GRADUATE COURSES

Gait analysis, Motor control, Functional anatomy of the locomotor system, Evaluation & measurement in biomechanics and Seminar in selected topics in biomechanics.

Conferences and Continuing Education attended:

- Quality standards in education in 2010
- Effective presentation in 2010
- Legal and Financial aspects inside university in 2012
- Meetings and Time management in 2012
- Credit hours systems in 2013
- Use of technology in teaching in 2013
- Managing the research team in 2014
- Effective teaching skills in 2015
- International publishing of scientific research in 2017
- Exams and student evaluation system in 2018
- Strategic planning in 2018
- University code of ethics in 2019
- International physical therapy Conference Cairo university , Egypt in 2019
- Academic advising in 2019
- Credit hours in 2019
- Methods of measurement, evaluation and preparation of testing paper in 2020.
- Statistical analysis of bio-experiment in 2020
- Methods of measuring, evaluating, and preparing the test item in 2020

- Critical thinking in 2021
- Strategic planning in 2021
- Self-evaluation of colleges and institutes of higher education in 2021
- Effective teaching and learning strategies for colleges and institutes of higher education in 2021
- Quality Management System ISO 9001, ISO 45001 OH&S Occupational Health and Safety Management System, ISO 22301 Business Continuity Management System BCMS, 2022
- Mobile apps, 2023
- International physical therapy Conference Cairo university , Egypt in 2023
- Egyptian knowledge bank and search in sources,2024
- Interactive electronic courses, 2024
- Basics of blended education,2024

Publishing and research activities

- Assessment of Dynamic Postural Control in Plantar Fasciitis, *Bioscience Research* 15(3) 2200-2206, 2018.
- Incorporation of Virtual Reality Technology in Patient Rehabilitation, Cairo university, Egypt. In 2020 and ongoing.
- Ismaeel, Marwa & Gharib, Rami & Allah, Dina & Mahmoud, Sally & Hassan, Badr & Mohamed, Ghada & El-Saeed, Tamer. (2022). Combined Effect of Task-Specific Training and Dynamic Orthotic Approach on Gait Performance in Children with Unilateral Cerebral Palsy. *Ibero-American Journal of Exercise and Sports Psychology*.
- Fathy, Mohamed & Abd, Dina & Mohamed, Nabil & Abdelsalam, Mohammed & Azzam, Ahmed. (2023). Validity and Reliability of Digital Inclinator for Assessment of Joint Position Sense in Patients with Knee Osteoarthritis. *Egyptian Journal of Physical Therapy*. 14. 10.21608/ejpt.2022.117561.1067.
- Allah, Dina & Khalil, Aya & Alhamaky, Dina & Aly, Maya & El-Meniawy, Gehan & Tahoon, Afaf. (2023). Movement analysis of fully immersive virtual reality therapeutic module for usage in physical therapy field. *Fizjoterapia Polska*. 23. 42-47. 10.56984/8ZG20A558.
- El-Shafei, Manal & Allah, Dina & Elmasry, Donia & Mohamed, Fairouz & Hamdy, Hend. (2024). Low-level laser therapy combined with postural correction exercises on postpartum sacroiliac joint pain: a randomised controlled trial. *Physiotherapy Quarterly*. 32. 92-99. 10.5114/pq/166400.
- Hafez HA, Mohamed MA, Elarian AI, Nasreldien M, Hossam A, Abbas O yassin, Abd Allah DS. Effects of thoracic spine mobilization on chest expansion in patients with chronic mechanical neck pain: a randomized controlled trial. *Pedagogy of Physical Culture and Sports*. 2024;28(4):266-73. <https://doi.org/10.15561/26649837.2024.0403>
- Abdelwareth, Rana & Soliman, Elsadat & Allah, Dina. (2024). Effect of changes in pelvic tilt kinematics on electromyographic activity of the serratus anterior, trapezius, and thoracic posture in individuals with rounded shoulder. *Health, sport, rehabilitation*. 10. 53-67. 10.58962/HSR.2024.10.3.53-67.
- Validity and Reliability of an iPhone® Clinometer Application for Assessment of Joint Repositioning Error in Patients with Non-Specific Chronic Low Back Pain. *The Egyptian Journal of Hospital Medicine*, 2024; 94(1): 988-993. doi: 10.21608/ejhm.2024.345180
- kamel, A.M., Ghuiba, K., Abd Allah, D.S. et al. Effect of adding short foot exercise to hip and knee focused exercises in treatment of patients with patellofemoral pain syndrome: a randomized controlled trial. *J Orthop Surg Res* 19, 207 (2024). <https://doi.org/10.1186/s13018-024-04688-x>
- Combined Effect of Shock Wave to Conventional Physical Therapy Program on Wrist Joint Pain Intensity in Treatment of Triangular Fibrocartilage Complex. *The Egyptian Journal of Hospital Medicine*, 2024; 95(1): 1848-1852. doi: 10.21608/ejhm.2024.354955
- Assessment of Gastrocnemius Muscle Activity in Patients with Chronic Mechanical Low Back Pain. *The Egyptian Journal of Hospital Medicine*, 2024; 96(1): 2440-2444. doi: 10.21608/ejhm.2024.363740
- ABDULRAHMAN A. CHABARA, Ph.D., A. E. E. M., AHMAD M. ALMELHAT, Ph.D., A. H. A. M., S. ABD ALLAH, Ph.D., D. The Clinical Prediction of Patients' Age & BMI to Quadriceps Muscle Strength Training on Knee Pain and the Functional Activity Level in Female Patients with Knee Osteoarthritis. *The Medical Journal of Cairo University*, 2022; 90(9): 1737-1741. doi: 10.21608/mjcu.2022.272624
- Correlation between Thoracic Kyphosis and Shoulder Joint Position Sense among Health Care

Workers. The Egyptian Journal of Hospital Medicine, 2024; 94(1): 832-835. doi: 10.21608/ejhm.2024.343368

- E. A. O. M. E. F. Y. P. D. S. A. P. E. K. P. Effect of Retro Walking on Pain in Patients with Knee Osteoarthritis (Randomized Control Trial). The Medical Journal of Cairo University, 2024; 92(03): 139-143. doi: 10.21608/mjcu.2024.353096
- Assessment of Motor Control in Chronic Mechanical Low Back Pain Patients with Flexible Flat Foot. The Egyptian Journal of Hospital Medicine, 2024; 95(1): 2254-2258. doi: 10.21608/ejhm.2024.361993
- SALWA F. ABDEL-MAJID, Ph.D.2, E. M. A. M., WAFAA A. ABDALLAH, Ph.D.4, D. S. A. P. Influence of Lumbar Posture on Back Muscles Flexion Relaxation Phenomenon among University Students with Chronic Non-Specific Low Back Pain. The Medical Journal of Cairo University, 2022; 90(12): 2489-2494. doi: 10.21608/mjcu.2022.295324
- Movement analysis for Fully-Immersive Virtual Reality Therapeutic modules in Physical Therapy field, 2023
- COMBINED EFFECT OF LOW- LEVEL LASER THERAPY AND POSTURAL CORRECTION EXERCISES ON POSTPARTUM SACROILIAC JOINT PAIN: A RANDOMIZED CONTROLLED TRIAL 2024
- Hafez, H. A., Mohamed, M. A., Ahmed, A. A., Hamed, R. H., Ahmed, K. E., Kentiba, E., & Abd Allah, D. S. (2025). The Effectiveness of Home-Based Exercises Versus Supervised Core Stability Exercises on Pain and Functional Disability in Controlled Hypertensive Patients with Chronic Mechanical Non-specific Low Back Pain: A Randomized Controlled Trial. International Journal of Kinesiology and Sports Science, 13(2), 70-77.
- Mohamed Hassan, Enas Fawzi Youssef, Ahmed Rizk Mohamed, A.R. El-Dhaba, Mohamed I. Zineldin, Dina S. Abd Allah, Effects of mechanical and electrical stimulation on accelerating greenstick fracture Healing: Insights from finite element analysis and experimental validation, Journal of Orthopaedics, Volume 67, 2025, Pages 308-317, <https://doi.org/10.1016/j.jor.2025.07.011>.

PERSONAL ABILITIES

- Attention to detail.
- Ability to communicate with patients and students
- Well user for computer & relatively good English spoken and writing
- SPSS & ICDL courses from statistical institute and computer, Cairo University, Egypt 2017.
- TOFEL course faculty of arts Cairo University, Egypt, 2009.