 **Mohamed Hesham Abo Elenein, PhD**

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**6 October City, Giza. Cairo- Egypt**

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**002-01270333307**

**Career Objective**

At this phase of my career, I am aspiring to transfer my knowledge and research findings to students at all levels, while at the same time continue on with my post PhD research and publications. Lecturing and making presentations has always been one of my strengths. Moreover, I aim for a challenging assignment to focus on my abilities, to work towards achievement of goals and also strengthen my skills and learning.

**Education**

1. **PhD.**, Cairo University, Faculty of Physical Therapy.

***Dissertation:* Effect of cross education in unilateral immobilization using elbow support on contralateral muscle torque in tennis elbow*.*** CGPA: 2.4.

1. **M.Sc.**, Cairo University, Faculty of Physical Therapy.

***Dissertation:* cross training effect of resisted exercise versus electrically induce quadriceps strength in normal subjects**. CGPA: 2.9.

**2003** **B.Sc.**, Faculty of Physical Therapy- MUST Misr University for Science and Technology. Total Grade: Very Good with honors, 86.5% the fifth in my group.

**Languages**

Arabic : Mother tongue

English : Fluent spoken and written

**Work Experience – Twenty years: academic and practical experience**

**Experience:**

**August 2016- present**

* + - * **Assistance professor at the Faculty of Physical Therapy**- Dept. of Basic Sciences Misr University for Science & Technology, **MUST** - 6th October city-Egypt..
			* **Assistance professor at the Faculty of Special Education**, Occupational Therapy dept**,** Misr University for Science & Technology, **MUST** - 6th October city-Egypt..
			* **Assistance professor at the school** **of Physical Therapy**- foundation and orthopedic, Hertfordshire , **UH-GAF** – Cairo New Capital-Egypt.

Courses at **Faculty of Physical Therapy**, MUST: Evaluation and measurement (2 levels), Therapeutic modalities (2 levels), Electrotherapy (2 levels), Evidence base practice, Ethics of physical therapy, Research, Hydrotherapy

Courses at **Faculty of Special Education**, Occupational Therapy dept., MUST: Evaluation of cerebral palsy, Introduction to handicapped evaluation, Introduction to cerebral palsy.

Misr University for Sciences & Technology, Faculty of Physical Therapy. Cairo, Egypt

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**2019 and 2017**

Twice Erasmus+ staff mobility grantee. Lucian Blaga University, Sibiu/Romania.

**2017 – present**

Committee member of MUST Arab students’ exchange program.

**March 2016 - present**

Certified international professional trainer (CIPT) from Missouri University and Cairo University.

**Aug 2017 - present** Deputy Director of MUST Career Development Center.

**Dec. 2016 – Dec. 2017**

Head of the Faculty Quality Assurance & Accreditation Unit - MUST

**Jun. 2015 – Dec. 2015**

Manager of the Out- patient department (OPD) of Al Amiri hospital – Kuwait

**Aug. 2013 – present**

Manager of the Out- patient clinic – MUST.

**March 2011- Aug. 2016**

Assistant Lecturer, **Faculty of Physical Therapy**- Dept. of Basic Sciences

Misr University for Science & Technology, MUST - 6th October city-Egypt.

**Oct. 2004 – March 2011**

**Demonstrator,** MUST, **Faculty of Physical Therapy**- Dept. of Basic Sciences

Misr University for Science & Technology, MUST - 6th October city-Egypt.

**Publications**

**Articles:**

* “Bilateral effect of unilateral isokinetic concentric training and Russian current on quadriceps strength”, *American Journal of Health Research* 2014; 2(6): 350-355
* “Effect of fatigue on balance and chest expansion in normal adults.”

*Journal of Nursing and Health Science* (IOSR-JNHS), volume 9, issue 3 ser. VIII (May-June 2020)52-57.

* “Correlation study of functional performance between diabetic and non-diabetic patient with knee osteoarthritis.” *Indian Journal of Public Health Research & Development* 10 (9), 2019
* “Effect Of Robotic-Assisted Gait Training in Pediatric Population with Incomplete Spinal Cord Injury” (A Randomized Controlled Trial) REVISTA *IBEROAMERICANA DE PSICOLOGÍA DEL EJERCICIO Y EL DEPORTE* Vol. 18 nº 4 pp. 456-461. 2023
* “Effect of Different Cranio‐Cervical Positions on Abdominal and Back Muscles Activities from Different Postures” A Cross‐Section Study, Vol. 13 (2024) . ISSN: 2340‐8812 .
* “Torso based balance weighting versus tailored physical therapy program in postural control in patients with multiple sclerosis” *Fizjoterapia polska (polish journal of physiotherapy),* September 2022, 22(4):142-147
* “Effects of Concave Thoracoplasty on Chest Circumference and Ventilatory Function in adolescence with Idiopathic Scoliosis” *Physiotherapy Quarterly. issue 32(*4)/2024, in December 2024.
* “Effect of Fatigue on Balance and Chest Expansion in Normal Adults” *IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN: 2320–1959.p- ISSN: 2320–1940 Volume 9, Issue 3 Ser*. VIII (May - June 2020), PP 52-57
* Mirror Therapy Feedback for Selective Motor Control of the Upper Extremities in Spastic Hemiplegic Cerebral Palsy *“Randomized Controlled Trial. Clinical Schizophrenia & Related Psychoses. Volume 16:S1*, 2022

**Skills & special knowledge:**

* Potentially developed as an international ERASMUS+ lecturer
* A certified associate trainer from the International board of certified trainers. Deputy Director, member and trainer at Misr University for Science & Technology (MUST) Career Development centre (CDC) and the Cairo University Faculty of Leadership and Development (FLDC).
* Administration and organization teaching duties at the Faculty of Physical Therapy, MUST since 2004 until present.
* Expertise in the cross education during Unilateral Immobilization.

**Competencies/personal attributes that enable effective performance**

* Effective spoken and written communication skills
* Effective interpersonal skills
* Developing affirmative action plans.
* Additional core competencies include analytical and critical thinking skills.
* The ability to influence others and manage change.
* Knowledge of computers and information systems.
* Conflict resolution skills
* Able to set and accomplish goals.
* Ability to lead or be a member of both large and small teams.
* Demonstrate a high level of integrity, confidentiality, and fairness.
* Ability to communicate and interact effectively with worldwide nationalities.
* Ability to pursue research work.
* Ability to fully contribute to physical therapy clinics based on extensive clinical knowledge and research projects.
* Well organized, friendly, helpful, patient and pleasant.
* Ability to work under pressure and produce information in an accurate and timely manner
* Ability to prioritize while handling a wide variety of tasks, including the ability to move forward on pressing issues
* Responsible and discreet.

**Duties**

* Classroom teaching.
* Prepare syllabi, lectures for classes and e-learning.
* Grade class assignments.
* Prepare exams and make-up exams and grade them.
* Meet with students outside class to answer their necessities.
* Integrate and develop new learning into existing classes.
* Supervise and evaluate graduate students.
* Attend faculty and department colloquia.
* MUST Arab students’ exchange program: preparations of airport arrangements, accommodations, correspondence with faculties, follow up of courses and both tourism and professional trips supervision.

**Service to students and graduates:**

* Advise students regarding course selection.
* Counsel students, graduates, TAs on careers opportunities and choices.
* Write letters of recommendation for students and graduates seeking jobs or postgraduate studies.

**Teaching and supervision of graduate students:**

* Supervise and assist graduates with their student research.
* Read, make suggestions to improve, and evaluate graduate student thesis proposals and M.A. student theses.
* Prepare syllabi for postgraduate study plan.

**Research Activities:**

* Write grant proposals.
* Do verifiable and publishable scholarly research.
* Write papers for publication in academic journals.
* Present research at meetings of scholarly societies to update oneself on the latest, to network and promote the University (MUST).
* Give presentations and public talks.
* Read scholarly journals to keep well informed of new developments and discoveries.

**Universities & colleges lectured in**

* In Egypt: - Misr University for Science & Technology (2007- Present)
* Sixth of October University (2002 – 2003)
* In Romania: - Lucian Blaga, Sibiu

**Courses/workshops attended**

* Physical Therapist at **International physical therapy clinic**–Faysel Giza–Feb., 2008
* **Electronic learning (E-Learning**), at Career Development centre (CDC) Misr University for Science & Technology (MUST) Apr., 2008
* Isokinetic Biodex workshop Faculty of Physical Therapy-Cairo University, Dec 2009.
* Statistic analysis SPSS course Cairo University, from Dec. 2012 to Jan. 2013.
* Relative weight of the paper test score. at Career Development centre (CDC) Misr University for Science & Technology (MUST) Nov. 2013,
* Art of persuasion March 2013. at Career Development centre (CDC) Misr University for Science & Technology (MUST)
* Body language and read others (MUST) (CDC) March 2013.
* Time management (MUST) (CDC) March 2013.
* Positive thinking and stay away negative habits (MUST) (CDC) March 2013.
* Seven commandment of success and excellent (MUST) (CDC) March 2013.
* Interview skills and join the labor market (MUST) (CDC) March 2013.
* Introduction to buteyko in breathing technique Agu. 2014.
* Blackberry thumb Aug. 2014. at Misr University for Science & Technology (MUST)
* Hip bipolar hemiarthroplasty Jun. 2014. at Misr University for Science & Technology (MUST)
* How to write and publish scientific paper July 2014. at Misr University for Science & Technology (MUST)
* Physical examination of shoulder joint, 29th October, 2014. at Misr University for Science & Technology (MUST)
* Time management Apr. 2016. at Career Development centre (CDC) Misr University for Science & Technology (MUST)

**Courses/workshops given**

* Change management at MUST CDC and Ain Shams University, 2016- present.
* Speaker in physical therapy collage 1st conference MUST Misr University for science and technology Dec. 2018
* Speaker in job fair conference for engineering and pharmaceutics collages MUST Misr University for science and technology Jul. 2019
* National Youth conference, Almasa hotel new capital July 2019
* National education conference Almasa hotel new capital Apr. 2019
* Clinical application in physical therapy for Erbil Polytechnic University student Jul. 2019
* Entrepreneurship workshop for children’s University Aug.2019
* Change management at MUST CDC and Ain Shams University, 2022-2023 present.

**Personal Information**

* Date of Birth : May 5th, 1982.
* Place of Birth : Mansoura, Daqahlia governorate, Egypt.
* Nationality : Egyptian.

Address in Egypt : 6 October city, Gamal Abdel Nasser street, compound Almotahda, Giza Egypt

**Interests**

* Photography, reading, sports and, traveling.