

# Curriculum Vitae

## PERSONAL DATA:

**Name:** Fayiz Farouk Ibrahim Farag Elshamy (فايز فاروق ابراهيم فرج الشامي)  
**Date of Birth:** 6/7/1972  
**Nationality:** Egyptian  
**Marital Status:** Married  
**Permanent Address:** Elhamrawy -Kafrelsheikh- Egypt  
**Mailing Address:** As above  
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## ACADEMIC QUALIFICATION:

1995 B.Sc. in Physical Therapy, Cairo University.  
2002 Master Degree of Physical Therapy, Cairo University.  
2008 Doctoral Degree of Physical Therapy, Cairo University.

## EMPLOYMENT.

- 1- Internship at kafrelsheikh Hospital.
- 2- General Practitioner of Physical Therapy at Fawzi Moaz Hospital – Alexandria
- 3- Physiotherapist at Italian-Military hospital-Alex.
- 4- Demonstrator of P.T. for Gynecology and Obstetrics, Faculty of Physical Therapy, Cairo University.
- 5- Assist. Lecturer of P.T. for Gynecology and Obstetrics, Faculty of Physical Therapy, Cairo University.
- 6- Lecturer of P.T. for Gynecology and Obstetrics, Faculty of Physical Therapy, Cairo University.
- 7- Lecturer of P.T. for Gynecology and Obstetrics, Faculty of Physical Therapy, Kafrelsheikh University.
- 8- Assist. Prof. of P.T. for Gynecology and Obstetrics, Faculty of Physical Therapy, Kafrelsheikh University.
- 9- Vice Dean for education and student affairs, Faculty of Physical Therapy, Kafrelsheikh University.
- 10- Dean, Faculty of Physical Therapy, Kafrelsheikh University.

## **Scientific Works:**

### **Research Projects:**

- 1) Master Degree Thesis at 2002 Under the title of "Changes of lumbar curvature and back muscles activity as early predictor of low back pain in normal pregnant women"
- 2) Doctoral degree Thesis at 2008 Under the Title of "Efficacy of low frequency current in the treatment of female stress urinary incontinence".

## **Published Books:**

- 1) Menopause, Role of exercises Its Serial No. at the Tiba press (19664/2008).
- 2) Stress urinary incontinence, assessment and management for physiotherapist.
- 3) Communication skills
- 4) Quality in healthcare and accreditation
- 5) Physical therapy in Women, s Health
- 6) Essential techniques in the field of Women, s Health

## **Education & Its Promotion:**

### **[A] Under Graduate:**

#### **\*Education, Exams and Promotion:**

- (1) P.T. for Gynecology and Obstetrics for 3rd year Students, Cairo University .
- (2) Clinical Training for Gynecology and Obstetrics for 3rd year Students, Cairo University.
- (3) Clinical Training for Gynecology and Obstetrics for 4th year Students, Cairo University.
- (4) Quality in healthcare and accreditation. Faculty of physical therapy, KSU University
- (5) Physical therapy in Women, s Health for 4th year Students Faculty of physical therapy, KSU University
- (6) Essential techniques in the field of Women, s Health for 4th year Students, Faculty of physical therapy, KSU University.

### **[B] Post Graduate:**

#### **\*Education, Exams and Promotion:**

#### **\*\* Diploma**

Free study in Gynecology and Obstetrics.

Research Seminar for Gynecology & Obstetrics.

Clinical Training for Gynecology & Obstetrics.

Biomechanics for Women.

#### **\*\*Master**

Research Seminar in gynecology and Obstetrics(1) 2nd term.

Biomechanics related to GYOB 3rd term .

**Scientific Published Articles**  
**Prof Dr. Fayiz F.Elshamy**

- 1- Effect of aerobic exercises on postmenopausal women with major depression British journal of applied science and technology. 3 (2):214-219, 2013
- 2- Effect of kinesio tape in the treatment of antenatal carpal tunnel syndrome. Indian journal of physiotherapy and occupational therapy. July-Sept., 2012, Vol.6, No.3
- 3- The effect of pelvic floor exercise on sexual function after vaginal delivery. The medical journal of Cairo University. Sept. 2010, vol.78, No.2
- 4- Effect of pelvic postural changes on pelvic floor muscle activity in women with urinary stress incontinence. Bull. Fac. Ph. Th. Cairo Univ., Jan. 2013
- 5-Effect of biofeedback of pelvic floor muscles in the treatment of women stress urinary incontinence Bull. Fac. Ph. Th. Cairo Univ., Vol. 16, No. (1)Jan. 2011
- 6-Evaluation of lumbo-pelvic stabilizing exercises in the treatment of backache after normal labour. Journal of American science, 2011; 7(2)
- 7-Postural changes during normal pregnancy. Journal of American science, 2011; 7(6)
- 8-Effect of electro acupuncture on body fat in obese postmenopausal women Bull. Fac. Ph. Th. Cairo Univ., Vol. 15, No.(1)Jan. 2010
- 9-Effect of Electroacupoint in Treatment of Pain during First Stage of Labor. Journal of advances in biology. Vol. 4, No.1,2014
- 10-Effect of laser acupoints on postmenopausal hot flashes. International Journal of Science and Research . Volume 3 Issue 5, May 2014
- 11-Effect of Flexible Pes Planus on Postural Stability in adolescent Females. International Journal of Science and Research. Volume 3 Issue 7, July 2014

- 12-Evaluation of Postural Stability in Pregnant Women. British Journal of Medicine & Medical Research. 11(10): 2016
- 13-Evaluation of Specific Spinal Segmental Stabilizing Exercises in the Treatment of Antenatal Low Back Pain. Journal of Gynecology and Obstetrics. Vol. 3, No. 1, 2015, pp. 13-17. doi: 10.11648/j.jgo.20150301.13
- 14- The effect of high heels on quadriceps angle in adult females. International Journal of Therapies and Rehabilitation Research 2016; 5 (2): 35-38.
- 15-Effectiveness of Therapeutic Ultrasounds on Postpartum De Quervain's Tenosynovitis: A Randomized Controlled Trial. Journal of Physical Therapy and Health Promotion 2016, Vol. 4 Iss. 1, PP. 1-5
- 16-The relationship between mechanical low back pain and lumbar curvature angle among computer users. International Archives of Integrated Medicine, Vol. 2, Issue 1, January, 2015
- 17-Efficacy of kinesiotape on functional disability of women with postnatal back pain :A randomized controlled trial. Journal of Back and Musculoskeletal Rehabilitation 31 (2018) 205–210 DOI 10.3233/BMR-170827
- 18- Effectiveness of laser acupoints on women with polycystic ovarian syndrome: a randomized controlled trial. J Lasers Med Sci. 2018;9(2):113-120. doi:10.15171/jlms.2018.22.
- 19- Tensile Force Effect of Pelvic Belt in Patients with Antenatal Symphyseal Pain. European Journal of Preventive Medicine. Vol. 2, No. 6, 2014, pp. 90-94. doi: 10.11648/j.ejpm.20140206.12
- 20- Effect of Antenatal Pelvic Floor Muscle Exercise on Mode of Delivery: A Randomized Controlled Trial Integrative Medicine International 2017;4:187–197 DOI:10.1159/000488351
- 21- Ameliorative Potential of Acupressure on Gestational Diabetes Mellitus: A Randomized Controlled Trial Integrative Medicine. 2018; 20180011
- 22- Effectiveness of proprioceptive training on dynamic postural balance during pregnancy: A randomized controlled trial. Physiotherapy Practice and Research 40 (2019) 77–85. DOI:10.3233/PPR-180128

23-Ameliorative potential of black sand therapy on carpal tunnel syndrome during pregnancy: A case report. Complementary Therapies in Clinical Practice 39 (2020) 10114

24-The frequency and characteristics of postsurgical problems in individuals who had got neurosurgical operations: NeuroQuantology|July2022|Volume20|Issue8| Page 7997-8001|doi:10.14704/nq.2022.20.8.NQ44825

## المشاركة فى المؤتمرات والندوات العلمية

### Conferences:

Date	Name
6-7/3/2014	Fifteenth international scientific conference, Faculty of physical therapy, Cairo university, under title of “manual therapy & technology in physical therapy”
5-6/3/2015	16th international scientific conference, Faculty of physical therapy, Cairo university, under title of “ No More Disability ”
10-11/3/2016	17th international scientific conference, Faculty of physical therapy, Cairo university under title of "Empowering Disability"
24-25/10/2015	1st international Conference for scientific research and its practical applications in physical therapy, under the slogan of: Steps towards free society
20-21/4/2016	1st Scientific Conference , faculty of physical therapy, October 6 University under title 'New area in therapeutic modalities'

<b>29 /12/ 2016</b>	40th annual international conference of Egyptian society of histology and cytology , Faculty of medicine Kafrelsheikh University .
<b>16-17/3/2017</b>	18th international scientific conference, Faculty of physical therapy, Cairo university under title of "innovative physical therapy and rehabilitation
<b>27/2/2018</b>	2nd student forum for the physical therapy colleges, Faculty of physical therapy, Modern University for technology and information.
<b>22-23/3/2018</b>	19th international scientific conference, Faculty of physical therapy, Cairo university under title of “Physical therapy and a better future for the disabled”  Seminar and course training (Hand on) Basic techniques of stem cell isolation and tissue culture , Histology and cell biology department and biotechnology Lab., Faculty of medicine, Kafrelsheikh University.
<b>17/2/2018</b>	دعوة وحضور ندوة علمية تحت عنوان “المعايير الدولية لاعتماد المستشفيات والمؤسسات الصحية” كلية التمريض , جامعة كفر الشيخ

**Attendance and speaker in:**

General administration physical therapy health care under title of (physical therapy for women health) “**Kafr elsheikh general hospital**”. (3/10/2017

### الدورات التدريبية (مركز تنمية قدرات اعضاء هيئة التدريس) :

**1- الدورات السابقة التي اجتازها ضمن مشروع تنمية قدرات اعضاء هيئة التدريس بجامعة القاهرة لترقية مدرس واستاذ مساعد:**

م	الدورة	التاريخ	م	الدورة	التاريخ
1	اخلاقيات وآداب المهنة	اغسطس 2006	7	مهارات الاتصال فى انماط التعليم المختلفة	ابريل 2013
2	مهارات التفكير	اغسطس 2006	8	نظم الساعات المختلفة	مارس 2013
3	التدريس للأعداد الكبيرة والصغيرة	اغسطس 2006	9	التخطيط الاستراتيجي	اكتوبر 2011
4	الاتجاهات الحديثة في التدريس	اغسطس 2006	10	النشر الدولي للبحوث العلمية	ابريل 2013
5	مشروعات البحوث التنافسية	فبراير 2009	11	نظم الامتحانات وتقويم الطلاب	مارس 2013
6	الجوانب المالية والقانونية في الاعمال الجامعية	نوفمبر 2010	12	معايير الجودة في العملية التدريسية	مارس 2013



2- الدورات التي اجتازها ضمن مشروع تنمية قدرات اعضاء هيئة  
التدريس بجامعة كفر الشيخ للتقدم لترقية استاذ:

م	الدورة	التاريخ
1	أدارة الوقت والاجتماعات	مايو 2015
2	Statistical Analysis Using SPSS	مايو 2015
3	Adobe Photoshop	اغسطس 2015
4	التقويم الذاتي لمؤسسات التعليم العالي	مارس 2016
5	الادارة الجامعية	مارس 2016
6	Data Base 2010	اكتوبر 2016

## ورش العمل المشارك فيها

التاريخ	ورشة العمل
2013/12/25	صناعة المعايير الاكاديمية
2014/3/26	اداة المراجعة الداخلية
2014/9/15	اشتقاق نواتج التعلم للمقرر الدراسي من نواتج التعلم بالبرنامج التعليمي
2014/10/26	الساعات المعتمدة
2014/11/24,25	دورة تدريبية لكيفية الاستفادة من قواعد البيانات العالمية والمنعقدة من قبل المجلس الاعلى للجامعات
26/11/2015	Chronic back dysfunction)From osteopathic point of view)
2015/11/17,18	دورة تدريبية لكيفية الاستفادة من قواعد البيانات العالمية والمنعقدة من قبل المجلس الاعلى للجامعات
3,11/12/2015	Physical therapy for neuromuscular disorder and it's surgery
21/10/2016	Stroke Management
2016/11/29	تنظيم ورشة عمل تحت عنوان "الجديد في النشر العلمي" بكلية العلاج الطبيعي

