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<b>Faculty</b>	<b>Faculty of physiotherapy</b>
<b>Department</b>	<b>Basic science</b>

### Education

**1976 (BSc) Faculty of physical therapy . Cairo university, Egypt**

**1979 (MSc) Faculty of physical therapy . Cairo university, Egypt**

**1995 (PhD) Faculty of physical therapy . Cairo university, Egypt**

### Professional Expertise

**Please write your professional expertise in the following format.**

2015-present Professor, Deraya university

2002-2015 Associate Prof and professor ,college of Applied medicine physical therapy program , Dammam university Saudi Arabia

1995-2002 Lecture College of physical therapy Cairo university

1990-1995 Assistant lecture College of physical therapy Cairo university

1981-1990 Senior of physical therapy ,Jahra hospital ,Kauait

1980-1981 Demonstrator College of physical therapy Cairo university

1979-1980 physical therapist Gomhoria hospital

1977-1979 Military Orthopedic hospital

**May 1976 Graduated from Cairo university Faculty of physical therapy 1976**

### Research Interests

-Using of Isokinetic in physical therapy assessment of low back pain

-Stretching exercises ad manual therapy in shorting muscles

The effects of smart phone on bone density and osteoporosis

### Selected Publications

**Please select publications in highly impacted journals.**

1 Hesham Ezzat, A Al-Sultan, A Al-Shammari, D Al-Yuousef, H Al-Hamidi -Prevalence of neck pain among cabin crew of Saudi Airlines

Journal of back and musculoskeletal rehabilitation (December)2014

- 2- Hesham Ezzat, Khalid Farid, Fatma El-Mulhim The effect of using smart phone on bone density of the hand among students of university of Dammam , **journal of international academic research for multidisciplinary 2 (8), 74-84 2014**
- 3- S. Shanb H ezzat, I rashid, M Koura (-walking exercises modulate liver enzymes in fatty liver patients) as shanb, h ez zat, I rashid, m koura(2009)bull. fac. ph. th. cairo univ. 14 (1), 103-110
- 4-dr. hesham ezzat ( deraya university) may 2016 , 97-106 vol(4) journal of international academic research for comparative study of myofascial release versus shiatsu technique on tension-type headache among female student and staff, university of dammam  
deraya university journal of international academic research for multidisciplinary vol (4)2016,88-96
- 5- dr. hesham ezzat dr manar samir( deraya university) may 2016 , 97-106 vol(4) journal of international academic research for comparing between two protocols of weight reduction among applied medical science female students at university of dammam  
dr. hesham ezzat dr Manar Samir( Deraya university) May 2016 , 97-106 vol(4) journal of international academic research for multidisciplinary
- 6- Hesham Ezzat-(the effect of stretching pectoralis majors on pulmonary function test on asymptomatic females' students) , journal of international academic research for multidisciplinary vol (6)2014
- 7- Dr Hesham Ezzat, Dr Mohi.A khalifa (the effect of stretching pectoralis majors on pulmonary function test on asymptomatic females' students) 2014 journal of international academic research for multidisciplinary vol (6)
- 8- Hezzat Ezzat (the effect of increasing hamstring flexibility on hamstring muscles torque among applied medical science female students in university of dammam) journal of international academic research for multidisciplinary 2 (11), 36-45 2014
- 9- Hezzat Ezzat (the effect of increasing hamstring flexibility on hamstring muscles torque among applied medical science female students in university of dammam) journal of international academic research for multidisciplinary 2 (11), 36-45 2014
- 10--Samir A.Sabbahi and Hesham M. Ezzat 1997(Iontophoresis versus local injection in carpal tunnel syndrome).  
Bull.fac.Ph.Th.Cairo.Univ. Vol(6),No(1)Jan,
- 11- Amel Al-Yossef and Hesham Ezzat Jan 2002(Effect of Mitchell simple physiological relaxation and shiatsu pressure therapy on mild hypertension during pregnancy). Bull .Fac.Ph.Th.Cairo Univ. Vol.(10),No.(1)
- 12- Khaled A, Fatma Sedik and Hesham M Ezzat Jan 1998(the effects of vita- Mervin phonophoresis on the healing of bed sores) Bull .Fac.Ph.Th.Cairo Univ. Vol.(7),No.(1)
- 13 Samir A. Sabbahi and Hesham M Ezzat Jan 1999(Electrical stimulation versus active exercises in prevention of muscle atrophy histological study). Bull .Fac.Ph.Th.Cairo Univ. Vol.(8),No.(1)
- 14-Samir A. Sabbahi and Hesham M Ezzat 1998(Blood glucose level after administration of glucorticoids via physical means) ,  
Bull.Fac.Ph.Th.Cairo.Univ.( Vol)3No2
- 15-Khadyga S.Abd El-Aziz and Hesham M. Ezzat ( Intra pelvic diathermy method for treating infertile women with chronic pelvic inflammatory diseases)Cairo 3-5 March.1999 Bulletin the second scientific conference,ACPT
- 16Nagla El hafez,Bahaa Karna and Hesham Ezzat 2000(Magnetic therapy versus weight bearing exercises in osteoporotic patients).Bull.Fac.Ph.Th.Cairo.Univ.( Vol) 5No2 .
- 17Yehia nassef,Hesham Ezzat and Ali o. Elmoufty.sept 2000(Ultrasound versus iontophoresis for treating calcifications of supraspinatus tendon) Sc.j.Med.Fac(Girls) Vol(21) No.3 .501-570

18- Shima Abo Alhzem ,Awatef Labib and Hesham ezzat Sept 2001(The effect of different isokinetic modes on Torque of hamstring muscles in normal subjects.) (Vol(22) No.2Sc.j.Med.Fac(Girls).

19-Samir A. Sabbahi and Hesham M Ezzat Jan2001(Comparative study between iontophoresis and topical application of Gentamycin in wound healing. Vol.(14),No.(1) Bull .Fac.Ph.Th.Cairo Univ.

20-Samir A. Sabbahi and Hesham M Ezzat Sept 2002(Quantitative study in chest expansion). (Vol(23) No.3 . Sc.j.Med.Fac(Girls)

21-Hesham M Ezzat(Utilization of isokinetic technology in physical therapy). Cairo March.2002 Bulletin the 5th scientific conference, ACPT