

Name: Mona Mohamed Ibrahim Ahmed

Personal Information:

Date of Birth : 11-10-1982

Place of Birth: Egypt

Marital Status: Married

Nationality : Egyptian

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Education:

Year	Degree	Department, Faculty, and University	Grade
2003	Bachelor's Degree in physical therapy	Faculty of physical therapy, Cairo University	Excellent with honor (86.59%)
2010	Master's degree in physical therapy	Department of physical therapy for musculoskeletal disorders and its surgery, Faculty of physical therapy, Cairo University	Very Good
2018	Doctoral Degree in Physical therapy	Department of physical therapy for musculoskeletal disorders and its surgery, Faculty of physical therapy, Cairo University	Very Good

Licensure:

1. Egyptian professional license, Practitioner Physical Therapist (from 2004 till now).

Work Experiences:

- Work as a lecturer of orthopedic physical therapy at the department of physical therapy for musculoskeletal disorders and its surgery, Faculty of physical therapy, Cairo University.
- Participation in setting goals and scientific content for the material of physical therapy for musculoskeletal disorders and its surgery undergraduate courses.
- Working as an Editor for the book of the department of physical therapy for musculoskeletal disorders and its surgery for both first and second editions at 2020-2021 and 2022-2023 academic years.

- Participation in delivering theoretical lectures for physical therapy for musculoskeletal disorders and its surgery for academic years (2018/2019-2019/2020-2020/2021-2021/2022-2022/2023)
- Participation in setting goals and scientific content for material of Orthotics and Prosthetics undergraduate courses (2018-2020).
- Participation in delivering theoretical lectures for Orthotics and Prosthetics for academic years (2019/2020-2020/2021-2021/2022)
- Participation in exam committees for physical therapy for musculoskeletal disorders and its surgery for academic years (2018/2019-2019/2020-2020/2021-2021/2022-2022/2023).
- Participation in exam committees for Orthotics and Prosthetics for academic years (2019/2020-2020/2021-2021/2022)
- Participation in teaching and the exam committees for Orthotics and Prosthetics (Credit system) for academic years (2020/2021-2021/2022)
- Participation in the committees for practical and oral exams for practical training for physical therapy for musculoskeletal disorders and its surgery for academic years (2018/2019-2019/2020-2020/2021-2021/2022)
- Participating in setting a treatment plan and following up patients attending the orthopedic clinic in the outpatient clinics of the faculty.
- Membership of the council of the department of physical therapy for musculoskeletal disorders and its surgery for academic years (2019/2020-2020/2021-2021/2022-2022/2023)
- Participating in the bachelor control tasks for the academic years (2018/2019-2019/2020-2020/2021-2021/2022)
- Participation in the educational quality assurance of the bachelor, master and doctoral degrees courses.
- Working as a general coordinator for the quality assurance at the department of physical therapy for musculoskeletal disorders and its surgery for the academic years of (2018/2019-2019/2020) during the reaccreditation visit for the faculty of physical therapy Cairo University
- Working as a post-graduate coordinator at the department of physical therapy for musculoskeletal disorders and its surgery for the academic years of (2020/2021-2021/2022-2022/2023).
- Participation in setting goals and scientific content for the material of physical therapy for musculoskeletal disorders and its surgery post graduate courses for the academic years (2020/2019 - 2021/2020 - 2022/2021- 2023/2022)
- Participate in teaching and examining of some postgraduate courses for the master's and doctorate levels as following:
 1. Orthopedic biomechanics (ORTH 602) master's degree for the academic years (2019/2020-2020/2021-2021/2022-2022/2023)
 2. Management in physical therapy (ORTH 609) master's degree for the academic years (2019/2020-2020/2021)
 3. Advanced orthopedic biomechanics (ORTH 700) doctor degree for the academic years (2019/2020-2020/2021-2021/2022-2022/2023)
 4. Research seminars in orthopedic physical therapy (ORTH 709) doctor degree for the academic years (2019/2020-2020/2021-2021/2022-2022/2023).
- Participation in developing the scientific material for the book on physical therapy theories of musculoskeletal system disorders and its surgery issued by the department.

- Participate in supervising master's and doctoral theses in the department of physical therapy for musculoskeletal disorders and its surgery from 2018 till now.

Professional Affiliations:			
From	To	Job	Job description
2005	2010	Instructor at the Department of physical Therapy for musculoskeletal disorders and its Surgery, Faculty of physical Therapy, Cairo University	<ul style="list-style-type: none"> • Teaching practical lessons. • Teaching clinical lessons. • Accomplishing educational quality assurance tasks. • Supervising the internships in the outpatient clinics. • Participation in evaluating patients in the outpatient clinics and plan for their treatment protocols. • Scientific research and getting the master's degree.
2010	2018	Assistant lecturer at the Department of physical Therapy for musculoskeletal disorders and its Surgery, Faculty of physical Therapy, Cairo University	<ul style="list-style-type: none"> • Teaching practical lessons. • Teaching clinical lessons. • Accomplishing educational quality assurance tasks. • Supervising the internships in the outpatient clinics. • Participation in evaluating patients in the outpatient clinics and plan for their treatment protocols. • Scientific research and getting the doctoral degree.
2018	Till now	lecturer at the Department of physical Therapy for musculoskeletal disorders and its Surgery, Faculty of physical Therapy, Cairo University	<ul style="list-style-type: none"> • Providing lectures for the undergraduate students. • Providing lectures for the postgraduate students. • Participation in theoretical, oral and clinical exams. • Supervising practical lessons. • Supervising clinical lessons. • Supervising the clinical instructors in the outpatient clinics. • Participation in evaluating patients in the outpatient clinics and plan for their treatment protocols. • Accomplishing educational quality assurance tasks. • Supervising master and doctoral theses. • Scientific research and paper works. • Managerial tasks.
Courses & Teaching Skills:			
No.	Title	Year	
1	Principles of Clinical Practice of Radiodiagnosis	Ministry of Health and Population of Egypt, 2005	
2	Orthopedic manual therapy of the	the American Manual Therapy	

	lumbar spine	Academy, December 2006
3	Skills for effective communication	Faculty and Leadership Development center courses (FLDC) December, 2008
4	Effective presentation	Faculty and Leadership Development center courses (FLDC) June, 2009
5	Methods of examination and student evaluation	Faculty and Leadership Development center courses (FLDC) December, 2009
6	Competitive Research Projects	Faculty and Leadership Development center courses (FLDC) May, 2010
7	Conference organization	Faculty and Leadership Development center courses (FLDC) May, 2010
8	Profession ethics	Faculty and Leadership Development center courses (FLDC) May, 2010
9	Household Intoxications	National Egyptian Center of Clinical and Environmental Toxicological Research (NECTR), 2010
10	Emergency – 1 st Aid	General Organization of Teaching Hospitals and Institutes Ahmed Maher Teaching Hospital
11	Organization structure and administrative systems	Quality Assurance and Accreditation Center of Cairo University (QAAC), 2011
12	Feedback and data statistical analysis	Quality Assurance and Accreditation Center of Cairo University (QAAC), 2011
13	Strategic plan for the educational institution	Quality Assurance and Accreditation Center of Cairo University (QAAC), 2011
14	Students, graduates, education, and learning	Quality Assurance and Accreditation Center of Cairo University (QAAC), 2011
15	Stress management	Faculty and Leadership Development center courses (FLDC) March, 2016
16	Decision making and problem solving	Faculty and Leadership Development center courses (FLDC) March, 2016
17	The credit hour system	Faculty and Leadership Development center courses (FLDC) March, 2017
18	International publishing of scientific research	Faculty and Leadership Development center courses (FLDC) March, 2017

19	Research ethics	Faculty and Leadership Development center courses (FLDC) March, 2017
20	Statistical analysis of bio-experiments	Faculty and Leadership Development center courses (FLDC) March, 2017
21	Preparing the examination paper specification table	Quality Assurance and Accreditation Center of Cairo University (QAAC), 2018
22	Art of Effective Leadership	Faculty and Leadership Development center courses (FLDC) March, 2019
23	Legal and Financial aspects in university environment	Faculty and Leadership Development center courses (FLDC) October, 2019
24	Medical research: from protocol to publication	Egyptian Center for Evidence Based Medicine ECEBM at training and education enhancement center, Ain Shams University Hospitals, January 2020
25	Systematic Review and Meta-analysis	Egyptian Center for Evidence Based Medicine ECEBM at training and education enhancement center, Ain Shams University Hospitals, January 2020
26	Critical thinking	Faculty and Leadership Development center courses (FLDC) July, 2020
27	Egyptian Knowledge Bank (EKB) and searching for sources	Faculty and Leadership Development center courses (FLDC) September, 2020
28	What to expect from the certified peer reviewer	Researcher Academy of Elsevier, 16 October 2020
29	Certified Peer Reviewer	Researcher Academy of Elsevier, 22 October 2020
30	Advanced search on Scopus	Researcher Academy on Campus the Egyptian Knowledge Bank (EKB) 26 April 2021
31	PUBLONS academy Practical peer reviewers	PUBLONS academy June 2021
32	The place of Evidence-Based Research in the Evidence Ecosystem	the COST action CA 17117 towards an international network for Evidence-based research in clinical health research (EVBRES) 27-28 September 2021
33	How to write a scientific paper tutorial for faculty and researchers: 1. the introduction and materials	CABI online-platform webinar series in a collaboration with the Egyptian Knowledge Bank (EKB) 8 November, 2021

	<p>2. How to write the results and discussions and methods</p> <p>3. How to write conclusions, Abstract, Title and references</p> <p>4. How to review your manuscript before submission</p>	<p>15 November 2021</p> <p>22 November, 2021</p> <p>13 December, 2021</p>
34	How to write professional review reports for faculty and researchers	CABI online-platform webinar series in a collaboration with the Egyptian Knowledge Bank (EKB) 20 December, 2021
35	How to write professional responses to reviewers for faculty and researchers	CABI online-platform webinar series in a collaboration with the Egyptian Knowledge Bank (EKB) 27 December, 2021
36	Cochrane interactive course for systematic review and Meta-analysis for completing conducting an intervention review	Cochrane interactive learning, December 2021
37	Essential of integrated Education	Faculty and Leadership Development center courses (FLDC) January, 2022
38	<p>Professional writing of Grant proposals:</p> <p>(1) Call selection and proposal alignment from</p> <p>(2) Writing a compelling research section</p> <p>(3) preparing budget, Gantt chart and project management (4) submission, review, contracting and getting funded</p>	<p>CABI online-platform webinar series in a collaboration with the Egyptian Knowledge Bank (EKB) 9 January 2022</p> <p>16 January 2022</p> <p>23 January 2022</p> <p>30 January 2022</p>
39	<p>Poster Booster:</p> <p>(1) Professional writing of the title and abstract</p> <p>(2) Professional preparation of the poster</p> <p>(3) Professional presentation of the poster</p>	<p>CABI online-platform webinar series in a collaboration with the Egyptian Knowledge Bank (EKB) 6 February, 2022</p> <p>13 February, 2022</p> <p>20 February, 2022</p>
40	Professional scientific oral presentations: how to plan a thoughtful oral presentation	CABI online-platform webinar series in a collaboration with the Egyptian Knowledge Bank (EKB) 6 March 2022
41	Statistical Analysis	Quality Assurance and Accreditation

		Center of Cairo University (QAAC), 2022
42	SPSS statistical software applications	Quality Assurance and Accreditation Center of Cairo University (QAAC), 2022
43	Interactive Electronic Courses	Faculty and Leadership Development center courses (FLDC) December, 2022
44	Certified reviewer for the journal of body work and movement therapies	Journal of Body work and Movement therapies 2020
45	Certified reviewer for the American journal of sports medicine	The American Journal of Sports Medicine 2022

Conferences	
Title	Year
Ibrahim, M. M., B. E. G. Nahass, and H. A. Ibrahim, "QUANTIFICATION OF BONE ARCHITECTURAL CHANGES SECONDARY TO TREADMILL RUNNING EXERCISE IN ADULT OSTEOPENIC RATS", 16th international WCPT congress , Amsterdam Holland , WPT_2011_-_abstract_archive.pdf	21 June 2011
Ibrahim, M. M., and B. G. El Nahass, "Running exercise restored the mechanical properties of the distal femoral trabecular bone after suspension induced osteopenia in rats", 19th International Scientific Conference of Faculty of Physical Therapy, Cairo University, PYRAMISA HOTEL, Cairo	23 March 2018
Ibrahim, M. M., "Tendon injuries of the hand An update on surgery and rehabilitation", Scientific symposium at the faculty of physical therapy in a collaboration with the Egyptian society for hand surgery and Microsurgery, Cairo.	18 th March 2018
Ibrahim, M. M., and B. G. El Nahass, "An update on exercises and bone strength" 1st international rehabilitation and wellbeing congress at intercontinental Cairo Semiramis Hotel, Cairo	27 th October 2022

Publications:

Peer-reviewed Research

Title	Year	Journal	Local or International
"Jumping Improve Bone Architecture By About 50% Compared to Running After Hindlimb Unloading in Rats",	2017	International Journal of Pharmaceutical and Phytopharmacological Research (eIJPPR), vol. 7, issue 5, pp. 15-21,	International
"Corrective Exercises Specific for Adolescent Idiopathic Scoliosis Presented with Bilateral Leg Pain: A	2020	Physiotherapy Quarterly, 28(4), 55–60	International

Case Report Describing an Adaptive Program and recorded improvement as expressed by cobb angle"			
“six weeks of treadmill running exercise improve bone architecture in adult osteopenic rats: an experimental study toward exercise dose prescription”	2020	Journal of Musculoskeletal Research 23 (02), 2050012, 2020	International
“Prevalence of football injuries in Egyptian children and adolescents and its correlation to anthropometric parameters	2021	Egyptian Journal of Physical Therapy 6: 1-8	local
Difference between Neurodynamic Mobilization and Stretching Exercises for Chronic Discogenic Sciatica	2021	The Medical Journal of Cairo University, 89(September), 1869-1876.	Local
Validity and reliability of balance Y-MED application in chronic mechanical low back pain patients	2022	Bulletin of Faculty of Physical Therapy 27, 14	Local
Prevalence of Calf muscle tightness in asymptomatic flat foot subjects	2022	Egyptian Journal of Physical Therapy 10(1):26-30	Local
Effectiveness of Slider and Tensioner Neurodynamic Mobilization Techniques compared to Stretching Exercises on pain, function, and Range of Motion in Patient with Chronic Discogenic Sciatica	2022	Journal of Musculoskeletal Research published online	International
Gluteal muscle activation and strength in Egyptian nurses with low back pain	2022	International Journal of Health Sciences, 6(S8), 2260–2268.	International
Early versus delayed rehabilitation protocol after arthroscopic rotator cuff repair	2022	International Journal of Health Sciences, 6(S8), 2649–2663.	International
Spatiotemporal characteristics of gait in partial foot amputation versus peripheral neuropathy	2022	International Journal of Health Sciences, 6(S7), 4527–4540	International
Association between anthropometric characteristics and ergonomics of factory workers: An Observational Study	2022	Egyptian Journal of Physical Therapy In press	Local
Correlation between smartphone addiction and isometric scapular	2022	Egyptian Journal of Physical Therapy In press	Local

muscles strength among adults			
Pathological Gait in Partial Foot Amputation Versus Peripheral Neuropathy	2023	Gait and Posture, 100: 41-48	International

Skills:

Language Skills: Arabic: Mother language
English: very good

Computer Skills: Excellent

Personal site and scholar:

Google Scholar

<https://scholar.google.com/eg/citations?user=qwppNm4AAAAJ&hl=en>

ORCID Number:

<https://orcid.org/0000-0003-1721-9108>

Scopus Author Identifier:

57221392062

Web of Science Researcher ID:

AAM-2573-2021