



## LANGUAGES

good in writing and talking English,  
documented by TOFL , TSE, TWE exams  
at the united states of America

## CONTACT

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# FARAG ABED ELMONEIM ALY MOHAMED

DOCTOR OF PHYSICAL THERAPY

## EDUCATIONAL EXPERIENCES

- B.Sc of physical Therapy, Faculty of physical therapy Cairo University, May 1989, graduated by very good degree with honor.
- Master Degree of Physical Therapy, Faculty of physical therapy Cairo University, 1994, graduated by excellent degree with honor.
- Doctoral Degree of Physical Therapy, Faculty of physical therapy Cairo University, 2003, graduated by excellent degree with honor.

## PROFESSIONAL EXPERIENCE

- Dean of the Faculty of Physical Therapy, Horus University in Egypt from 1/7/2017 till now .
- Full professor of physical therapy of cardiopulmonary rehabilitation at the faculty Medical sciences of Rehabilitation Taibah University, from November 1- 2016 till 30/6/2017 .
- Full professor of physical therapy at the faculty of physical therapy, Cairo university, from November 2014 till 30/10/2016 .
- Assistant Professor at faculty of physical therapy ,Cairo University, from June 2014 till November 2014 .
- Assistant Professor at the king Saud University, from august 2005 till June 2014.
- Lecture of physical therapy at the faculty of physical therapy, Cairo university, from September 2003 till July 2005 .
- Assistant lecture at the faculty of physical therapy from 1999 to September 2003
- Rehab Director at professional rehab center, State of south Carolina, USA, from 1996, to 1997 .
- Staff Physical Therapist at Carolina Hospital, South Carolina, USA. (Part Time) From 1996 to 1999 .
- Assistant lecture at the faculty of Physical Therapy, Cairo University, from 1994 to 1995 .
- Demonstrator at the faculty of Physical Therapy, Cairo University, from 1990 to 1994 .





## THESIS SUPERVISION FOR MASTER AND PHD DEGREE

- Discussing and supervising Master thesis entitled Combined Effect of Buteyko Breathing and High Intensity Interval Training on Cardio-Respiratory Fitness in Patients with Post COVID- 19. June 2023
- Discussing and supervising PHD thesis entitled effect of aerobic training versus myofascial release on claudication among peripheral arterial insufficiency patients.2021 ..
- Discussing and supervising master thesis entitled Effect of high intensity interval training versus intermittent fasting protocols on functional capacity among overweight subjects.2021 .
- Discussing and supervising master thesis entitled Effect of high intensity interval training versus low intensity continuous training on physical fitness among overweight subjects .
- Discussing PHD thesis entitled aerobic versus resistive training on selected hematological parameters in elderly September 2018 .
- Supervising master thesis entitled comparison between abdominal exercise and cavitations on coronary risk profile. (, 2016 Completed).
- Supervising master thesis Efficacy of inspiratory training on blood gases and brain naturitic peptide among patient with heart failure, (2016 Completed).
- Supervising PHD thesis entitled Aerobic versus resistive training on selected hematological parameters in elderly. (2016 still running).
- Supervising master thesis entitled EFFECT OF ACUPRESSURE ON GLYCATED HEMOGLOBIN IN WOMEN WITH TYPE 2 DIABETES, (2016 Completed).
- Member of defense committee for master thesis entitled. measures of quality of life using TENS on acupuncture points after coronary artery bypass graft. 10/5/2016 .
- Supervising master thesis entitled Impact of different aerobic exercise intensities on serum cortisol level in overweight adult. 2015-2016.
- Supervisor of thesis and Heading the defense committee at 22/5/2016 .
- Member of defense committee for master thesis entitled. Effect of trunk stabilizing exercise on sterna instability after CABG , Feb 2015.
- Member of defense committee for master thesis entitled Effect of inspiratory trainer on respiratory strength post liver transplantation 2014.
- Effect of trunk exercise on improving balance among Saudi elderly with high Risk of falling. 2012. (master thesis)
- Effect of water Pipe Smoking on Pulmonary Function and Exercise Capacity Indices among Saudi Adult, Master degree 2009. 2010 .





## THESIS SUPERVISION FOR MASTER AND PHD DEGREE

- Effect of Underwater Training on Intermittent Claudication in Patient with peripheral Artery Insufficiency Master degree 2009. 2010 Comparison between Exercise Challenge Test and Voluntary Hyperpneic Ventilation Maneuver in Detecting Exercise- Induced Bronchospasm Master Degree 2009. 2010.
- Pedographic changes post anodyne therapy in diabetic peripheral neuropathy Master Degree 2009.
- Efficacy of specially designed biofeedback system for breathing exercise on Ventilatory function in children with moderate persistent asthma.2005. (master thesis).
- Comparison between effect of strengthening exercise to calf muscles with or without elastic compression stocking in treatment of varicose vein. 2006. (PHD thesis).
- Evaluation of postural sway in patient with diabetic peripheral neuropathy. 2006,(master thesis).

## SCIENTIFIC JOURNAL REVIEWER

- Reviewer at Kasr Alanine Medical Journal for paper entitled Dose- effect relationship of resistance training in Cardiac rehabilitation program for coronary artery disease patients: systemic review. Accepted for publication.
- Reviewer at Physiotherapy Quarterly international journal for paper entitled, Efficacy of modified complex decongestive therapy on limb girth, skin thickness and functional capacity in patients with lower limb secondary lymphedema. Accepted for publication in Feb 2021.
- Reviewer at family medicine and community health international journal for paper entitled barrier to exercise among Egyptian physical therapy students. 2018.
- Reviewer at the medical scientific journal of Cairo University for paper entitled Effect of resistive exercise training on osteocalcin level I type II diabetic patient. 2016.
- Reviewer at Bulletin of Faculty of Physical Therapy, Cairo University entitled. Effect of kinesio taping therapy combined with breathing exercise on childbirth duration and pain .2016
- Reviewer at Bulletin of Faculty of Physical Therapy, Cairo University entitled. Acc- TENS improving lung function in patient of chronic bronchial asthma.2016.

## COMMITTEE MEMBERSHIP

- Supervising Committee of post graduate exam ,faculty of physical therapy, Cairo university , 2015 , 2016
- Supervisor of respiratory therapy program- King Saud university-Saudi Arabia
- Member and researcher at rehabilitation research chair- King Saud university-Saudi Arabia
- Member of the master committee - department of rehabilitation science - King Saud university-Saudi Arabia
- Head of the continuing education- department of rehabilitation science - King Saud university-Saudi Arabia





## SCIENTIFIC PUBLICATION

- O Ola Mohamed elsayed el gohary, farag abed el monem aly aly, nesreen Gharib el nahas. ahmed Mohamed elmadi. effect of aerobic training versus myofascial release on claudication among peripheral arterial insufficiency patients..polish journal of physical therapy.issn.1642-0136.2021 .
- Heba Yasser rashwan bihery, awny fouad rahmy , farag A. Aly mona abdeaouf gallab. Effect of high intensity interval training versus low intensity continuous training on physical fitness among overweight subjects. Journal of cardiovascular disease research. vol 12. 2021 .
- Manar elbaz mohamed naser, Nesreen ghareeb Nahas, farag abed el Monem ali , mona ahmed mohamed adel wahab. Effect of high intensity interval training versus intermittent fasting protocols on functional capacity among overweight subjects. Turkish journal of physiotherapy and Rehabilitation.2021
- Naglaa Fathy moustafa, Nagwa bader, Heba ahmed Ali. Farag.A. Mohamed, and Waleed A el Tohamy. Healing time response to low intensity pulsed ultrasound in hip fractured osteoporotic postmenopausal women. Bioscience Research. print issn :1811-9506 online issn:2218-3973,2018 15 (4):3741-3747 .
- Dina Reda, Farag A. Aly, Heba A Abdeen, and Bassem S Ibrahim. EFFICACY OF INSPIRATORY TRAINING ON BLOOD GASES AND BRAIN NATRIURETIC PEPTIDE AMONG PATIENTS WITH HEART FAILURE. International Journal of Therapies & Rehabilitation Research, 2017; 6 (2): 195-200 .
- OLA EL-GOHARY, M.Sc.\*, FARAG A. ALY, Ph.D.\*\* and AISHA A. HAGAG, Ph.D.\*\* Abdominal Exercises Versus Ultrasound Cavitation on Coronary Risk Profile in Obese Women Med. J. Cairo Univ., Vol. 85, No. 1, March: 99-104, 2017
- Sandra A. Gurgus., Hany EE Elsisy, Farag A. Aly, and Youssef s.s. Effect of Acupressure on Glycated Hemoglobin and lipid profile in Type 2 Diabetic women. Vol .84,no (2) September 2016
- Ahmad H. Alghadir, Farag A. Aly, Sami A. Gabr. Effect of four weeks aerobic training on saliva cortisol and testosterone in young healthy person. . J. Phys. Ther. Sci, 27:2029-2033, 2015 (International ISI journal)
- Salwa B. El-Sobkeya, Farag A. Aly, Ahmad H. Alghadir, The effect of physical activity on 6-minute walked distance among niqab wearing healthy Saudi women. Asian Biomedicine Vol. 8 No. 3 June 2014; 381 – 386. (International ISI journal)
- Ahmad H. Alghadir, Farag A. Aly, Sami A. Gabr. Effect of moderate aerobic training on bone metabolism indices among adult humans. J Med Sci 2014;30(4):840-844. doi: <http://dx.doi.org/10.12669/pjms.304.4624> (International ISI journal)
- Farag A. Aly, Ahmad H. Alghadir, Sami A. Gabr. Adiponectin Response to supervised aerobic training in Type II Diabetic Subjects. Asian Biomedicine Vol. 8 No. 5 October 2014; 597 – 602. (International ISI journal)
- Fatma Aboel-Magd M. and Farag A. Aly. Physiological Evidence for the Efficacy of Short Term Positive Expiratory Pressure Training in COPD Patients. Bulletin of Faculty of Physical Therapy, Cairo University; volume 18 (1) .pp:53-57,2013
- Mohammad O. Jazzar, Farag A. ALY, Mohammad Al-Omran Therapeutic Effect of an Underwater Exercise program .September.2012 .for patients with peripheral Arterial Disease. J. Phys. Ther. Sci. 24 No. 8 pp 687-690 (International ISI journal)





## SCIENTIFIC PUBLICATION

- Ahmed H. Alghadir, Farag A. Aly. Effect of obesity on pulmonary function among saudi childern. Biomedical research J-India India 2012; 23 (4): pp(605-8) ISSN 0970-938 . (International ISI journal)
- Ahmed H. Alghadir, Farag A. Aly. Effect of face veil on ventilatory functions among Saudi adult female. Pak J Med Sci, 2012, vol 28,(1) (International ISI journal)
- Ahmed H. Alghadir ,Farag A. Aly, and Zafar . 'Sex-based differences in lung functions among Saudi adults'. Journal of Physical Therapy Science. Vol. 24 No. 1 (February, 2012 issue),pp 5-9. (International ISI journal)
- Ahmed H. Alghadir, Farag A. Aly. Ventilatory function among Healthy Young Saudi adults: a comparison to Caucasian reference values. Asian Biomedicine Vol. 5 No. 1 February 2011; 157-161 (International ISI journal)
- Farag A ALY. Would Inspiratory muscle training improve functional capacity indices among patient with chronic heart failure. Sc. J.AZ. Med Fac. Vol.30, no 3, September 2009. 1431/1431 academic year.
- Farag A. Aly, Akram A. El-Saed and Khaled F. Hatab. Efficacy of Moderate Exercise Training on Cardiopulmonary Fitness Among Elderly Women. Bulletin of Faculty of Physical Therapy, Cairo University; volume 13 (1) pp:29-40 ,2008.
- Farag A Aly, and Mervit A Mohamed. Constant versus Incremental Cardiopulmonary Exercise Test in Evaluation of Functional Capacity in Normal Young Adults. Bulletin of Faculty of Physical Therapy, Cairo University; volume 13 (1) pp:63-73,2008.
- Farag A Aly, Akram A El-sayed, and El-sayed A. Abu shanab. Effect of Inspiratory Muscle Training on Blood Gases in patients with Chronic Obstructive Lung Diseases. Bulletin of Faculty of Physical Therapy, Cairo University; volume 12 (2) pp:225-233,2007.
- Farag A Aly and Eman A Rushdy. Would the use of elastic compression stocking add to the effect of ankle aerobic training on chronic venous insufficiency among patients with varicose vein? Sc. J.AZ. Med Fac. Vol.28, no 2, may 2007: 1634-1653.
- Farag A. Aly, Enas Fawzy, Mohammed Ibrahim and Amira Mohamed. Assessment of Stability Deficits in Patients with Diabetic Peripheral Neuropathy. Bulletin of Faculty of Physical Therapy, Cairo University; volume 12 (1) pp:31-42,2007.
- Farag A. Aly, Mona Essa. Efficacy of breathing Retraining using modified incentive biofeedback system on ventilatory functions in moderate versus severe asthmatic child; Bulletin of Faculty of Physical Therapy, Cairo University; volume 11 (1) pp:65-73, 2006.
- Farag A. Aly, and Soheir A. Aboel Fadl .Efficacy of aerobic training on pulmonary function and aerobic Capacity in type one diabetes, Bulletin of Faculty of Physical Therapy, Cairo University; volume 11 (1) pp:75-85 ,2006
- Farag A. Aly, Zeinab M. Helmy, Hamdy Soliman, and Mostafa H. Gad. Effect of Exercise Training Intensity on Ventilatory Efficiency in Patients with Coronary Artery graft. Bulletin of Faculty of Physical Therapy, Cairo University; volume 11 (2) pp:61-70,2006.





## CONFERENCES AND WORKSHOPS ATTENDED AND PRESENTED

- Chairperson at Congress - Sky Life - Rehabilitation Wellbeing. October 2023
- Speaker at –Baheya Hospital Conference under title Impact of Cardiopulmonary rehabilitation among cancer survivors. October 2023.
- Speaker 1st International Conference Egyptian Society for International & Obesity entitled The Concept of Fat Burning by Effective Exercise Prescriptions. June 2023
- Speaker at The 1st Virtual Congress - Sky Life - Rehabilitation Wellbeing. May 2023
- Moderator The 16th Annual Conference of MASMO Obesity and Metabolic. May 2023
- Speaker at 3rd international scientific conference. Deraya University. Role of physical therapy in and out ICU for covid 19 patients. 23/2/2023
- Speaker at faculty of Physical Therapy Horus university. obesity and health between facts and illusions. 28/3/2022
- Speaker at the 15th international Annual conference of MASMO. Effective exercise training for burning fat. 10/5/2022
- Speaker at sky life for health and optimal posture establishment. Update in optimum nutrition for athletes. 28-2-2020. national training institute. Cairo .
- Speaker at conference of physical therapy south valley University under title. Advanced and different physical therapy Approaches for quality of life promotion in upper Egypt. principle of exercise prescriptions for cardiac and normal subject .15-FEB – 2020 .
- Speaker at LRC of faculty of medicine, Cairo university under title of. fatigue among athletes. 14-december 2019 .
- SPEAKER at the International Madina conference. 31 October 2019. prescription of exercises for reduction of body fat.
- Speaker at the international conference of the Arab society of manual physical therapy entitled chronic Myofascial pain and dysfunction ,1/3/2018 .
- Speaker and trainees at work shop entitled science based exercise therapy for improving functional capacity and fat burning ,faculty of physical therapy Horus university 8,9 February 2018.
- Scientific paper reviewer at the international student research conference of the faculty of physical therapy , Cairo university, December 2017.
- Speaker and workshop trainer entitled spinal rehabilitation. Om ELmasrein hospital. Cairo, November 2017.
- Chairman of the annual conference of the physical therapy syndicate, entitled physical therapy is the future of medicine Alexandria October 2017 .
- Work shop training for the intern ship students of physical therapy 12,13/12/2016 ,Taibah University .entitled Introduction to manual soft tissue mobilization.





## CONFERENCES AND WORKSHOPS ATTENDED AND PRESENTED

- Speaker and training for course entitled Importance of ECG monitoring for High risk subjects during rehabilitation. Faculty of physical therapy, Cairo university 18,19 May 2016.
- Speaker at the 2nd international conference of the Arab society of therapeutic nutrition and complementary medicine 23-24 march 2016.
- Speaker at the 17th international conference, faculty of physical therapy, Cairo University under the title of Empowering disability Cairo Egypt. 10-11 march 2016.
- Speaker and trainer at workshop entitled steps towards cardiopulmonary exercise rehabilitation. September 2014.liver Institute, Cairo.
- Workshop training about preparation of projects for research funds from 2014 Cairo University.
- Workshop training about methods of exams and student evaluation. 2014 Cairo University.
- Workshop training about Literature and the behavior of the profession in the academic work. 2014 Cairo University.
- Speaker and trainer at workshop entitled steps soft tissue mobilization. November 2013. Arar. city. Saudi Arabia. Workshop training about Strategic planning 2012 Cairo University.
- Speaker at the second international conference of the Saudi association for health sciences 8-10 may 2012. The first conference of applied medical Sciences Colleges (CAN2012). Has been accredited by Saudi commission of health specialties by 7 GME/PD credit hours. March 11 , 2012.
- Workshop about current topics in curriculum Development. College of Applied Medical Sciences. Has been accredited by Saudi commission of health specialties by 4 GME/PD credit hours. March 10, 2012.
- Jaw function: Beyond the realm of Dentistry. Saudi commission for health Specialist.24\12\2011 .
- Clinical neurophysiology workshop: at Riyadh military hospital, 26 to 27 October 2011.
- Introduction to vestibular rehabilitation: king fahad medical city- Rehabilitation hospital, Riyadh on 4-5 may 2011 16 CME hours.
- the preparation day of the first physiotherapy student research forum-19 may 2011 .
- Advanced E- learning strategies in Enhancing inter professional education-April 2011-college of applied medical sciences.
- Interaction in problem- based learning tutorials 28\3\2011 .
- First Saudi conference for sport medicine 22—23 Feb 2011.
- Evaluation of the clinical competence 28\2\2011 .





## CONFERENCES AND WORKSHOPS ATTENDED AND PRESENTED

- Respective view on the practice of evidence based health care in Saudi Arabia 25\10\2010.
- Speaker in seminar under title of ABC for Cardiac Physiology. King Saud University, 14\12\2010.
- Attending seminar entitled : Conducting and Reading Systemic Reviews: King Saud University Experience On 29\11\2010.
- Speaker and presented Abstract at Saudi Physical Therapy Conference 1431/2010 18 - 20 May 2010 Dammam, Saudi Arabia ( abstract has been accepted to be published ) Efficacy of Anodyne therapy on improving Quality of Life Among Subjects with Diabetic Neuropathy
- Speaker in a lecture about the effect of smoking on physical fitness, at the faculty of applied medical science. 02\03\ 2010 .
- Speaker and Giving workshop under the name of Myofascial release- Saudi Physical Therapy Association- Saudi German hospital- Almadina- May 2009.
- Workshop about the Academic Strategy - King Fasel Hospital. Saudi Physical Therapy Association January 2009.Saudi Arabia.
- Speaker of lecture about the effective intensity of exercise for primary and secondary prevention of coronary artery disease. Saudi Physical Therapy Association- Saudi German hospital- Almadina - October 2008. Saudi Arabia.
- Speaker of lecture about Physical evaluation of cardiac patient- King Fasel Hospital. January 2008. Saudi Arabia. Attending workshop about low back pain – Security forces hospital- Saudi Physical Therapy Association – February 2008. Saudi Arabia.
- Speaker of lecture about different intensities of aerobic exercise training for patients with coronary artery disease. Saudi Physical Therapy Association – March 2007. Saudi Arabia.
- Workshop training about management of the research group from 21/8/2007 to 22/8/2007 Cairo University.
- Workshop training about Credit hours from 22/7/2007 to 25/7/2007 Cairo University.
- Workshop training about management of time and work pressure July 2007 Cairo University.
- Workshop training about International Publishing from 10/7/2006 to 12/7/2006 Cairo University.
- Workshop training about Curriculum Planning from 3/7/2006 to 5/7/2006 Cairo University.
- Workshop training about Clinical Based Evidence - Saudi Physical Therapy Association February 2006.
- Workshop training about Clinical training at the colleges - Saudi Physical Therapy Association February December 2006.





## CONFERENCES AND WORKSHOPS ATTENDED AND PRESENTED

- Asian Federation of Sport Medicine- The 9 the AFSM Congress- from 19 to 22 November 2006.
- The international Physical Therapy Conference in Saudi Arabia- from 6 to 8 December 2005, Saudi council for health Specialties.
- The 7 the international Physical Therapy Conference in Cairo- from 19 to 22 October 2004 .
- Speaker in a lecture under title of wound care and nurses- The international Conference for geriatric in Helwan University- from 10 to 12 October 2004.
- The international Conference at faculty of medicine in Cairo under title of Human Performance between health and morbidity- March 2004 .
- The 2nd international Conference of the scientific research center in Cairo- from 17 to 19 December 2004 .
- Workshop training about Physical fitness evaluations in Cairo- from 25 to 26 March 2003.
- Workshop training about Motion Analysis in Cairo- from 8/12/2001 to 8/1/2002 Faculty of Physical Therapy Cairo University.
- Workshop training about Functional Independent Score- March 1999, USA.
- Workshop training about Myofascial Release –April 1998, USA.
- Workshop training about Wound Management –September 1997, USA.

## LICENSURES

### LICENSE AND REGISTERED TO PRACTICE PHYSICAL THERAPY AT.

- Egypt
- State of Tennessee USA. License #pt5155
- State of Indiana USA. License#05004781
- State South Carolina USA. License #2787
- State of New York USA. License #016865

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