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| <b>Name</b>       | Jermeen Emad Abd El Massih Yousef |
| <b>Title</b>      | Lecturer                          |
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| <b>Faculty</b>    | Physical Therapy                  |
| <b>Department</b> | Basic Science                     |

#### Education

2012 (BSc) Faculty of Physical Therapy, Cairo University, Egypt  
 2018 (MSc) Faculty of Physical Therapy, Cairo University, Egypt  
 2023 (PhD) Faculty of Physical Therapy, Cairo University, Egypt

#### Professional Expertise

2015-Present Lecturer; College of Physical Therapy, The University of Deraya, Egypt

#### Research Interests

Comparison between Pilates exercise and Schroth method on patients with upper cross syndrome.

#### Selected Publications

- 1- Effect of Pilates exercise on balance and spinal curvature in subjects with upper cross syndrome a randomized controlled clinical trial.  
 Rania N. Karkousha, Jermeen E. Yousef, Neveen A. Abdel Raouf  
 , Mariam Omran Grase  
 Physiotherapy Quarterly (ISSN 2544-4395) © Wroclaw University of Health and Sport Sciences.  
 original paper  
<https://doi.org/10.5114/pq.2024.130504>
- 2- Effect of Ultrasound Cavitation on Weight Reduction for Prediabetic Obese Patients  
 JERMEEN E. YOUSEF, M.Sc.; MAHER A. AL-KABALAWY, M.D.; AMIRA H. DRAZ, M.D.\* and MANAR S. MOHAMED, M.D.\*  
 Med. J. Cairo Univ., Vol. 87, No. 2, March 2019  
[www.medicaljournalofcairouniversity.net](http://www.medicaljournalofcairouniversity.net)