

Curriculum Vitae

Last Name: Abdalbary

First Name: Sahar

Date of Birth: 3/21/1973

Nationality: Egyptian

Languages: English and French

Mailing Address: 2, street 107, Eletehad square, Maadi, Cairo, Egypt,

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Present Work: Associate Professor and Head of the Department of Orthopedic for Physical Therapy and its Surgery, Faculty Of Physical Therapy, Nahda University.

Professional Qualifications:

. B.Sc. In Physical Therapy, May 1995, Faculty of Physical Therapy, Cairo University.

. M.Sc. Of Orthopadic Physical Therapy, May 2005, Faculty of Physical Therapy, Cairo University.

Title of thesis: Early weight bearing versus traditional physical therapy program in treatment of inversion ankle sprain.

. Ph.D. Of Orthopadic Physical Therapy, May 2009, Faculty of Physical Therapy, Cairo University.

Title of thesis: Predictive measurement of windlass mechanism and suggested treatment in plantar fasciitis .

.Associate professor graduation. April 2018.

.Physical therapist at DR.OSMAN AL MAADI since May 1995 –June 2011.

. Lecturer at October 6 university since September2009-August 2015.

.Lecturer at MTI University since August 2015- Till September.2017.

.Lecturer at Egyptian Chinese University since Sep.2017 Till April 2018.

.Associate professor at Egyptian Chinese University since April 2018 Till September 2019.

.Acting Vice Dean at Egyptian Chinese University since September 2017 Till September 2018.

.Head of the Microsurgery and Biomechanics Lab at Department of Orthopedics, Faculty of Medicine , Cairo University From 2019 till now.

. Member of the scientific committee of the research laboratories Orthopadic department.

Work Experiences and Scientific activities:

.Reviewer at Medicine Journal of Wolters Kluwer since April 2015.

.Reviewer at Journal of Egyptian Academic Society for Environmental Development Since January 2013.

.Reviewer at The Archive of Physical Medicine and Rehabilitation since March 2016.

.Editorial member at the journal of Physical Therapy and Sports Medicine since Sept. 2017.

.Reviewer at the Cancer and Clinical Oncology Journal of Canadian Center of Science Education since January 2016.

.Reviewer at Modern Applied Medical Science Journal of Canadian Center of Science Education Since January 2016.

. Reviewer at The American Journal Physical Medicine & Rehabilitation since December 2018.

Editor at Physiotherapy Open Access journal Since October 2018.

.Editorial member at Annals of Physiotherapy &Occupational Therapy since September 2018.

.Editorial member At CPQ Orthopaedics Journal Since January 2019.

.Editorial member At SCIREA Journal of Clinical Medicine since March 2019.

Physical Therapy Teaching Activities:

.Orthopadic Physical Therapy course to undergraduate students of faculty of physical therapy.

.Sports Injuries Physical therapy Course to undergraduate students of faculty of physical therapy.

.Rehabilitation for Rheumatic diseases Course to undergraduate students of faculty of physical therapy.

.Kinesiology Course to undergraduate students of faculty of physical therapy.

. Muscle evaluation Course to undergraduate students of faculty of physical therapy.

.Biomechanics Course to undergraduate students of faculty of physical therapy.

.Ergonomics Course to undergraduate students of faculty of physical therapy.

.Scientific Research course to undergraduate students of faculty of physical therapy

List of Publications:

1-Abdalbary S A. Tensile properties of the deep transverse metatarsal ligament in hallux valgus. A consort –complaint article . Medicine, 95(8):1-5,2016.

2-Abdalbary S A. Ultrasound with mineral water or aqua gel to reduce pain and improve the WOMAC of knee osteoarthritis. Future Sci. OA. 2(1): 1-7,2016.

- 3-** Abdalbary S A. A new measurement method for windlass change in length and selected treatment protocol in patients with chronic plantar fasciitis. *Physiotherapy*, 97, S1. 2011.
- 4-** Abdalbary S A. The Manual Therapy and Exercise Program Compared With the Postural Exercise for Mechanical Neck Pain in Female Computer Typists: A Randomized Clinical Trial. *The Medical Journal of Cairo University*,84(11), 2016 .
- 5-** Abdalbary S A. Early weight bearing versus traditional physical therapy program in treatment of inversion ankle sprain. *Bulletin of Faculty of Physical Therapy*,14 (2):23-31,2009.
- 6-** Abdalbary S A. Climatic therapy of osteoarthritis which can be used. *Journal of Egyptian Academic Society for Enviromental Development*. 14(1):155-162, 2013.
- 7-**Abdalbary S A. Comparison of in vitro young and old lumbar vertebrae of ewes related to bone density and compression strength. *Modern Applied Science* ,11(4) :2017.
- 8-**Abdalbary S A. Efficacy of selected traditional abdominal exercises program in treatment mechanical low back pain. *The Medical Journal of Cairo University*, December 2017.
- 9-** Abdalbary S A. Specific – program of exercise with toe separator improves outcomes in female patients with moderate hallux valgus for one year follow up: A Randomized clinical trial. *AJPMA*, 108(6)478-486,2018.
- 10-**Abdalbary S A. The Partial Weight-bearing in hip fracture rehabilitation .*Editorial letter* . *FSOA*, 4(1):2017 .

- 11-** Abdalbary S A. Hallux valgus in athelets .Editorial letter . Journal of physical therapy and sports medicine, 1(1): 12-13,2017 .
- 12-**Abdalbary S A. Effects of ischemic pressure versus acupuncture stimulation on myofascial neck trigger points. Annals of Physiotherapy &Occupational Therapy, 1(2):2018.
- 13-** Abdalbary S A. Outcome of bone defect reconstruction with lateral clavicle titanium prosthesis after comminuted fracture resection : A case report.70th annual international congress of the Egyptian orthopaedics association , December , 2018.
- 14-** Abdalbary S A. Applications of finite element modeling in orthopaedic surgeries : Review article. 70th annaual international congress of the Egyptian orthopaedics association , December , 2018.
- 15-** Abdalbary S A. Myth of double crush syndrome in median nerve. 12th international conference of the Egyptian society for surgery of the hand and microsurgery” ESSHM”. March 2019.
- 16-** Abdalbary S A. Outcome of reconstruction of bone defect following resection of comminuted fracture of the lateral clavicle using titanium prosthesis: A Case Report . Medicine, In Press .

Conferences and symposia:

.World Physical Therapy 2011,16th international congress , 20-23 June 2011, Amsterdam, Holland. Presented research report poster display number RR-Po_201-27-Wed.

A new measurement method for windlass change in length and selected treatment protocol in patients with chronic plantar fasciitis.

. All the international scientific conferences of orthopedic surgery association since, 2005.

. All the international scientific conferences of faculty of physical therapy Cairo University since, 1995.

. 70th annual international congress of the Egyptian orthopaedics association , December , 2018.

. 12th international conference of the Egyptian society for surgery of the hand and microsurgery” ESSHM”. March 2019.