



**FACULTY FULL NAME:** *Alsayed Abdelhameed Shanb*  
**POSITION:** *Associate professor*

**Personal Data**

*Nationality | Egyptian*

*Date of Birth | 3/1/1968*

*Department | Physical Therapy*

*Official IAU Email | aashanb@iau.edu.sa*

*Office Phone No. | 31264*

*Mobile Number: 0555786349*

**Language Proficiency**

Language	Read	Write	Speak
Arabic	Excellence	Excellence	Excellence
English	Excellence	Excellence	Very good
Others	-		

**Academic Qualifications (Beginning with the most recent)**

Date	Academic Degree	Place of Issue	Address
May 1990	Bachelor of physical Therapy	Egypt university -Cairo	Faculty of Physical Therapy
1995	Master of physical Therapy	Egypt university -Cairo	Faculty of Physical Therapy
1999	Doctoral degree of physical Therapy	Egypt university -Cairo	Faculty of Physical Therapy



**PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)**

<b>PhD</b>	<i>Effect of exercises on the macro and micro circulation in diabetic patients.</i>
<b>Master</b>	<i>Modulation of high-density lipoprotein cholesterol by exercise in normal subjects.</i>
<b>Fellowship</b>	-----

**Professional Record: (Beginning with the most recent)**

Job Rank	Place and Address of Work	Date
Associate professor	College of Applied Medical Sciences Physical Therapy department. Imam Abdulrahman Bin Faisal University	28/10/2008

**Administrative Positions Held: (Beginning with the most recent)**

Administrative Position	Office	Date
Academic advisor for male and female students in Physical Therapy department, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University. KSA	Old building	from 2009-2011
Academic advisor for male students in Physical Therapy department, College of Applied Medical Sciences, University of Dammam. KSA	S4030	from 2011-2017
Member of the community committee in PT department College of Applied Medical Sciences, University of Dammam. KSA.	S4030	From 2009-2014
Chairman of community committee in PT department College of Applied Medical Sciences, University of Dammam. KSA.	S4030	From 2014-2016
Member in Purchasing committee	S4030	From 2009-2017
Supervisor for supplying and coordination of male and female labs with different equipment	S4030	From 2012-2015
Clinical practice coordinator		2016-2017
Supervision of internship		2013-2015
Supervision of 4 <sup>th</sup> grade students		2009-2019
Member of community committee		2018-2020
Coordinator of PT department for internship students		2018-2019-2024
Chairman of intern ship committee of PT department		
Head of steering committee of quality for standards 5,6,7		2016-2019,2020
Corrections of all reviewers' comments for standards 5,6,7	For dr Mayada, Mohmmad soluman &	04/25/2020



Abdelgalel

## Scientific Achievements

**Published Refereed Scientific Research** (In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication Google Scholar: <a href="https://scholar.google.com/citations?hl=en&amp;user=_pFGzPAAAAAJ">https://scholar.google.com/citations?hl=en&amp;user=_pFGzPAAAAAJ</a>
	Hind Aldossari ,Mohammed Alsubaiei Alsayed Shanb ,Shoug Al Humoud ,Hail Aldossari	Impact of Covid-19 on maximal oxygen uptake, physical activity, and fatigue in Saudi recreational athletes: A cross-sectional study	Acta Biomed. 96(3):17107. doi:10.23750/abm.v96i3.17107
	Khalid Alharkan & Shanb AA	Sarcopenia and Polypharmacy: A Cross-Sectional Study among Community-Dwelling Older Adults in Saudi Arabia	doi:10.23750/abm.vi.16721 <i>Acta Biomed.</i> 96(5):16721.
	Ayman Mohammed Ismail Zafer1, Alsayed Abdelhameed Shanb 2, Matar AbduAllah Alzahrani2, Ankita Sharma3, Moattar Raza Rizvi	Efficacy of Treadmill Training on Balance and Fall Risks in the Elderly: A Systematic Review	<a href="https://f1000research.com/articles/13-330/v2">https://f1000research.com/articles/13-330/v2</a>
	Sarah Aysh Saleh Alahmed 1 , Alsayed Abdelhameed Shanb 2 * , Mohammed Essa Alsubaiei 3 , Enas Fawzy Youssef 3 , Abdulaziz Jaffer AL-Ali 4	Impacts of bariatric surgery on exercise capacity, body composition, pulmonary functions, muscle strength, and physical activity in individuals with obesity: A cross-section study	ELECTRON J GEN MED, Volume 22, Issue 1, February 2025, Article No: em628 <a href="https://doi.org/10.29333/ejgm/15903">https://doi.org/10.29333/ejgm/15903</a>
	Maha Alshammari , Alsayed Shanb , Mohammed Alsubaiei , Enas Youssef	Long-term effect of non-severe COVID-19 on pulmonary function, exercise capacities and physical activities: a cross-section study in Sakaka Aljouf	F1000Res. 2024 Mar 4:12:809. doi: 10.12688/f1000research.133516.3. eCollection 2023.



Randa Mohammed Awad Almasri, Alsayed Abdelhameed Shanb	Effectiveness of magnetic therapy versus exercise in elderly patients with chronic mechanical neck pain: A randomized clinical trial	Electronic Journal of General Medicine 2024, 21(1), em558 e-ISSN: 2516-3507  <a href="https://doi.org/10.29333/ejgm/14018">https://doi.org/10.29333/ejgm/14018</a>
Al-Banawi LAA, Youssef EF, Shanb AA, Shanb BE	Effects of the addition of hands-on procedures to McKenzie exercises on pain, functional disability, and back mobility in patients with low back pain: a randomized clinical trial.	Malays J Med Sci. 2023;30(3):122–134. <a href="https://doi.org/10.21315/mjms2023.30.3.11">https://doi.org/10.21315/mjms2023.30.3.11</a> . To link to this article: <a href="https://doi.org/10.21315/mjms2023.30.3.11">https://doi.org/10.21315/mjms2023.30.3.11</a>
Alsayed Abdelhameed Shanb1ABC, Enas Fawzy Youssef2ABC, Mohammad Ahsan1ACD, Raafat Mohammed Ahmed1ACE, Mahmoud Elsayed Shanab3ACDE, Mohamed Yahia Abdelkhalik4ACE	Comparison the acute effect of moderate-intensity treadmill exercise and arm crank exercise on autonomic cardiac functions in adult males	Pedagogy, of Physical Culture and Sports doi:10.15561/26649837.2023.0402
Mohammad Ahsan, Alsayed A. Shanab,	The influence of isometric resisted ankle strength on dynamic foot plantar pressure in diabetes and non-diabetes participants	Electronic Journal of General Medicine 2023, 20(3), em466 e-ISSN: 2516-3507 <a href="https://www.ejgm.co.uk/">https://www.ejgm.co.uk/</a>
Mohammad Ahsan, Alsayed A. Shanab, Shibili Nuhmani	Plantar Pressure Distribution Among Diabetes and Healthy Participants: A Cross-sectional Study	International Journal of Preventive Medicine (Int J Prev Med.) 2021; 12: 88. Published online 2021 Jul 9. doi: 10.4103/ijpvm.IJPVM_257_20
Samar M. Alansari, MSc (PT), Enas F. Youssef, PhD (PT), Alsayed A. Shanb, PhD (PT).	Efficacy of manual therapy on psychological status and pain in patients with neck pain	Saudi Med J 2021; Vol. 42 (1): 82-90 doi: 10.15537/smj.2021.1.25589
Alsayed A. Shanb, Enas F. Youssef, Waleed I. Al Baker, Fahd A. Al-Khamis,	The Efficacy of Adding Electromagnetic Therapy or Laser Therapy to Medications in	J Lasers Med Sci 2020 Winter;11(1):20-28



Ali Hassan, Noor-Ahmad Jatoi	Patients with Diabetic Peripheral Neuropathy	<a href="http://journals.sbmu.ac.ir/jlms">http://journals.sbmu.ac.ir/jlms</a> . Doi:10.15171/jlms.2020.05
Alsayed A. Shanb, Dr. Mariam Ameer, Dr: Enas Fawzy Youssef	Impact of body weight on shifting of foot pressure among adult subjects	Acta of Bioengineering and Biomechanics DOI assigned: 10.37190/ABB-01595-2020-02
Mohamed Yahia Abdel-Khalik, Abdullah Mohamed Alshehri a, Mustafa Hamed Rashed, Ayman Mohamed Azoz , Alsayed Abdel- Hameed Shanab , Shereen Abdel-Hameed Mahrous.	Morning blood pressure surge as a predictor of the outcome in patients with chronic essential hypertension	Saudi Journal of Medicine & Medical <a href="http://www.sjmms.net">http://www.sjmms.net</a> on Sunday, March 25, 2018, IP: 91.227.24.103] DOI:10.4103/1658-631X.204854
Alsayed A. Shanb Enas F. Youssef. Qassim Ibrahim Muaidi, Alothman	Whole body vibration versus magnetic therapy on bone mineral density in elderly osteoporotic individuals.	Journal of Back and Musculoskeletal Rehabilitation 30 (2017) 903–912
Muaidi QI Shanb AA	Prevalence Causes and Impact of Work-Related Musculoskeletal Disorders among Physical Therapists. Original Article.	Journal of Family and Community Medicine   December 2014   Vol 21   Issue 3   176-181
Muaidi QI, Shanb AA .	Effects of work demands on physical therapists in the Kingdom of Saudi Arabia.	Journal of Taibah University Medical Sciences Received 15 June 2015; revised 17 December 2015; accepted 17 December 2015; Available online 15 January 2016
Enas Fawzey Youssef, Qassim Ibrahim Muaidi, Alsayed Abdelhameed Shanb.	Effect of Laser Therapy on Chronic Osteoarthritis of the Knee in Older Subjects.	Journal of Musculoskeletal Research, Vol. 17, No. 1 (2014) 1450001. © World Scientific Publishing Company. DOI: 10.1142/S0218957714500018
Alsayed A. Shanb*, Enas F. Youssef.	The impact of adding weight-bearing exercise versus non-weight bearing programs to	. Journal of Back and Musculoskeletal Rehabilitation 26 (2013) 17–



		the medical treatment of elderly patients with osteoporosis.	24 17. DOI 10.3233/BMR-2012-0344
Alsayed A. Shanb*, Enas F. Youssef.	Effects of Adding Biofeedback Training to Active Exercises After Total Knee Arthroplasty.		Journal Of Musculoskeletal Research, Vol. 15, No. 3 (2012) 1250016 (9 Pages).© World Scientific Publishing Company. Doi10.1142/S0218957712500169.
Al-Sayed A Shanb *, Enas F. Youssef.	Mobilization versus massage therapy in the treatment of cervicogenic headache: A clinical study.		Article in Journal of Back and Musculoskeletal Rehabilitation · February 2013 DOI: 10.3233/BMR-2012-0344 ·
Dr.Al-Sayed A. Shanb*, Hesham Ezzat*, Laila A. Rashid** and Mohamoud A. A. Koura***.	Walking Exercises Modulate Liver Enzymes in Fatty Liver Patients		<a href="https://www.researchgate.net/publication/271199033_Walking_Exercises_Modulate_Liver_Enzymes_in_Fatty_Liver_Patients">https://www.researchgate.net/publication/271199033_Walking_Exercises_Modulate_Liver_Enzymes_in_Fatty_Liver_Patients</a>

#### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
1	Dr: Al Sayed A. Shanb aashanb@iau.edu.sa Dr: Enas F. Youssef Dr: Waleed I. Al Baker  Dr: Fahd A. Al-Khamis Dr: Ali Hassan Dr: Noor-Ahmad Jatoi	Efficacy of Adding Electromagnetic Therapy or Laser Therapy to medications on diabetic peripheral neuropathy	Journal of Lasers in Medical Sciences <a href="http://journals.sbm.ac.ir/jlms/login">http://journals.sbm.ac.ir/jlms/login</a>	Under publication
	Alsayed A. Shanb, Dr. Mariam Ameer, Dr: Enas Fawzy Youssef	Impact of body weight on shifting of foot pressure among adult subjects	Acta of Bioengineering and Biomechanics DOI assigned: 10.37190/ABB-01595-2020-02	



			Decision for manuscript number ABB-01595-2020-02 April 20, 2020 ABB-01595-2020-02	
	MRS. Randa Almasery & Alsayed Shanb	Effectiveness of Magnetic Therapy Versus Exercise in Elderly with Chronic Mechanical Neck Pain: A randomized clinical trial	Electronic Journal of General Medicine.	manuscript registration number EJG M-23371-2023-R1 in all your official correspondence

#### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date

#### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1			



### Current Research

#	Research Title	Name of Investigator(s)
1	Correlations between Hand Grip Strength, Functional Capacity, Pain severity and Cognitive Function in Patients with Sickle Cell Disease Anemia.	
	Associations between Hand Grip Strength, Physical Activity, Cognitive Function and Quality of Sleeping in Healthy Adult Individuals. A cross-sectional study.	
	Functional Capacity, Exercise Tolerance, Muscle Strength, Hang Grip and Quality of Life in patients with COVID-19. A cross-section study.	
	Efficacy of Inspiratory Muscle Trainer in Adults with Obesity and Back Pain	
	Efficacy of magnetic therapy on functional disability, neck mobility, balance and quality of life in older patients with chronic neck pain.	
	Mitigating Circadian Disruption in Healthcare Shift Workers: A Respiratory Muscle Training Intervention to Enhance Sleep Quality and Cognitive Fu	

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
	Course in patient safety	1-Marsh, 2024 Accreditation: ACA-20240000286 10 CME HOURS. The Tazeez health training center	Attendance on zoom
	Course in Antimicrobial Resistance and Stewardship	21-22 Feb, 2024 Accreditation: ACA-20240000286 10 CME HOURS. The Tazeez health training center	Attendance on zoom



	Course in Effective Healthcare Committees Management.	17-18 Feb, 2024 Accreditation: ACA-20240000255 10 CME HOURS ABAH Training Center At Ali Bin Ali Hospital.	Attendance on zoom
	International Conference of Rehabilitation, Sport, and Orthopedic	Alsayed Abdelhameed Shanb Trauma From January 30, 2024 To January 31 , 2024 At Virtual Medical Academy Conference of Magmaha University	Attendance on zoom
	-the Art of Motion by Aramco Hospital	In Alkubar from 9-11 November 2019	Attendance
<b>#</b>	<b>Workshop Title</b>	<b>Place and Date of the Conference</b>	<b>Extent of Contribution</b>
	Hot topics in respiratory care during COVID -19	2/3/2021	Attendance

#### Membership of Scientific and Professional Societies and Organizations

- Purchasing committee of the department
- Community committee 2016—till now 2020

#### Teaching Activities

##### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Management in Health care organization male and female PT &RT	HIMT416	PT &RT Main instructor from 2009 to 2010 PT& RT male Main instructor from 2011 to 2014 PT male Main instructor from 2014 to the date
2	Ethics of physical therapy	PT 419	From 2013- to the date
3	Research Methodology	HIMT 410	Co instructor 2016 -2017
4	PT procedure	PT 224	Primary from 2012-2018
5	Clinical practice I,II,III,IV	PT 317, PT 328, PT 418 ,PT 427,	Secondary from 28/10/2008 to the date



6	Special topics in rehabilitation	PT 425	From 2009-2015 From 2018 to the date
7	Selected conditions	PT 424	From 2009-2015
8	Psychiatry	PT 420	Summer course 2013-2014
9	Electrotherapy	PT 216, PT 225	Summer course 2013-2014
10	Internal Medicine	PT 321	Primary from 2013 to the date
11	Independent Study	PT 426	Primary from 2009 to the date 2011
11	Independent Study	PT 426	Supervision of under graduated student projects
12	Cardiopulmonary PT	PT 327	Secondary 2016-2017
13	Radiology for PT	PT-413	1 <sup>st</sup> semester male and female bachelor program from 2023-2024
14	Radiology for PT	PT-306	1 <sup>st</sup> semester male and female bachelor program from 2024-2025

#### Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	<p><b>Management in Health care organization HIMT416</b> This course is designed to provide the students with the basic concepts of professional communication skills and teaching and learning processes needed for practice. It also aims to introduce senior students to basic knowledge and skills necessary in hospital administration, quality improvement, and health information system. Administration and management of physical therapy services will be addressed.</p>
2	<p><b>Ethics of physical therapy PT416</b> This course provides the principles of scientific methods of research and its application to physical therapy to enable students to develop their skills in selecting and defining research problems for developing criteria for scientific research. Students will critically evaluate selected articles and they will be divided into groups for supervised and directed research project.</p>
3	<p><b>Research methodology HIMT410</b> This course provides the principles of scientific methods of research and its application to physical therapy to enable students to develop their skills in selecting and defining research problems for developing criteria for scientific research. Students will critically evaluate selected articles and they will be divided into groups for supervised and directed research project.</p>



### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Advanced Exercise Testing and Prescription	PT-520	Primary from 2016 -2017 to the date
2	Advanced Pulmonary Physical Therapy	PT 516	Secondary from 2016 -2017 to the date
3	Advanced Clinical Practice I		Secondary from 2016 -2017 to the date
4	Advance Cardiovascular PT	PT-529	Primary from 2016 -2017 to the date
5	Case Scenarios in PT	PT 524	Secondary from 2016 -2017 to the date
6	Advanced Clinical Practice I	PT 525	Secondary from 2016 -2017 to the date
7			

### Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	
2	

### Course Coordination

#	Course Title and Code	Coordin ation	Co-coordinati on	Und ergr ad.	Postgrad.	From	to
1	Management in Health care organization male and female PT &RT	HIMT416	2009-2013		PT&RT 2009-2013 PT 2014-2019 Males		
2	Ethics of physical therapy	PT 419					
3	PT procedure	PT 224					
4	Special topic in rehabilitation	PT 425					
5	Selected conditions	PT 424					
6	Internal Medicine	PT 321					
7	Advance Cardiovascular PT	PT-529				2016 - 2017 - 2018	
13	Radiology for PT	PT-413	1 <sup>st</sup> semester	13	male and female bachelor	PT-413	



					program from 2023-2024		
13	Radiology for PT	PT-306	1 <sup>st</sup> semester	18& 36 ,	male and female bachelor program from 2024-2025	PT-306	

#### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

#### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	to
	Bachelor	90	2 <sup>nd</sup> year	4 <sup>th</sup> year
1	Supervisor of 4th grade students	S4030	From 2009	to the date

#### Member in Defense Committee for Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
	Master Thesis of maha	Long-Term effect of COVID-19 on pulmonary functions, Physical Activities, Functional Capacities, and Quality of Life. A Cross-Section Study : التأثير بعيد المدى لمرض كورونا المستجد (كوفيد-19) على وظائف الرئة, الأنشطة البدنية, القدرات الوظيفية, وجودة الحياة.	IAU	
	Master thesis of Randa Almasery	Effectiveness of Magnetic Therapy with Exercise Versus Exercise Therapy in Old Patients with Chronic Mechanical Neck Pain. مدى تأثير العلاج المغناطيسي مقابل التمارين على مرضى آلام الرقبة الميكانيكية المزمنة من كبار السن.	IAU	
1	Master Thesis	Joints Mobilization versus Myofascial Release on Diabetic Patients with Painful Heel	IAU-PT	29/3/2021



2	Master Thesis of Sara Almalkey	Healthcare providers' knowledge and attitudes toward early mobilization for patients with mechanical ventilation and barriers to guidelines implementation in Riyadh Province	IAU-PT	22/3/2023
3	Master Thesis of Shahed Alkandrey	Barriers to Providing a Pulmonary Rehabilitation Program for Patients with Chronic Respiratory Diseases in Kuwait	IAU-PT	15/3/2023

#### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Master Thesis	Effectiveness of Magnetic Therapy with Exercise Versus Exercise Therapy in Old Patients with Chronic Mechanical Neck Pain. مدى تأثير العلاج المغناطيسي مقابل التمارين على مرضى آلام الرقبة الميكانيكية المزمنة من كبار السن.	IAU-PT	26/2/2020
2	Master Thesis	Long-Term effect of COVID-19 on pulmonary functions, Physical Activities, Functional Capacities, and Quality of Life. A Cross-Section Study: التأثير بعيد المدى لمرض كورونا المستجد (كوفيد-19) على وظائف الرئة، الأنشطة البدنية، القدرات الوظيفية، وجودة الحياة.	IAU-PT	21/11/2021
3	Master Thesis	Impact of Bariatric Surgery on Exercise Capacity, Body Compositions and Physical Activities in Individuals with Obesity. تأثير عمليات السمنة على سعة التمارين و مكونات الجسم والأنشطة البدنية لدى الأشخاص البدناء.	IAU-PT	4/10/2022
4	Ph D	First study: Effectiveness of Treadmill Training	IAU-PT	18/1/2023



	<p>on balance in Elderly Population. A systematic review.</p> <p>Second study: Effectiveness of C-Mill Treadmill Training Versus Conventional Treadmill on Balance and Psychological status in Elderly Population. A Randomized Clinical Trial.</p> <p>الدراسة الأولى: فاعلية التدريب على جهاز سير المشي على التوازن لدى كبار السن. مراجعة منهجية.</p> <p>الدراسة الثانية: مدى فاعلية التدريب على جهاز سير المشي C-Mill مقابل جهاز سير المشي التقليدي على التوازن والحالة النفسية لدى كبار السن. تجربة سريرية عشوائية.</p>		
	1-Influence of Different Therapeutic Modalities on Dynamic Balance in Elderly.	Cairo University Faculty of Physical Therapy	2000-2008
	2-Changes in Gait Characteristics during Normal Cadence in Elderly.	CU-PT	
	3-Blood Gases Response to Different Body Positions in Patients with Chronic Obstructive Pulmonary Disease in Intensive Care unit.	CU-PT	
	4-Blood Oxygenation Response to Treadmill Exercise in Elderly	CU-PT	
	5-Effect of Ozone Therapy versus Electro Acupuncture on Adult Obese Subjects.	CU-PT	
	6-Arterial Blood Gases Response to Incentive Spiro meter versus Continuous Positive Airway Pressure after Coronary Artery Bypass Graft.	CU-PT	
	7-Efficacy of Low-Level Laser Therapy versus Ultrasonic in Carpal Tunnel Syndrome for Diabetics.	CU-PT	
	8-Changes in Lumbo-sacral Region in Obese Subjects Complaining from Low Back Pain.	CU-PT	
	9-Effect of exercise training on liver Enzymes in fatty liver patients	CU-PT	
	10-Pulmonary Gas Exchange and Quality of Life in Patients with Left Ventricular Failure	CU-PT	
	11- Effect of Inspiratory Muscle Training on Selected Blood Gases in Chronic Obstructive Pulmonary Disease Patients.	CU-PT	
	12- Effect of Exercise on Serum Immunoglobulin-G and Ventilatory Functions in	CU-PT	



		Males with Chronic Obstructive Pulmonary Disease Patients		
		13- Effect of Electromagnetic Therapy on Diabetic Polyneuropathy.	CU-PT	
		14- Blood Gases Response to Incentive Spiro meter in liver ascetic patients.	CU-PT	
		15-Effect of Weight Reduction on Ventilatory Functions in Obese Women.	CU-PT	
		16- Effect of Exercise Training on Depression in Obese Persons	CU-PT	
		17- Pulsed Magnetic Field Versus Exercise Training on Osteoporosis in Elderly women.	CU-PT	
		18-Low Carbohydrates Versus Low Fat Diet Combined with Exercise Training on Young Obese Females.	CU-PT	
		19- Assessment of Ventilatory Function in Patients with Different Causes of Chronic Low Back Pain.	CU-PT	
		20- Historical Review of Physical Therapy for Osteoporosis in Geriatrics.	CU-PT	
		21- Effect of Different Body Positions on Ventilation in Patients with Unilateral Lung Diseases.	CU-PT	
		22-Effect of Low Intensities laser therapy on Venous Ulcer in Lower Limb s of Egyptian Patients.	CU-PT	
		23- Effect of Treadmill Exercise on Nitric Oxide in Diabetic Patients (Type Two).	CU-PT	
		24-Effect of selected balance training program on balance in elderly (2001).	CU-PT	
		25- Aerobic training versus strengthening exercises in chronic obstructive pulmonary disease.	CU-PT	
		26- Effect of stepping versus walking exercise in management of intermittent claudication.	CU-PT	
		27- Blood Gases Response to Incentive Spiro meter in liver ascetic patients.	CU-PT	

#### Ongoing Research Supervision



#	Degree Type	Title	Institution	Date

### Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

#### Administrative Responsibilities

#	From	To	Position	Organization
	2009	2017-2018	Academic advisor For Pt students, male section	PT department of CAMS
	2009	Till now	Supervisor of 4th grade students	

#### Committee Membership

#	From	To	Position	Organization
1	2009	2017-2018	Member in purchasing committee	PT department of CAMS
2	2009	2014	Member in community committee	PT department of CAMS
3	2015	2017	Chairman of community committee	PT department of CAMS
4	2018	Till now	Member in community committee	PT department of CAMS
5	2020	Till now	Chairman of Internship committee	PT department of CAMS
6	2021-2022		Monitor ship program at the dean of the university development	DR Hosam Mohammad abdelhameed CAMS Algo bail
7	23/3/1444 19/10/2022 1 <sup>st</sup> semester 2022-2023		Member of Examination Committee in the faculty with dr Maher	Dean of faculty of CAMS dr Amer Ibrahim Alomar
8	23/3/1444		Member of Exam Committee in	Dean of faculty of CAMS dr Amer Ibrahim



	19/10/2022 3 <sup>rd</sup> semester 2022-2023		the faculty with dr Abdelmohsen	Alomar
9	23/3/1444 19/10/2022 3 <sup>rd</sup> semester 2022-2023		Member of Exam Committee in the faculty with dr Abdelmohsen	Dean of faculty of CAMS dr Amer Ibrahim Alomar

### Scientific Consultations

#	From	To	Institute	Full-time or Part-time
1	Dr. Ziyad Abdulltef Neamatallah, BSc (PT), MSc, PhD Chairman of PT department		Faculty of medical rehabilitation Sciences King Abdulaziz University Jeddah, Saudi Arabia. <zneamatallah@kau.edu.sa>	One month Cardiopulmonary master program
2	اسمكم لتحكيم ترشيح م فصل من كتاب علمي بغرض احتسابه ضمن الانتاج العلمي المحتسب من أحد أعضاء للترقية هيئة التدريس بجامعة المجمعة. أمل التكرم بالرد بقبول أو رفض التحكيم مع التأكيد بأن لا تزيد فترة التحكيم عن أسبوع واحد، كما أمل من إرفاق رقم التواصل الخاص بكم. شاكراً ومقدراً لطف مشاركتكم وسرعة استجابتكم. أمين المجلس العلمي بجامعة المجمعة د. بندر بن عبد العزيز الحصان هاتف مكاتب 0966114041528 جوال		vrgs.scc@mu.edu.sa  Kingdom of Saudi Arabia Ministry of Education Majmaah University Vice Rector for Graduate Studies and Scientific Research	



0966504449856			
Evaluator in Faculty research day 1442-1443		18/5/2021	

#	Reviewer in Journals		
	Name of Journals	Date of reviewing	Title of paper
1	Journal of Orthopaedic Surgery and Research Nicola Maffulli Editor	31/8/2023	Preoperative high-intensity strength training combined with balance training can improve early outcomes after total knee arthroplasty
1	Journal of Orthopaedic Surgery and Research Nicola Maffulli Editor	On 25 February 2024 we sent you the invitation shown below.	Invitation to review "Quantitative Analysis of Resistance Exercise Effects in Postmenopausal Women with Osteoporosis: An Optimized Training Guide Based on Network Meta-Analysis"
1	Username: alsayed Password: 7NwuKu Thank you, Mr. Fathy A. Thadin  <u>Journal of Medical Rehabilitation Sciences</u> King Abdelaziz university	Fathy A. Thadin <fthadin@kau.edu.sa>	Professor in Physical Therapy You have now been registered as a user with Journal of Medical Rehabilitation Sciences. We have included your username and password in this email, which are needed for all work with this journal through its website. At any point, you can ask to be removed from the journal's list of users by contacting me.
2	Journal of Back and Musculoskeletal Rehabilitation	2018-12-03	ASSESSMENT of the MUSCULOSKELETAL PERFORMANCE with SQUAT TESTS and PERFORMANCE-ORIENTED MEASUREMENTS in OLDER ADULTS. manuscript number 18-1283,
		Fri 7/17/2020 5:27 PM	Role of sarcopenia in the clinical outcomes following stand-alone lateral lumbar interbody fusion. manuscript number BMR-200138
3	Acta of Bioengineering and Biomechanics	2020-05-17	Constraints on variation of weight-shifting by foot during walking in adolescents with valgus alignment of hallux. (ABB-01628-2020-01)
4	World Journal of Cardiovascular Diseases (WJCD).	Sat 7/4/2020 2:42 AM	Cardiac rehabilitation: future of heart health in Saudi Arabia, a perceptual view Abstract: ID: 1911088



5	Biomed Research International	Vignesh Viswanathan <vignesh.viswanathan@hindawi.com> Wed 3/16/2022 2:43 AM	Effectiveness of high-power laser therapy on pain and isokinetic peak torque in athletes with proximal hamstring tendinopathy: a randomized trial Re: 4133883: Review Report
6	BMC Musculoskeletal Disorders	Wed 5/17/2023 2:19 AM bmcmsculoskeletaldisorders@biomedcentral.com.	Authors: Nan Ye, junqi Huang, Zongyuan Li, Bin Kang  Joint replacement combined with progressive resistance rehabilitation training to promote the rehabilitation of femoral neck fracture.
7	The World Journal of Cardiovascular Diseases (WJCD)	Anita WJCD Editorial Office Scientific Research Publishing wjcd <wjcd@scirp.org >	Paper ID: 1911417 Paper Title: Epidemiological and Prognostic Aspects of Anemia during Heart Failure in Brazzaville
8	Electronic Journal of General Medicine	ID: EJGM-22004-2023-R3 on09 Aug 2023	Metabolic Surgery in Patients with Diabetes: Who benefits from what procedure? A review of the historical perspectives and score procedures
9	Lasers in medical science		PHOTOBIO-MODULATION AND RESISTANCE EXERCISE ON THE HISTOMORPHOMETRY OF THE LYMPH NODES OF WISTAR RATS SUBMITTED TO A MODEL OF RHEUMATOID ARTHRITIS IN THE ACUTE PHASE
10	Scientific Reports		Effect of Moderate Intensity Aerobic Exercise versus Resistance Exercise on Bone Density in Postmenopausal Diabetic Women"
10	Scientific Reports		"Effect of precise health management combined with physical rehabilitation on



			bone biomarkers in senile osteoporosis patients"
	Scientific Reports	17/7/2025	"Effects of Tele-rehabilitation and Aerobic Exercise on the Quality of Life and Body Perception of Female Students"
11	TRaiLS-D-24-00222	TRLS-D-24-00222, <b>EMID: e7c6e9ea2fb17dc5</b>	Effects of 12-session supervised aerobic training on persistent symptoms and cardiopulmonary fitness in patients with long COVID-19: A randomized controlled trial Trials
	Frontiers   Editorial Office - Collaborative Peer Review Team www.frontiersin.org Avenue du Tribunal Fédéral 34 1005 Lausanne Switzerland 5/1/2025	Manuscript ID: 1531027 Journal: Frontiers in Cardiovascular Medicine, section Clinical and Translational Cardiovascular Medicine Article type: Original Research Submitted on: 19 Nov 2024 Edited by: DeLisa Fairweathe	Reliability of hemodynamic parameters measured by bioimpedance cardiography at different intensities during incremental exercise testing".
	International Journal of Therapy and Rehabilitation	15 Jan 2025	Comparing the effects of proprioceptive neuromuscular facilitation (hold relax) and muscle energy technique (post isometric relaxation) in non-specific neck pain – A Randomized clinical trial
	Current Nutrition and Food Sciences Bentham Science Publishers	Reference: BMS-CNF-2025-9 14/5/2025 URL : <a href="https://bentham.manuscriptpoint.com/">https://bentham.manuscriptpoint.com/</a>	Title: Gender Disparities in Dietary Habits and Physical Activity Among University Borders: A Comparative Analysis
	Journal BMC Pulmonary Medicine	4/5/2025	Evaluation of Incentive Spirometry Training in Healthy Adults Using an Ultrasonic Wireless Digitalized System: a Study on Pulmonary Function and Respiratory Muscle Strength



	Journal BMC Medicine	Pulmonary	3/5/2025	Respiratory Function Training Significantly Improves Pulmonary Function in Children with Spastic Cerebral Palsy Journal
	European Journal of Medical Research		16/7/2025	Impact of a Lumbar Knee Recovery Device on Sleep Quality and Blood Glucose Levels in Diabetic Patients with Knee Osteoarthritis: A Randomized Controlled Trial

#### Volunteer Work

#	From	To	Type of Volunteer	Organization
	27/10/2025	12 :30 to 2 :30	Professional consultation	CAMS for Physical Therapy Students
	25/12/2020		Lecture on Zoom on PT for cancer complications (lymphedema)	Community Committee
	12/1/2021		Lecture on Zoom on PT for diabetic complications in pediatrics	Community Committee
	<b>1/4/2021</b>		The return to Everyday Life with COVID-19 Vaccine Awareness Campaign.	College of Applied Medical Sciences community Activities



**Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)**

1	<b>Leadership meeting zoom of</b> center for Leadership on 9/11/2021 Dr Noor Alhaslan الألهام القيادي
2	برنامج شهادة التوجيه والإرشاد المهني للأستاذ الجامعي - إعداد الخبراء 1-3 /11/2021
3	Please click this URL to join. <a href="https://iauvle.zoom.us/j/95978461061?tk=51df-2B3kjgIIIOAxYeD4iHw1ZUekibZG6yKetPBHLo.DQMAAAwwMMXhRZtSEnRY0M2TIR4VzZjNTMzRVY4Q1ZRAA&amp;uuid=WN_t30KegeyTCCiK3ztuTcHAA">https://iauvle.zoom.us/w/95978461061?tk=51df-2B3kjgIIIOAxYeD4iHw1ZUekibZG6yKetPBHLo.DQMAAAwwMMXhRZtSEnRY0M2TIR4VzZjNTMzRVY4Q1ZRAA&amp;uuid=WN_t30KegeyTCCiK3ztuTcHAA</a>

Last Updated - 7/09/2025 Prof. Dr. Alsayed Shanb