

CURRICULUM VITAE



1. PERSONAL DATA

Name: Khaled El-Sayed Ayad

Date of Birth: March 16th 1973

Place of Birth: Cairo

Nationality: Egyptian

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2. ACADEMIC/PROFESSIONAL PARTICULARS

(a) Field of Specialization:

Major Field of Specialization: Physical Therapy

Fine Field Specialization: Orthopedics

(b) Academic Qualifications

- Doctor of Philosophy (physical therapy)

Cairo University Cairo, Egypt, Jan 2006

Title of Ph.D. thesis: The role of preventive balance training in improving function and reducing incidence of knee injury- a study on football players.

- Master of Science (physical therapy)

Cairo University Cairo, Egypt, Feb 2001

Title of master thesis: Functional effects of proprioceptive training after anterior cruciate ligament reconstruction

- Bachelor of Science (physical therapy)

Cairo University Cairo, Egypt, May 1994

3. CAREER DETAILS

(a) Academic Positions Held

1. Professor of physical therapy

- Department of Orthopedics Physical Therapy, Faculty of Physiotherapy, Deraya University, Minya, Egypt (since 10/ 2016)
- Department of physical therapy for musculoskeletal disorders, Faculty of Physical Therapy, Cairo University, Egypt, (since 5/ 2016)

2. Associate professor of physical therapy

Department of physical therapy for musculoskeletal disorders, Faculty of Physical Therapy, Cairo University, Egypt, period (4/ 2011 – 4/ 2016)

3. Post-Doctoral Research Fellow

Utica College, NY, USA ,Period (Aug 2009 – March 2010)

4. Part time adjunct lecturer

School of health professions and education, Utica College, USA, Period (spring semester 2009- 2010)

5. Assistant Professor of Physical Therapy

Department of physical therapy for musculoskeletal disorders, Faculty of Physical Therapy, Cairo University, Egypt, Period (1/2006 – 4/2011)

6. Assistant professor of physical therapy

Department of physical therapy, College of applied medical science, King Saud University, Saudi Arabia, Period (9/ 2006 – 6/ 2007)

7. Assistant lecturer of physical therapy

Department of physical therapy for musculoskeletal disorders, Faculty of Physical Therapy, Cairo University, Egypt, Period (2/ 2001 – 12/2005)

8. Clinical instructor of physical therapy

Department of physical therapy for musculoskeletal disorders, Faculty of Physical Therapy, Cairo University, Egypt, Period (10/ 1995 – 1/2001)

(b) Administrative Positions Held

- Dean faculty of Physiotherapy, Deraya University (9/ 2018 till now)

Vice dean for student affairs, Faculty of Physiotherapy, Deraya University, (2/2017 – 8/2018)

- Vice dean for student affairs, Faculty of Physical Therapy, Modern University for Technology and Information MTI, academic year 2014- 2015

- Head of the prosthetics and orthotics unit, Faculty of Physical Therapy, Cairo University, Egypt, Period (7/2015- 10/2016)

(c) Professional Positions Held

1. Licensed to practice as a physiotherapist in NY, USA, since 2010
2. Consultant Physiotherapist in Qudorat rehabilitation centers, Cairo, Egypt (2018 till now)
3. Consultant Physiotherapist in Al Shorouk Hospital, Cairo, Egypt (2013 till now)
4. Consultant Physiotherapist in Alharam Hospital, Cairo, Egypt (2011- 2013)
5. Consultant Physiotherapist in Police Hospitals, Alexandria and Cairo, Egypt (2011 till now)
6. Consultant Physiotherapist in Dar Elmona Resort for Rehabilitation, Cairo, Egypt (2011 till now)
7. Private physical therapy clinic, Cairo, Egypt (2000 till now)
8. Physical therapist for the Egyptian National Basketball Teams (2007- 2009)
9. Physical therapist for the basketball teams of Ahly Sporting Club, Egypt (2005- 2006)
10. Physical therapist for the volleyball teams of Ahly Sporting Club, Egypt (2006- 2007)

4. Teaching

(a) Summary of Courses Taught

- 1) Orthopedic Physical Therapy
- 2) Sports Injury Management
- 3) Motor Control
- 4) Orthotics and prosthetics

(b) Participation in Academic Accreditation

Name of Program: Bachelor degree of physical therapy

Role: participation in preparing course files

Institution: Faculty of physical therapy

Name of Accreditation Body: National institute for accreditation and quality

Period:4/2010-2016

(c) Research Students Supervised/Trained

PhD Students: 30

Master Students: 50

Undergraduate Students: 7

(d) Participation in Thesis and Oral Examination Committees

PhD Students: 15

Master Students: 30

5. RESEARCH

(a) Research Interests

- role of physical therapy in prevention of sports injuries
- disorders of proprioception

(b) Publications/Citations Data

Type of Publication Number of Publications

Articles in International Refereed

Journals: 48

Conference Papers: 25

(c) Research Grants

Type of Grant: post doctoral research fellowship

Role: Principle Investigator

Title of Project:

- Predictors of shoulder girdle injuries in collegiate swimmers.
- Effects of Carrying a Load on Balance and Gait

Awarding Body: Cairo University and Utica College

Duration: 8/2009- 3/2010

Grant Amount: more than 20000 \$

(e) Participation in Regional & International Conferences

Name of conference	Place	Date
The 23 rd International scientific conference, Faculty of Physical Therapy, Cairo University, Physical therapy from disability to life • SPEAKER: EVIDENCE BASED PRACTICE IN PREVENTION OF FALLS IN ELDERLY	Cairo, Egypt	2023
The 22 nd International scientific conference, Faculty of Physical Therapy, Cairo	Cairo, Egypt	2022

<p>University, Physical therapy from disability to life</p> <p>SPEAKER: role of physiotherapy in management of hamstrings muscle strain injury</p>		
<p>The 2nd international scientific conference of Deraya University: Physiotherapy inspiring better health</p> <p>President of the conference</p>	Minya, Egypt	February, 24-25 th 2022
<p>4th scientific conference of general syndicate of physical therapy under title of Physical Therapy future of medicine</p> <p>President of the conference</p>	Alexandria, Egypt	2 nd and 3 rd January, 2020
<p>1st international conference of sports injuries prevention and rehabilitation</p> <p>SPEAKER: swimmers shoulder</p>	Cairo, Egypt	July 31 st to August 1 st 2019
<p>The 20th International scientific conference, Faculty of Physical Therapy, Cairo University, Physical therapy from disability to life</p> <p>SPEAKER: evidence based practice in rehabilitation after ACL reconstruction</p>	Cairo, Egypt	April 6 th to 7 th 2019
<p>The 1st international students' conference for scientific research under the title (research for better practice), Faculty of physical Therapy, Cairo University (SPEAKER: the</p>	Cairo, Egypt	November 30 th to

role of physical therapy in rehabilitation of muscle injury)		December 1 st 2017
3 rd scientific conference of general syndicate of physical therapy under title of Physical Therapy future of medicine SPEAKER: Physical Therapy Considerations in Rehabilitation of ACL Reconstruction	Alexandria, Egypt	October 5 th and 6 th , 2017
1 st international conference of Arab society of manual physical therapy under title of recent updating physical therapy (prevention and cure) SPEAKER: Proprioception training in rehabilitation of sports injuries	Cairo, Egypt	March 1 st 2018
Medina 2 nd international conference for medical rehabilitation updates SPEAKER	Medina monawara, KSA	11/2015
The 17 th International WCPT Congress	Singapore.	5/2015
Brussels hand/ upper limb international symposium	Brussel, Belgium	1/2015
APTA, NEXT CONFERENCE	North Carolina, USA	5/2014
The 15th EFORT Congress, ,	London, UK	6/2014.

The 15 th International scientific conference, Faculty of Physical Therapy, Cairo University,	Cairo, Egypt	3/2014
APTA Combined Section Meeting,	Las Vegas, Nevada, USA	2/2014
9th International Conference of Skeletal Deformities Correction,	Cairo, Egypt, ,	2013
The 14 th International scientific conference, Faculty of Physical Therapy, Cairo University,	Cairo, Egypt	2013
The 16 th International WCPT Congress,	Amsterdam, Netherlands	2011

(f) Workshops and Courses:

1. Licensing Exams: elevating assessment practices for health disciplines, two-day workshop, 11th and 12th of July 2023, organized by the Egyptian Health Council.
2. Conflict management, 2023, organized by Deraya Academy for continuing education and professional development
3. Spinal manipulation of the cervical, thoracic and lumbosacral spine for physiotherapists, March 27- 29, 2022, organized by Deraya University in collaboration with university of Rhode Island, USA
4. Musculoskeletal Imaging. 12 credit hours, April 11- 12, 2013, The National Institute for Neuromotor system, Giza, Egypt
5. Dissection of the human adult musculoskeletal system, Utica College, 2009.
6. Mechanical diagnosis and therapy (part A) the lumbar spine, The McKenzie Institute International, 2008.

7. The Arthroplasty Course (shoulder, hip & knee). October 6 University in association with Cleveland Clinic, Ohio, USA, 2008
8. Clinical Education Workshop For Faculty, Kingdom of Saudi Arabia, ministry of health in association with Texas Woman University, USA, 2006

6. SERVICE

(a) Membership of Journal Editorial Boards

Name of Journal: Bulletin of Faculty of Physical Therapy

ISSN No. 1110-6611,

Publisher: Wolters Kluwer

since: 12/2015

(b) University Service

Name of Institution: Faculty of Physical Therapy, Country: Egypt

Committees: Research Ethical Committee

Councils: Council of the faculty

9. List of Publications

1. Whole body vibration versus balance training in patients with chronic ankle instability: A randomized controlled trial. *International Journal of Health Sciences*,6(S3), 9030–9039, 2022.
<https://doi.org/10.53730/ijhs.v6nS3.8199>
2. High-power Laser versus phonophoresis in subacromial impingement syndrome: randomized controlled trial. *Annals of the Romanian Society of Cell Biology* vol.25, 3: 342- 354, 2021.
3. Analysing the Effect of Low Level Laser Therapy on Bone Histomorphometry in Rats *Recent Research Advances in Biology Vol. 11*, 5 July 2021 , Page 1-9
4. Effect of high-power Laser on shoulder mobility in subacromial impingement syndrome: randomized controlled trial. *Journal of Environmental Treatment Techniques*, volume 8, 3: 1157- 1162, 2020.

5. Relationship between rotator cuff and hand grip strength in shoulder tendinopathy. BIOSCIENCE RESEARCH, 17(1):145-151, 2020.
6. Sacroiliac joint mobilization versus gluteus medius strengthening in sacroiliac joint dysfunction. BIOSCIENCE RESEARCH, 17(1): 406- 423, 2020.
7. Effect of plyometric training on performance and incidence of injury in volleyball players. International journal of recent advances in multidisciplinary research vol. 06, issue 06, pp.4916-4922, June, 2019
8. Shock wave therapy versus phonophoresis in treatment of diabetic frozen shoulder. BIOSCIENCE RESEARCH, 16(1):733-740, 2019.
9. Endurance of deep neck flexor muscles and neck pain in patients with temporomandibular disorders. BIOSCIENCE RESEARCH, 15(4):3619-3624, 2018.
10. Predictors of Overuse Running Related Musculoskeletal Injuries. New York Science Journal;11(9), 2018
11. Effect of correction of knee flexion deformity on spino pelvic parameters in knee osteoarthritis. Med. J. Cairo Univ. vol 85, No 4, 2017
12. Effect of selected Pilates exercise on chronic mechanical low back pain. Med. J. Cairo Univ, 2017
13. Dynamic Postural Control in Recurrent Ankle Sprain. International Journal of Chem Tech Research; Vol.10 No.2, pp 301-307, 2017
14. Validity of using smart phone sway balance application in measuring dynamic balance. International Journal of Therapies and Rehabilitation Research, 6 (4):31- 37, 2017
15. Effects of Lifting And Lateral Transferring On Balance In Community-Dwelling Elders'. International Journal of Therapies and Rehabilitation Research, 6 (4):38- 45, 2017
16. Relationship Between Proprioception and Dynamic Balance in Knee Osteoarthritis. Journal of medical science and clinical research; 4 (6): 11052-11056, 2016

17. of Low Level Laser Therapy versus Controlled Mechanical Loading on Promoting Bone Healing in Tibial Fracture. International Journal of Therapies and Rehabilitation Research; 5 (4):189- 195, 2016
18. Low Level Laser and Plasma Rich Platelets in Treatment of Hamstrings Strain. Journal of medical science and clinical research; 4 (10): 12994-13001, (2016)
19. Effect of Standard Physical Therapy Protocol on Two Different Techniques of Same Non-Anatomical Repair Procedure of Anterior Shoulder Instability. International Journal of Therapies and Rehabilitation Research, p: 26-31, 2016
20. Mulligan mobilization is more effective in treating diabetic frozen shoulder than the Maitland technique. Int J Physiother. Vol 2(5), 804-810, October (2015)
21. Efficacy of mobilization with movement in treatment of chronic ankle sprain. The 17th International WCPT Congress, 2015, Singapore.
22. Rehabilitation outcomes after tourniquet versus no tourniquet use during anterior cruciate ligament reconstruction. The 17th International WCPT Congress, 2015, Singapore.
23. Effect of posterior tibial tendon dysfunction syndrome on dynamic balance in patients with reversible flat feet. APTA, Charlotte, North Carolina, 2014. (Poster). PHYS THER May 2014 94
24. Changes in Muscle Architecture With Various Exercises During Distraction Osteogenesis of Tibia. APTA, Charlotte, North Carolina, 2014. (Poster). PHYS THER May 2014 94
25. Effects of Glenoid Labrum Removal During Latarjet Repair on Shoulder Functional Recovery. APTA, Charlotte, North Carolina, 2014. (Poster) (selected for special recognition). PHYS THER May 2014 94
26. The Contribution of Hip Strategy in Dynamic Postural Control in Recurrent Ankle Sprain. APTA, Charlotte, North Carolina, 2014. (Poster), PHYS THER May 2014 94

27. Mobilization With Movement Combined With Taping Restores Shoulder Function And Mobility In Shoulder Impingement Syndrome. The 15th EFORT Congress, London, 2014. (Presentation)
28. Shoulder Recovery with Glenoid Labrum Removal Versus Preservation During Latarjet Repair of Anterior Shoulder Instability. The 15th EFORT Congress, London, 2014. (Poster)
29. Influence of Closed-Kinetic Chain Exercises and Physical Therapy after Distal Radius Fractures. APTA Combined Section Meeting, Las Vegas, Nevada, 2014 (Poster). Journal of Orthopaedic & Sports Physical Therapy, 2014, Volume: 44 Issue: 1 Pages: A75-158 doi:10.2519/jospt.2014.44.1.A75
30. Mulligan compared to Maitland mobilization in treatment of diabetic frozen shoulder. APTA Combined Section Meeting, Las Vegas, Nevada, 2014 (Poster): Journal of Orthopaedic & Sports Physical Therapy, 2014, Volume: 44 Issue: 1 Pages: A75-158 doi:10.2519/jospt.2014.44.1.A75
31. Mobilization and taping in treatment of shoulder impingement syndrome. APTA Combined Section Meeting, Las Vegas, Nevada, 2014 (Presentation) Published: Journal of Orthopaedic & Sports Physical Therapy, 2014, Volume: 44 Issue: 1 Pages: A1-A19 doi:10.2519/jospt.2014.44.1.A1
32. Muscle Recovery with Exercise During Distraction Osteogenesis. 9th International Conference of Skeletal Deformities Correction, Cairo, Egypt, 2013, (Presentation)
33. Correlation Study Between Clinical and Radiological Findings in Knee osteoarthritis. The 14th International scientific conference, Faculty of Physical Therapy, Cairo University, 2013, Cairo, Egypt (Poster)
34. The Effect of Fatiguing of the Hip Muscles in Dynamic Posture Control in Recurrent Ankle Sprain Patients. The 14th International scientific conference, Faculty of Physical Therapy, Cairo University, 2013, Cairo, Egypt (Presentation)

35. Efficacy of Augmented Training Program for Hip Abductors in Stroke Patients. The Medical Journal of Cairo University, vol. 80, No.1, December 2012 (Peer Reviewed Manuscript Publication)
36. Predictors of shoulder girdle injuries in collegiate swimmers. The 16th International WCPT Congress, 2011, Amsterdam (Poster). Physiotherapy volume 97, Supplement S1 June 2011, Pages eS18–eS1415
37. Effect of closed kinetic chain exercises after fractures of lower end of radius. The 16th International WCPT Congress, 2011, Amsterdam (Poster). Physiotherapy volume 97, Supplement S1 June 2011, Pages eS18–eS1415
38. Predictive Measurement of windlas Mechanism in Plantar Fasciitis. The 16th International WCPT Congress, 2011, Amsterdam.(Poster). Physiotherapy volume 97, Supplement S1 June 2011, Pages eS18–eS1415
39. Effect of Low Level Laser Therapy on Bone Histomorphometry in Rats. Life Science Journal, 5183, 2011 (Peer Reviewed Manuscript Publication)
40. Efficacy of Low Level Laser Therapy after Hand Flexor Tendon Repair. American Institute of Physics, vol.1172, 133 (2009); <http://dx.doi.org/10.1063/1.3250099> (Peer Reviewed Manuscript Publication)
41. Dynamic Balance Training after Unilateral Total Hip Arthroplasty. The 12th International Scientific Conference, faculty of physical therapy, Cairo University,2009, Cairo, Egypt. (Presentation)
42. Importance of Aerobic Exercises for Patients with Knee Osteoarthritis. The 12th International Scientific Conference, faculty of physical therapy, Cairo University, 2009, Cairo, Egypt. (Presentation).
43. Energy Expenditure Following Rehabilitation of the Reconstructed Anterior Cruciate Ligament. The 12th International Scientific Conference, faculty of physical therapy, Cairo University, 2009, Cairo, Egypt. (Poster).

44. Low Energy Laser Therapy and Nerve Mobilization in Sciatica. Bulletin of Faculty of Physical Therapy Vol. 14, No. 1, Jan 2009 (Peer Reviewed Manuscript Publication)
45. Impact of Chronic Osteoarthritis of Knee Joint on Postural Stability and Functional Mobility in Women, Bulletin of Faculty of Physical Therapy, 2008. (Peer Reviewed Manuscript publication)
46. Cervical Discogenic Pain: A Suggested Physical Therapy Approach, Bulletin of Faculty of Physical Therapy, 2007. (Peer Reviewed Manuscript Publication)
47. Cervical Proprioceptive Training in Treatment of Chronic Mechanical Neck Pain. Bulletin of Faculty of Physical Therapy 12, 2006. (Peer Reviewed Manuscript Publication)
48. Proprioceptive Training after Anterior Cruciate Ligament Reconstruction. Bulletin of Faculty of Physical Therapy 11, 2006. (Peer Reviewed Manuscript Publication)

References

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