

Curriculum vitae



Name: Mohamed Ibrahim Ahmed Mabrouk

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Personal details:

- Date of Birth: 26/7/1983
- Nationality: Egyptian
- Marital Status: Married

Education:

- PhD in physical therapy, Cairo University for cardio-vascular/respiratory disorders and geriatrics, 2015.
- Certified instructor in kinesio-taping techniques.2013
- MSc in physical therapy, Cairo University for cardio-vascular/respiratory disorders and geriatrics, 2011.
- Egyptian board Cairo University, 2005.
- BSc in Physical therapy Cairo University, 2004.

Professional experience

- Colleague of Physical Therapy at National Heart Institute since 2016 Till now.
- Lecturer of Physical Therapy at Al nahda University since 2021-2022.
- Lecturer of Physical Therapy at Deraya University 2016-2021(part time).
- Assistant Dean for Clinical Training and Community Service Faculty of Physical therapy at Deraya University since 2020.
- Director of community service Unit at Deraya University since 2016 till 2021.

- Physical therapist specialist(cardiac center at Royal hospital) Sultanate of Oman)2014-2016.
- Physical therapist specialist at National Heart Institute since 2011.
- Physical therapist practitioner at National Heart Institute since 2005
- Shares in academic writing of Electrotherapy, Cardio-pulmonary, and Nutrition books .

Total years of experience: 18 years

Area of specialty: Cardiopulmonary rehabilitation (ICU inpatient) and outpatient .

Clinical Experience:

Hospital 1: National Heart Institute (**General Organization For Teaching Hospitals And Institutes**).

Website: www.nhi-egypt.webs.com

Location: Giza, Egypt.

Number of beds (more than 250)

Position: Physical therapist consultant.

Number of cases per day: 6-8 cases.

Employment Date: 2/7/2005 .

- **Duties and responsibilities:** management and follow up of patients inside ICU, CCU and outpatient cardiac rehabilitation as well. Supervision of internship students and new staff. External examiner for students. Follow quality assurance and coordinating lectures in physiotherapy department.
- **Cases handled:** Post CABG patients, Rheumatic, Congenital heart diseases and respiratory disorders.

I apply chest physiotherapy for patients inside ICU after referral by the physician, reading patient's assessment file and notes and monitoring of vital signs as well

Cardiac rehab starts immediately postoperative (IPO) and after discharge of patient using many protocols, mainly Bruce for sports subjects and modified Bruce for geriatric ones. Moreover, management and follow up of some outpatient musculo-skeletal problems and neurological conditions.

- **Equipments used:**

- Vasodrain (pneumatic pump compression) for lymphatic drainage.
- Incentive spirometer, Inspiratory muscle trainer, Vest machine, Flutter, PEEP device, and Acapella.
- ECG telemetry for monitoring cardiac patients
- Field test (time and distance based) for example 6 min walking test, 3 min step test after measuring blood pressure, pulse rate (pulse oximetry) and oxygen saturation.
- Treadmill and Cycle-ergometer for assessment (cardiopulmonary exercise testing CPX) and rehabilitation of cardiac patients.
- Shock wave therapy device by (BTL company) for vascular problems like in diabetic foot.
- Laser therapy for cardio-vascular problems.

Hospital 2: Royal Hospital

Website: www.royalhospitalloman.com

Location: Muscat, Sultanate of Oman

Number of beds (more than 600)

Position: physical therapist specialist*cardiac center of Sultanate of Oman.

Number of cases per day: 6-8 cases

Employment Date: 15/1/2014 – 31/9/2016

- **Duties and responsibilities:** supervision and follow up of patients in national cardiac rehabilitation centre (ICU, CCU and outpatient cardiac rehab), managing patients in oncology department, documentation of assessment and treatment of patients, help in other wards when needed (stroke and musculo-skeletal units), supervision of students and new staff, gives lectures and shares in continuous education program of the department.
- **Cases handled:** cardiac, respiratory, musculo-skeletal problems, patients with diabetic foot and patients in oncology department.
Early mobilization and positioning for patients inside ICU

- Chest physiotherapy after careful reading of their file, discussing with the physician and monitoring of the vital signs.
- Chest physiotherapy includes: breathing exercises, postural drainage, and coughing techniques and other advanced devices as well. Suction and ambu bag applied when patients have thick and stick sputum.
- For musculo-skeletal patients: applying Mulligan, Mackenzie techniques and kinesiotaping in addition to electrotherapy when needed (shock wave therapy and laser for patients with diabetic foot).
- **Equipments used:**
 - Incentive spirometer, Inspiratory muscle trainer, Vest machine, Flutter, PEEP device, and Acapella by (Servo med company)
 - Percussor and vibrator (Thrive company)
 - Tilting table for standing, manufactured by Bobath company.
 - Computerized traction for lumbar and cervical disorders by (Unify company)
 - Multicurrents machine (TENS, Interferential, ultrasonic, Faradic) by Shatanoga company.
 - LASER (Biomed company).
 - Electromagnetic field (Biomed company)

Hospital 3: Al-Ahly sporting club (Medical clinic, sport injuries unit)

Work at **Al Ahly sporting club** (Volley Ball 1st Team since 2008 till 2013). Website: www.el-ahly.com

Location: Giza, Egypt

Position: physical therapist specialist

Employment Date: 7/2008 – 31/12/2013

Physical therapist during sport camps held in United States of America, Russia, Germany, Turkey, Czech Republic, Qatar, Tunis and Morocco.

Duties and responsibilities: management and follow up of all musculoskeletal and

respiratory problems.

Achievements:

- International Publication of 15 papers (international journals) entitled:

- 1- Response of vo2 max and pain tolerance to aquatic exercise and relaxation training in premenstrual syndrome.
- 2- Impact of Dynamic balance training on hip musculature moments and stability index in programming total hip arthroplasty .
- 3- Effect of exercise versus diet on visceral adiposity indicators in obese postmenopausal diabetic women.
- 4- Effectiveness of myofascial release technique in treatment of sacroiliac joint hypomobility in postnatal women .
- 5- Association between head postural alteration and Acromio-humeral distance in young athletes.
- 6- Study of Chest Physical Therapy Effect on Full Term Neonates with Primary Pneumonia: A Clinical Trial Study.
- 7- Impact of positive end expiratory pressure device on maximum expiratory pressure, maximum voluntary ventilation and dyspnoea index post valvular heart surgery: Randomized controlled trial.
- 8- The Effect of Dynamic versus Isometric Resistance Training on Pain and Functioning Among Adults with Osteoarthritis of the Knee.
- 9- Effect of extracorporeal shock wave therapy on skin blood perfusion in patients with diabetic foot: Randomized controlled trial.
- 10-The Influence of Manual Exercise Therapy Versus Shock Wave Therapy On Ultrasonography Measurements in Patients with subacromial Impingement Syndrome. A Randomized Trial.
- 11-Effect of Extracorporeal Shock Wave Therapy on Functional Disability and Sub Acromial Space in Patients with Sub Acromial Impingement Syndrome.
- 12-Effect of aerobic and balancing exercises on anxiety and dizziness in

patients with COVID-19. (under publication Q1 journal)

13-Extracorporeal Shock Wave therapy versus dexamethasone iontophoresis as a treatment for symptomatic knee osteoarthritis A randomized single-blinded controlled trial. (under publication Q1 journal)

14- Effect of aerobic exercises on the patient with anxiety disorder.

15-Prevalence of obesity and overweight among children and adolescents in Minia Governorate, Egypt

16-Efficacy of neuromuscular electrical stimulation of calf muscles on nocturnal symptoms and quality of life in asthmatic children.

17-Neurodynamic techniques versus desensitization maneuvers in manual therapy of carpal tunnel syndrome at 1-year follow up . (under publication Q1 journal).

National Publication of 2 papers entitled :

(1). **"Efficacy of shock wave therapy on diabetic peripheral neuropathy" journal of faculty of physical therapy, 2013.**

(2). **Correlation Between pennation angle and muscle strength in children with hemiplegic cerebral palsy.,2020.**

- **Honored with Muscat club** (football 1st team for being the Champion of the Oman league) physical therapist (sports medicine) 2015.
- Honored with **Al -Ahly Volley Ball 1st Team** for being the Champion of the Egyptian league (2008-2009-2010 -2012-2013), Cup of Egypt (2009-2010-2013), Arabian Championship (2009), African championship (2009-2010-2011-2013) and share in the club world cup in Qatar (2010-2011).
- Sharing in quality assurance at Royal Hospital (Sultan Qaboos University) 2013-2016.
- External examiner of physical therapy students at National Heart Institute 2013 and Royal hospital 2015.
- Sharing in quality assurance at Faculty of Physical Therapy from 2011 - 2013.

- Presenting Workshops for teaching staff in Faculty of Physical Therapy, Cairo University 2013.

Certificates

- Certified **instructor** in sport injuries rehabilitation and kinesio-taping techniques , certified from **ARES** Association, **Korea** 2013.

Conferences and scientific meetings

- Attend physical therapy conferences in Egypt (**2006-2022**) and speaker in physical therapy conferences Egypt, **2012 -2022**.
- Participation in HULT PRIZE as representative of Deraya University at the level of the Republic.
- The conference of the Arab Association of Manual physical therapy, **March 2018**.
- Responsible for planning student conferences (CAMA 3, Be Positive) at Deraya University.
- The 1st conference of the Arab Association of Manual physical therapy, **March 2018**
- The 18th international conference of the faculty of physical therapy Cairo university **March 2018**
- The conference of Developing institutional internationalization, Faculty of medicine Alexandria university **May 2018**.
- The 1st international students" conference for scientific research Cairo university **NOV 2017**.
- Attendance and participation in obesity conferences (Teaching hospitals).
- Attendance, participation & follow quality assurance (Cairo University).
- Attendance, participation & follow scientific research methodology (Cairo University).
- Attendance and participation in the international conferences of hand surgery &therapy (Egyptian Society for orthopedic Surgery and arthroscopy).

- Attendance and participation in the international conferences of medical applications of shock wave (Cairo University).
- Attendance and participation in pain management conferences (Teaching hospitals).

Courses

- FLDC courses till 2021, Cairo university (international publication of scientific research, critical thinking, fundamentals of blended education, exam system and student assessment, active electronic courses, legal and financial aspects in academic work, protection and eradication of leadership corruption, operating system, fundamentals of IT and presentation).
- IASTM course at fizik clinic, 2018
- Dry needling at Prime Physio, 2018
- Infection control and patient safety at Royal hospital, Sultanate of Oman, 2016.
- Manual handling, Sultanate of Oman, Royal hospital, Aug 2015.
- One-day workshop in compass, Royal hospital, Sultanate of Oman, Aug 2015.
- Basic life support course at Royal hospital, Sultanate of Oman, 9/2014.
- Attendance musculoskeletal workshop about spondylolithesis at Ibri Hospital, Sultanate of Oman, Sep 2014.
- Training course in effective presentation skills held in FLDC, Cairo University, 2013.
- Package for Traumatology, Sports injuries and Rehabilitation course (Germany association for sports medicine), 16/5/2010.
- Nutrition course (General physical therapy syndicate GPTA), 2011.
- Statistical the Social Sciences (SPSS) (Cairo University) from 6/2012 to 3/1/2013
- Attendant and certified in cardio-pulmonary resuscitation at national heart institute, 2009.
- Radiology course (X-Ray, C.T & MRI) at (AL-Kasr Elaini), 2005.

Skills:

- Supervision and teaching skills.
- Very good in dealing with computer.
- Very good English writing and speaking.
- Good Communicative skills.