



Curriculum Vitae

Name: Dr Manal Helmy Koura

Title: Lecturer

Department: Physical Therapy for Pediatrics & its surgery

Qualifications:

- Bachelor's Degree in (BSc) of physical therapy from Faculty of physical therapy Cairo University. (2004)
- Masters Degree in Physical Therapy, Pediatrics specialty, Cairo University. (2010)
- Ph.D in Physical Therapy, Pediatrics specialty, Cairo University. (2016)

Career Hierarchy:

- Teaching Assistant, Date:1 September 2009
- Assistant Lecturer, Date: 1 September 2011
- Lecturer, Date:1 September 2016



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Scientific Activities

1: Membership of Professional Organizations and Scientific Societies

- Member at the Syndicate of Physical Therapy, Egypt

2: Training Courses/workshops:

- Attended a workshop entitled **“Scientific International Publishing”** by the “Faculty and Leadership Development Center” (FLDC) at Cairo, Egypt on October, 2020.
- Attended a workshop entitled **“Exam and students evaluation systems”** by the “Faculty and Leadership Development Center” (FLDC) at Cairo, Egypt on September, 2020.
- Attended a workshop entitled **“Training of Trainers: Facilitating Human Transformation”** by Legacy Coaching Institute, ICF at Cairo, Egypt on 9 July, 2020.
- Attended a workshop entitled **“Exam systems and students evaluation for Faculties and higher education institutes”** by the “National Authority for Quality Assurance and Accreditation of Education” at Cairo, Egypt on 18-19 March, 2019
- Attended a workshop entitled **“Strategic Planning for Faculties and higher education institutes”** by the “National Authority for Quality Assurance and Accreditation of Education” at Cairo, Egypt on 20-21 January, 2019.
- Attended a workshop entitled **“Introduction into Instrument Assisted Soft-tissue Mobilization”** held at Fizik Center in Cairo, Egypt on 10th August, 2018.
- Attended a workshop entitled **“Program and course specification and evaluating Learning outcomes for Faculties and higher education institutes”** by the “National



Authority for Quality Assurance and Accreditation of Education” at Cairo, Egypt on 7-9 August, 2018.

- Attended a workshop entitled **“Building Achieving Exams”** held at Taif University, Taif, Saudi Arabia on 28th March, 2018.
- Attended a workshop entitled **“Principles of Spine Manual Therapy”** held at King Abdulaziz Specialist Hospital, Taif, Saudi Arabia on 19th-20th August, 2015.
- Attendance of a Scientific Day under the title of **“Lumbar spine assessment and management based on American Manual Therapy Approach”** Cairo, Egypt on 22 March, 2015.
- Attendance of Workshop under the title of **“Electromyography Technique for Physical Therapist”** Cairo, Egypt on 22-23/1/2014.
- Attendance of Workshop under the title of **“Statistical Package of Social Sciences SPSS”** Taif, Saudi Arabia on 4-18 December 2012.
- Participation in the training course of **“Mesotherapy”** by the Quality Academy of Egypt, 2011, Cairo, Egypt.
- Attendance of the educational course 20 credit hours of **“Basic Nutrition and Diet Therapy”** by the General Physical Therapy Syndicate of Egypt, 2010, Cairo, Egypt.
- Postgraduate training of **“Orthopedic manual physical therapy of the lumbar spine”** under license of American manual therapy academy, December, 2006, Cairo, Egypt.
- Attendance of the condensed scientific course of **“Diagnostic Radiology (X-Ray, C.T., and M.R.I.)”** held at Cairo University Hospitals, February-March, 2005.
- Participation in the post-graduate course of **“Cupping Therapy”** on September, 2004, held at Cairo University Hospitals, presented by Dr. Amir Saleh, Ph.D., Cairo University.
- Completion of the didactic & practical requirements of the training course **“Emergency-1st Aid”** during July-August, 2003, by the medical training department in Ahmed Maher Teaching Hospital with cooperation of medical training department of International Cultural Center “ICC”.

3: Conferences, Seminars and Workshops:



- Attended the **2nd Scientific Conference of Physical Therapy: "No more Disability with Physical Therapy & Rehabilitation"**, Cairo as a **Speaker**, on 11-12th December 2020.
- Attendance of the International E-Conference: **"Survive and Thrive During a Crisis"** of LINCOLN University of Business & Management on 7th August 2020.
- Attendance of the 1st International Conference of the Faculty of Physical Therapy, Delta University for Science and Technology under the title of **"Healthy Life - Safe Environment"**, Cairo, Egypt on 19-20 October, 2019.
- Attendance of the 20th International Scientific Conference, Faculty of Physical Therapy, Cairo University under the title of **"Physical Therapy from Disability to Life"**, Cairo, Egypt on 6-7 April, 2019.
- Attended the **orthopedic manual therapy congress**, Cairo, Egypt on 15-16 February, 2019.
- Attended the **6th Biennial Emirates Physiotherapy Conference** (Physio UAE 2018), Dubai as a **Speaker**, on 2-3 May 2018.
- Attended the **12th National Conference of Human Performance in Health and Disability**, Fitness and Rehabilitation unit, Kasr Al-Ainy in association with Egyptian society of fitness, disability, and environmental Health on 2nd-3rd of June 2016.
- Attended the 16th International Scientific Conference, Faculty of Physical Therapy, Cairo University under the title of **"No More Disability"** Cairo, Egypt, 5th-6th of March 2015.
- Attended the scientific conference of the department of physical therapy for disturbance of growth and development in children and its surgery, faculty of physical therapy, Cairo University, 2010.
- Attendance of the 9th International Scientific Conference, Faculty of Physical Therapy, Cairo University in association with Arab Confederation for Physical Therapy. Cairo 1-3 March 2006.
- Attendance of the 8th International Scientific Conference, Faculty of Physical Therapy, Cairo University in association with Arab Confederation for Physical Therapy. Cairo 1-3 March 2005.
- Attendance of the 5th International Scientific Conference, Faculty of Physical Therapy, Cairo University in association with Arab Confederation for Physical Therapy. Cairo 20-22 March 2002.



4: Teaching Scopes:

- In most physical therapy clinical specialities:
 - Pediatrics,
 - Cardiopulmonary & Internal Medicine and Geriatrics,
 - Neurology,
 - Geriatrics,
 - Orthopedics,
 - Gynecology,
 - Burn and Surgery) in addition to
 - Most subjects of Basic sciences.

In addition to teaching some theoretical subjects:

- Evidence-Based Physical Therapy.
- Psychology.
- Research Seminar.
- Ethics and Laws.

5: Peer reviewing of scientific research/ Projects:

- A speaker presenter for an article under the title of **“Effect of Transcranial Magnetic Stimulation versus Gravity Force System on Dynamic Balance in Children with Spastic Diplegia”** in Physio UAE, 2018.
- Participation in article under the title of **“Comparison between low level laser therapy and phonophoresis in treatment of trigger points in mechanical neck pain”** (in progress).
- Participation in article under the title of **“Effect of Transcranial Magnetic Stimulation versus Gravity Force Stimulation System on Dynamic Balance in children with spastic diplegia”** (in Press).
- Participation in article under the title of **“Prevalence rate of scoliosis in Taif University female students”** in Sylwan Journal, 2016.
- Main author of an article under the title of **“Effect of Treadmill Training and Vitamin D Intake on Pulmonary Functions in Asthmatic Children”** in Sylwan Journal, 2016.



- Participation in article under the title of **“Efficacy of different durations of aerobic exercises on anxiety in university female students”** in Jokull Journal, 2015.
- Participation in article under the title of **“Effect of high altitude on endurance exercise performance in normal healthy Subjects”** in Marsland Press, 2014.

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Skills

- Language Skills:

- Native language Arabic.
- Good command of both written and spoken English (**IELTS score 7**).



- Fair in French.

- Computer Skills:

- Professional user of: Windows, Internet, Word, Excel, and PowerPoint.

- Presentation skills:

- **Qualified in Presentation skills and public speech.**

- Other skills:

- Ability to work well under pressure.
- Ability to learn new tasks quickly.
- Can work individually and as an effective team member.
- Good in communication and presentation skills.
- Self-Motivated.
- Ambitious.
- Leadership Skills.

Scientific Publications:

I: published Scientific Papers Extracted From the Masters and Ph.D Theses:

- A speaker presenter for an article under the title of **“Effect of Transcranial Magnetic Stimulation versus Gravity Force System on Dynamic Balance in Children with Spastic Diplegia”** in Physio UAE, 2018.
- Participation in article under the title of **“Effect of Transcranial Magnetic Stimulation versus Gravity Force Stimulation System on Dynamic Balance in children with spastic diplegia”** (2021).
- Main author of an article under the title of **“Effect of Treadmill Training and Vitamin D Intake on Pulmonary Functions in Asthmatic Children”** in Sylwan Journal, 2016.



II: Post-Doctoral Published Scientific Papers:

- Participation in article under the title of **“Comparison between low level laser therapy and phonophoresis in treatment of trigger points in mechanical neck pain” (in progress).**
- Participation in article under the title of **“Prevalence rate of scoliosis in Taif University female students”** in Sylwan Journal, 2016.
- Participation in article under the title of **“Efficacy of different durations of aerobic exercises on anxiety in university female students”** in Jokull Journal, 2015.
- Participation in article under the title of **“Effect of high altitude on endurance exercise performance in normal healthy Subjects”** in Marsland Press, 2014.