



Prof Dr Alaa El Din Balbaa

Dean of the Faculty of
Physical Therapy –Nahda
University

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PERSONAL DATA

- **Nationality:** Egyptian origin ,American
- **Marital Status:** Married
- **Permanent Address:** 16 Elkanal st.,thakanant Elmaadi ,Egypt
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ACADEMIC QUALIFICATIONS

B.Sc. in Physical Therapy - 1982

Faculty of physical therapy, Cairo University, Egypt.

M.Sc in Physical Therapy - 1989

Faculty of physical therapy, Cairo University, Egypt.

Thesis title:

" comparative electromyographic study between bilateral straight leg raising
and

bilateral leg raising with knees bent on loading the lumbar spine"

Ph.D in Physical Therapy - 1999

TWU, Houston, TX, USA

Thesis title:

"Early detection of cervical spine disorder in industrial and job related injuries"

Work experience

Dean of the Faculty of Physical Therapy 2020 - currently
Faculty of Physical Therapy –Nahda University

Professor of P.T. for musculoskeletal disorders and its surgery 26/1/2011 - currently
Faculty of Physical Therapy, Cairo University.

Dean of the Faculty of Physical Therapy 25/9/2011 - 3/11/ 2017
Faculty of Physical Therapy –Cairo University

Assistant Professor of P.T. for musculoskeletal disorders and its surgery 27/7/2005 - 25/1/2011
Faculty of Physical Therapy, Cairo University.

Lecturer of P.T. for musculoskeletal disorders and its surgery 31/5/2000 - 26/7/2005
Faculty of Physical Therapy, Cairo University.

Assist. Lecturer of P.T. for musculoskeletal disorders and its surgery 31/5/1990 - 30/5/2000
Faculty of Physical Therapy, Cairo University.

Demonstrator of P.T. for musculoskeletal disorders and its surgery 29/7/1985 - 30/5/1990
Faculty of Physical Therapy, Cairo University.

Administrative positions

Head of the committee that supervise other Physical Therapy Faculties 2012 - currently

Head of Faculty Quality assurance unit 2012 - currently

Head of bone deformities lab 2012 - currently
Faculty of Physical Therapy- Cairo University.

Head of Physical Therapy services and continuing education center 2012 - currently
Faculty of Physical Therapy- Cairo University.

Deputy board of directors for prosthetics and orthotics unit 2012 - currently
Faculty of Physical Therapy- Cairo University.

Head of crises and disasters unit 2012 - currently
Faculty of Physical Therapy- Cairo University.

Head of Alumni Unit 2011 - currently
Faculty of Physical Therapy- Cairo University.

Doctoral thesis supervision and discussions

1. The role of preventive balance training in improving function and reducing incidence of knee injury a study on football players.
2. The importance of q-angle measurement in the detection of lateral patellofemoral malalignment in obese females during weight bearing.
3. Evaluation of Neuromuscular Changes Following Anterior Cruciate Ligament Reconstruction .

4. Evaluation of Mechanical And Physiological Gait Efficiency Following Anterior Cruciate Ligament Reconstruction.
5. shock wave therapy versus therapeutic exercises in treatment of shoulder impingement syndrome.
6. The Combined Effect of Myofascial Therapy and Therapeutic Exercises Versus Therapeutic Exercises in Treatment of Shoulder Impingement Syndrome.
7. Predictors of Shoulder Injuries in Collegiate swimmers.
8. Oral versus Phonophoresis Administration of Glucosamine and Chondroitin in Treatment of Knee Osteoarthritis.
9. The combined effect of kinesio tape and lumbar stabilizing exercises in treatment of chronic mechanical low back pain.
10. Ischemic compression versus kinesio tape in treatment of fibromyalgia syndrome.
Effect of kinesio taping of the gluteus medius muscle on treatment of iliotibial band friction syndrome.
11. Effect of Correcting Muscle Imbalance in Treating of Osteitis Pubis.
12. Neuromuscular electrical stimulation combined with ponseti mothed for the correction of idiopathic clubfoot.
13. Efficacy of physiotherapy program after arthroscopic anterior shoulder stabilization.
14. A Multmodal treatment versus individualized physical therapy program in treatment of cervical radiculopathy.
15. Development of a clinical prediction rule to indentify patients with knee osteoarthritis likely to benefit from exercise.
16. Effect of Ischemic Pressure Versus Acupuncture Stimulation on Myofascial Neck Trigger Points.
17. Cervical manipulation versus sustained natural apophyseal glides in patients with mechanical neck pain.
18. Core stability measures as predictors of hamstring strain in soccer players.
19. Shock wave therapy versus ischemic pressure in treatment of chronic mechanical neck pain.
20. Effect of stretching exercises and platelet-rich plasma in treatment of muscle induced strain injury in rats.
21. Clinical prediction rules for using open kinetic chain exercise in treatment of knee osteoarthritis.
22. Effects of open versus closed kinetic chain exercises during tibial distraction osteogenesis by ilizarov's method.
23. Efficacy of suggested rehabilitation regimen versus two rehabilitation programs after flexor tendons repair of the hand.
24. Efficacy of trunk endurance exercises in the treatment of chronic mechanical low back pain.
25. Evaluation of the Isokinetic Core Muscles Strength In Chronic Low Back Patients.
26. Cognitive task versus focus of attention on dynamic postural control in recurrent.
27. Effect of selected endurance training program in treatment of chronic

- mechanical neck pain ankle sprain.
28. Relationship between core stability and the risk of different lower extremity injuries in athletes.
 29. Assessment of proprioception in mechanical low back pain
 30. Positional release technique versus kinesio tape in lumbar myofascial pain syndrome.
 31. Early versus late weight bearing training after tibial plateau fracture fixation.
 32. Effect of strain counterstrain versus high velocity low amplitude thrust manipulation on clinical outcomes in acute mechanical low back pain.
 33. The relationship between subscapularis trigger points and frozen shoulder.

Master thesis supervision and discussions

1. Effect of exercises therapy on dynamic knee stability after ACL reconstruction using two different surgical technique " comparative study.
2. Effect of cervical stabilization exercises in treatment of chronic mechanical neck pain.
3. Pulsed electromagnetic field versus traditional physical therapy in the treatment of chronic mechanical low back pain.
4. The role of electrical stimulation in rehabilitation of hand flexor tendon recon traction.
5. Lumbar lordosis and pelvic inclination assessment in chronic mechanical low back pain.
6. The effect of core stability training program in management of acute hamstring strain.
7. Three dimensional analysis of selected parameters of vertebral column in subjects with pes planus.
8. A suggested physical therapy program in failed back surgery syndrome for lumber disc prolapse.
9. Early weight bearing versus traditional physical therapy program in treatment of inversion ankle sprain.
10. Effect of low intensity laser on the promotion of healing of the grade injury of the anterior talofibular ligament of the ankle joint.
11. Infrared laser therapy versus manual techniques in treatment of lateral epicondylitis.
12. The effect of various pressures of the forearm support band on wrist extensors in tennis elbow.
13. Effect of eye head coupling exercises on cervicocephalic kinesthesia in chronic mechanical neck pain.
14. Diethylamine salicylate phonophoresis versus ultrasound in the treatment of carpal tunnel syndrome.
15. The efficacy of different neck positions with intermittent cervical traction in cervical radiculopathy.
16. Effect of unilateral great toe amputation on plantar pressure distribution in

diabetic patients.

17. Phonophoresis versus ultrasound in the treatment of frozen shoulder.
18. Effect of patellar taping on balance in patients with knee osteoarthritis.
19. balance and functional performance in patients undergoing cruciate retaining versus posterior stabilized total knee arthroplasty comparative study.
20. Influence of strengthening of hip abductors and external rotators in treatment of patellofemoral pain syndrome.
21. The effect of scapular stabilization exercises on chronic neck pain.
22. Effects of deep cervical flexors training on forward head posture.
23. Mulligan's versus maitland's mobilization in the treatment of diabetic frozen shoulder.
24. Effect of craniocervical flexion training and dynamic strengthening exercises in patients with chronic mechanical neck pain.
25. Effect of mobilization with movement on lateral elbow tendinopathy.
26. Effect of shock wave therapy on knee osteoarthritis.
27. The effect of pulsed electromagnetic field and pilates exercises on chronic mechanical low back pain.
28. The combined effect of mulligan's mobilization with movement and taping in the treatment of shoulder impingement syndrome.
29. Closed versus open kinetic chain exercises in treatment patients with hemophilic arthritis.
30. The contribution of hip strategy in dynamic balance in recurrent ankle sprain.
31. Post isometric relaxation versus positional release technique in treatment of chronic low back dysfunction.
32. Physical therapy program for temporomandibular joint dysfunction after radiotherapy in patient with head and neck cancer.
33. Correlation study between clinical and radiological findings in knee osteoarthritis.
34. The effect of kinesio tape and williams exercises on patients with lumbar spondylosis.
35. Positional release technique versus stretching exercises in treatment of cervical spondylosis.
36. Effect of h-reflex directed physical therapy on acute and chronic discogenic lumbosacral radiculopathy.
37. Association between the durations of severity of forward head position in egyptian policemen.
38. Effect of positional release technique versus kinesio tape in lower back myofascial pain syndrome.
39. Effect of body position on the measurement of forward head posture in asymptomatic adults.
40. Relationship between lower limb static alignment and the occurrence of hamstring muscles injury in egyptian players.
41. Relationship between chronic mechanical low back pain and hip rotators deficiency.
42. Association between hamstrings tightness and forward head posture in

healthy adults.

43. Changes in fascia structure in response to altered muscular activity in wister rats.
44. Relationship between head and neck anthropometry and head posture correction of the scapular dyskinesia in patients with diabetic frozen shoulder using a muscle energy technique.
45. Comparative study between squatting and squatting with hip adduction in treatment of patellofemoral osteoarthritis.
46. Positional release technique versus post isometric relaxation technique in treatment of cervical spondylosis.
47. Electroacupuncture versus transcutaneous electrical nerve stimulation on knee osteoarthritis.
48. Assessment of the severity of forward head posture in patients with chronic neck pain.
49. Myofascial release versus mobilization in treatment of frozen shoulder.
50. Under – water exercises versus land – based exercises in the treatment of knee osteoarthritis.
51. Effect of low level laser therapy on healing of bone fractures in rats.
52. the effect of low intensity pulsed ultrasound on bone healing in diaphyseal femoral fracture in human.
53. Combined effect of closed – kinetic chain and open- kinetic chain exercises on atraumatic shoulder instability.
54. Effect of neural mobilization on cervical radiculopathy.
55. Interexaminer reliability and validity of lumbar segmental instability tests in patients with low back pain.
56. Effect of hand anthropometry on grip strength in normal subjects.
57. Efficacy of kinesio tape in treatment of knee osteoarthritis.
58. Influence of proprioceptive training in patients with arthroscopic partial menisectomy.
59. Light therapy versus laser in treatment of recurrent lateral ankle sprain.
60. Comparative study between two taping techniques in treatment of patellofemoral pain syndrome.
61. Effect of post isometric relaxation on pain and range of motion in chronic mechanical neck pain.
62. Scapular muscle training versus mobilization in treatment of shoulder impingement syndrome.
63. Efficacy of aerobic exercise on controlling premenstrual syndrome.
64. Comparison between two different exercise programs on energy expenditure and cobb's angle in adolescent idiopathic scoliosis.
65. Effect of electromagnetic therapy on fascial structure of wister pats.
66. Effect of craniosacral therapy on chronic mechanical neck pain.
67. Reliability of scapular reposition test in assessment of impingement symptoms.
68. Effect of suboccipital muscle inhibition technique in patients with chronic mechanical low back pain.
69. Effect of exercise therapy in treatment of patellofemoral pain syndrome systematic review.

70. Effect of stretching exercise onset time on healing of strain-induced muscle injury in rats.
71. predictors of shoulder impingement among Egyptian physiotherapists.
72. Neuromuscular training with rigid tape versus strength training in the treatment of medial compartment knee osteoarthritis.
73. Effect of core stability training on knee proprioception after anterior cruciate ligament reconstruction.
74. Association study between acromiohumeral distance, glenohumeral internal rotation deficit and scapular dyskinesis in patients with shoulder impingement syndrome.
75. Effect of neuromuscular exercises on knee osteoarthritis after hyaluronic acid injection.
76. Effect of early neuromuscular training on knee proprioception after anterior cruciate ligament reconstruction.
77. Effect of plyometric training on performance and incidence of injury in volleyball players.
78. Flexibility and strength deficits in chronic ankle instability.
79. association between the durations of severity of forward head position in Egyptian policemen.
80. Effect of body position on the measurement of forward head posture in asymptomatic adults.
81. Association between hamstrings tightness and forward head posture in healthy adults.
82. Effect of stretching exercise onset time on healing of strain-induced muscle injury in rats

Scientific researches(national- international)

- **Balbaa A. Sabbahi M.** „Job related prevalence of neck pain“ APTA combined section meeting. Dallas. TX. **February 1997.**
- **Balbaa A, Sabbahi M.**: “Early detection of cervical spine disorders in computer workers” 13th . International Congress of the World confederation for Physical Therapy, Yokohama, Japan. **May 1999.**
- **Balbaa A.**: “Physical Therapy Program after Acute Ankle Sprain” 7th Egyptian Syndicate of Medicine Conference, **2000.**
- **Elsadat S, Balbaa A. Ahmed H, Youssry M.**: “Role of Physical Therapy in Failed Back Surgery Syndrome After Lumbar Disc Surgery 14th International congress of the World confederation for Physical therapy Barcelona, Spain, **June 2003.**
- **Nasr A, Balbaa A, Nadia A, Mohamed H.**: “Effect of diethyl Amine Salicylate Phonophoresis in Management of Carpal Tunnel Syndrome” 14th. International Congress of the world confederation for Physical Therapy. Barcelona, Spain, **June 2003.**
- **Mona S, Balbaa A, Ahmed H, Aly E.**: “New Approach in Management of Chronic Mechanical Neck Pain Using Eye Head Coupling Exercises” 14th.

International Congress of the World Confederation for Physical therapy.
Barcelona, Spain, **June 2003**.

- **Balbaa A, Sabbahi, M:** Changes of the EMG Frequency Parameters Symptomatic and Non-Symptomatic Neck Disorders- A study on Computer users 14th International Congress of the world Confederation for Physical Therapy, Barcelona, Spain, **June 2003**.
- **Balbaa A, Sabbahi M.:** "Functional Changes after Positioning and Exercise in the Optimum Spinal Posture in patients With Radiculopathy" 14th International Congress of the world Confederation for Physical Therapy, Barcelona, Spain, **June 2003**.
- **Balbaa A, Salwa F.:** "Phonophoresis versus ultrasound Therapy in Treatment of Frozen Shoulder"9th International Scientific Conference of Faculty of Physical Therapy. Cairo University. **1-3 March 2006**.
- **Balbaa A, Salwa F, Ehab K.:** " Assessment of lumbar Lordosis and Pelvic Inclination in chronic Mechanical Low Back Pain Patients with Formatic II System" 10th . International Scientific Conference of Faculty of Physical Therapy. Cairo University, **1-2 March 2007**.
- **Balbaa A, Ali M., Hafez S.:** "effect of trunk rotation on soleus muscle H-Reflex and Radicular Symptoms in Subjects with" 15th . International Congress of the World confederation for Physical Therapy. Vancouver.Canada, **June 2007**.
- **Balbaa A, Ali M., Hafez S.:** "Effect of Trunk range of motion and angular velocity on isokinetic peak torque of trunk flexor and extensor muscle" 15th. International Congress of the world Confederation for Physical Therapy. Vancouver. Canada, **June 2007**
- **Balbaa A, Ali M., Hafez S.:** "Comparative Study Between chemical and mechanical treatment of lumbosacral radiculopathy" 15th. International Congress of the World Confederation of Physical Therapy. Vancouver.Canada, **June 2007**.
- **Abd El-Menam, Enas; Rehan Youssef, Aliaa; Balbaa, Alaa:** MULTI-MODAL VERSUS PATIENT-CENTERS TREATMENT FOR CERVICAL RADICULOPATHY. Apta-csm 2014 (submitted)
- **Abdelnaem, Ahmed; Rehan Youssef, Aliaa; Radwan, Hamdy; Balbaa Alaa:** THE ROLE OF EXERCISE IN REVENTING FORWARD HEAD POSTURE. Apta-csm 2014 (submitted)
- **Abdelnaem AO, Rehan Youssef A., Mahmoud NF, Radwan H and Balbaa A.** The Role of Exercise in Preventing Forward Head posture. 9th. International Deformity correction conference. **June 12-14, 2013** Mena House Oberoi Hotel, Cairo, Egypt (poster presentation)
- **Bakry MG, Rehan Youssef A, Saweres ES, Balbaa AA:** Clinical Assessment of Lower limb static alignment using the Photogrammetric method. 9th. International Deformity Correction Conference. **June 12-14, 2013** Mena House Oberoi Hotel, Cairo, Egypt (poster presentation)
- **Mahmoud NF, Rehan Youssef A, Naeem AO, Bakry MG, Mossad DM, Blabaa AA.** Forward head posture as a function of head and neck anthropometry.: Physical Therapy: The future of the Treatment": The 14th. International Scientific Conference, Faculty of Physical Therapy, Cairo University, Egypt, **April 25-26, 2013** (poster presentation).

- **Bakry MG, Rehan Youssef A, Saweeres ES, Balbaa AA:** Validity and reliability of photogrammetric method in assessing lower limb static alignment.: Physical Therapy: The future of the Treatment": The 14th. International Scientific Conference, Faculty of Physical Therapy, Cairo University, Egypt, **April 25-26, 2013** (poster presentation).
- **Abd El-Menam E, Rehan Youssef A, Balbaa AA:** What should we choose to treat cervical radiculopathy: a multimodal or individualized Physical Therapy Program?: Physical Therapy: The future of the Treatment": The 14th. International Scientific Conference, Faculty of Physical Therapy, Cairo University, Egypt, **April 25-26, 2013** (poster presentation).
- **Omar A., Mahmoud NF, Rehan Youssef A., Radwan H., And Balbaa AA.** Measurement of cranio-vertebral angle with electronic head posture instrument and head posture spinal curvature instrument: a reliability study. Physical Therapy: The future of the Treatment": The 14th. International Scientific Conference, Faculty of Physical Therapy, Cairo University, Egypt, **April 25-26, 2013** (poster presentation).
- The effect of fatiguing of the hip muscles in dynamic posture control in recurrent ankle sprain patients, 14th International Scientific Conference of Faculty of Physical Therapy –Cairo University, Cairo, Egypt, **April 25-26, 2013.**
- Effect of body weight on functional outcome measures following closed kinetic chain exercises in patients with knee osteoarthritis, 15th International Scientific Conference of Faculty of Physical Therapy, Cairo University, Cairo, Egypt, **March 6-7, 2014.**
- The use of pain as severity a determinants of functional outcome following closed kinetic exercises in patients with knee osteoarthritis", 15th International Scientific Conference of Faculty of Physical Therapy, Cairo University, Cairo, Egypt, **March 6-7, 2014.**
- Effect of kinesio tape on iliocostalis lumborum in back myofascial pain syndrome", 1st international conference of Faculty of Physical Therapy, Cairo University, Unit of Orthoses and Prostheses, Cairo, Egypt, **April 2-3, 2014.**
- Fund raising for the rehabilitation institute of faculty of physical therapy, 16th International Scientific Conference under the title of "No More Disability", Cairo, Egypt, **5th -6th March, 2015.**
- **Adel J, Koura G, Hamada HA, El Borady A., El-Habashy H., Balbaa A., and Saab I.** Squatting versus squatting with hip adduction in management of patellofemoral osteoarthritis: A randomized controlled trial. J Back Musculoskelet Rehabil. **2019**;32(3):463-470.

International collaborations

Held a Memorandum of Cooperation between Faculty of Physical Therapy – Cairo University and Physical Therapy department –Weinston Sallem University–USA regarding programs – researches –education and training.

Establishing partnerships

Adopting a cooperation protocol with the following:

Student hospital-Helath affairs Directorate in Red Sea-Naser hospital insitute for research and treatment -The Specialist Sports medicine hospital in Nasr City- Faculty of Physical Therapy , 6th October University.

Research projects

Participated in joint research project between The American University in Egypt and Utica University in USA under the title of "Using rigid modeling to predict the position of maximal lumbar disc decompression in lumbar disc prolapsed patients", this project is funded 200.000 EGP from Cairo University.

National Projects

- Establishment of first international free center for physiscal therapy and rehabilitation belonging to Faculty of Physical therapy –Cairo University. Held on Cairo Univesity land on 6th October city.
- Vice Chairman of the Board of Directors of the project (center for physiscal therapy and rehabilitation).
- Chairman of the Egyptian Association for the Physical Therapy- Cairo University-approved by no 5076 to support project.
- Chairman of the Board of Directors of " No disability " ssociation , approved from Ministry of social affairs bt no 5557 in 3/8/2013 to support the project.

Quality Project

A member in the work team that September 2003 - November 2005
is responsible for project of
establishing an internal system of quality assurance in the college
(QAAP)

Faculty of Physical Therapy- Cairo University.

A Member of the work team that is (March 2008 - September 2010
responsible of accreditation project

Faculty of Physical Therapy- Cairo University.

Accreditation of the Faculty (national accreditation)

- Preparation for the attainment of accreditation from the National Authority for Quality Assurance and accreditation of Education and fulfillment of the required quality documents , and preparing for the quality visits (1st visit of the Authority for Quality Assurance and accreditation of Education in 18/2/2013 – 2nd visit in 27/4/2014 to fulfill some requirements in the standards).
- Accreditation of the Faculty of Physical Therapy – Cairo University from the Authority for Quality Assurance and accreditation of Education in July 2014.

Application for the international accreditation from WCPT

- Attainment of Faculty council (number 413 – 22/1/2017) approval to apply for the international accreditation and approval of the chairman of the university.

Curriculum development

- A member in the curriculum development committee- Faculty of Physical Therapy – Cairo University.
- A member in the post graduate program development committee- Faculty of Physical Therapy – Cairo University.
- A member in the committee that established the DPT program.
- A member in the committee of research plan.
- A member in the committee that established a new curriculum (credit hours) bachelor degree.

Training courses

**Continuing education course in Acupuncture in 1/6/1990 - 30/6/1990
Neurology & Orthopaedics**

scientific committee of EPTA

**55 hours of post-graduate training (lectures, demonstrations, 1992
practical experience): Introduction to spinal evaluation and
manipulation.**

12 instructional hours equal to 1.2 continuing education units Aug 1993

Colombia district hospital

6 continuing education units – effective clinical documentation Oct 1993

Community college Catonsville

15 hours home study course in neuroscience anatomy and physiology

Texas, USA.

15 hours home study course in Geriatrics Sep 2000

Cairo

15 training hours, The Foot and Ankle Complex Dec 2005

USA

3D Gait and Motion Analysis. February 2006

Cairo

40 training hours ,Orthopedic Manual Physical Therapy of the Lumbar Spine Dec 2006

USA

64 training hours ,Manual Therapy of Upper, Lower Extremities, Cervical and Lumbar Spine Dec 2006

Cairo

**8 training hours , Evaluation and Management of
Abnormal Posture,Balance and Gait Characteristics.**

Aug 2007

USA

**28 training hours , McKENZIE: Mechanical
Diagnosis and Therapy.**

4/1/2008 - 7/1/2008

Cairo

**Training course " The Arthroplasty Course, Shoulder, Hip
and Knee"**

Feb 2008

Cairo, Egypt.

**8 training hours ,Advances in Joint Replacement and
Rehabilitation Focus on Hip and Knee**

Mar 2008

USA

**8 training hours ,Differential Screening for Successful
Rehabilitation Outcomes in LES**

Mar 2008

USA

**8 training hours ,Training course in new strategies in
teaching and learning**

Dec 2008

Cairo, Egypt

**8 training hours, Focus on Evidence Based Strategies:
Orthopedic Rehabilitation of the Hip, and Knee
Conditions.**

Jun 2009

USA

8 training hours ,Topics in Geriatrics Rehabilitation,

Aug 2009

Evidence Based Assessment and Treatment Strategies

USA

8 training hours ,Pain Management Concepts for Better Functional Outcomes Sep 2009

USA

Scientific symposiums

Management of problems in total knee arthroplasty. August 2000
Cairo

Development of exam system April 2004
Cairo

New Era in sports injuries October 2004
Cairo

E-learning April 2004
Cairo

Weight control and obesity November 2007
Cairo

Aims and importance of training 20 January 2009
Cairo

Aims and importance of training 27 January 2009
Cairo

Presenting workshops

**Work shop about Lumbar and TMJ
dysfunctions managements**

30/9/2016 - 1/10/2016

Oman

Charts



