

CURRICULUM VITAE

Dr. Sara Yousef Abd Elglil Yousef Elsebahy

Lecturer of Physical Therapy for pediatrics,
Department of Physical Therapy for Pediatrics
Faculty of Physical Therapy, Kafr Elsheikh University.



Personal information

Address: Tanta – Egypt

Mob. : 01094998882

Date OF Birth: 12/1/1987

Nationality: Egyptian.

Religion: Muslim

Email: drsaraelsabahy@gmail.com, sarah_elsehy2014@pt.kfs.edu.eg

Marital Status: Married

Languages Arabic and English

Educational Background

Year	Degree	Department, Faculty, and University	Grade
2008	Bachelor Degree in Physical Therapy	Faculty of Physical Therapy, Cairo University.	Excellent with honor
2014	Master Degree in Physical Therapy	Department of Physical Therapy for Pediatrics, Faculty of Physical Therapy, Cairo University.	good
2020	Doctor of Philosophy in Physical Therapy	Department of Physical Therapy for Pediatrics, Faculty of Physical Therapy, Cairo University.	good

Licensure:

1. Egyptian professional license, Practitioner Physical Therapist (2008).

Work Experience

2020 Lecturer of Physical Therapy
Department of Physical Therapy for Pediatrics, Faculty of Physical Therapy, Kafr
Elsheikh University.

2014 Assistance Lecturer of Physical Therapy
Department of Physical Therapy for Pediatrics, Faculty
of Physical Therapy, Cairo University.

Assistance Lecturer of Physical Therapy
Department of Physical Therapy for Pediatrics, Faculty
of Physical Therapy, Kafr Elsheikh University.

2010 Administrator of Physical Therapy
Department of Physical Therapy for Pediatrics, Faculty of Physical Therapy, Cairo
University.

Board Memberships:

- Manager of the measurement and evaluation unit from 2020 till now
- Secretary of the College Council.
- Responsible for the standard of students and graduates in the quality unit from 2019 till now.
- Secretary of the Scientific Research Ethics Committee.
- Member of the Quality Committee, of the Faculty of Physical Therapy, Kafr Elsheikh University.
- Control head since 2020 till now
- General coordinator of thiniki educational platform

Research:

Thesis:

- **Master thesis** 2014 titled: validity of Spontaneous Muscle Activity by Surface Electromyography in Relation to Hoffman Reflex in Hemiplegic Children.
- **Doctoral thesis** 2020 titled: "Influence of low-intensity pulsed ultrasound on healing of supracondylar fracture in children.

Professional Activities:

From	To	Job	Job description
2008	2009	Internship Elsanta hospital, Egypt	Perform routine physical therapy treatments according to patient treatment plans under the direction of a licensed physical therapist.
2010	2014	Demonstrator (Instructor) Departments of Physical Therapy for Pediatrics and its surgery, Faculty of Physical Therapy, Cairo University.	<ul style="list-style-type: none">- Prepared and presented physical therapy lectures and demonstrations for undergraduate students in sections.- Supervisor of students' practical training at Cairo University Hospitals.- Presenting practical parts for students.- Participating in many students' activities.
2014	2015	Assistant lecturer Departments of Physical Therapy for pediatric and its surgery, Faculty of Physical Therapy, Cairo University	<ul style="list-style-type: none">- Prepared and presented physical therapy lectures in sections for undergraduate students.- Supervisor of students' practical training at Cairo University Hospitals.- Presenting practical workshops for students.- Evaluating the students both theoretically and practically.- Participating in many students' activities.
2015	2016	Assistant lecturer Department of Physical Therapy for Pediatrics, Faculty of Physical Therapy, Kafr Elsheikh university	<ul style="list-style-type: none">- Preparing and presenting physical therapy lectures in sections for undergraduate students for departments (pediatric, basic science, neuromuscular disorders, and its surgery, Physical Therapy for Internal Medicine, and Geriatric- Supervisor of students' practical training at Kafr Elsheikh Hospital- Presenting practical workshops for students.- Evaluating the students both theoretically and practically.

			<ul style="list-style-type: none"> - Participating in many students' activities.
2020	Till now	Lecturer Department of Physical Therapy for Pediatrics, Faculty of Physical Therapy, Kafr Elsheikh University	<ul style="list-style-type: none"> - Prepared and presented physical therapy lectures for both under- and post-graduate students. - Supervisor of students' practical training at, Kafr Elsheikh University Hospitals - Presenting practical workshops for students. - Evaluating the students both theoretically and practically. - Formulating and correcting exams. - Other Faculty Commitments. - Other administrative work in the faculty.

Scientific Publications:

N	Type of paper	Year	Title	Participants (Co-authors)	Journal/Conference	Type Local/International
1	Original Article	2020	Low-intensity pulsed ultrasound for the healing of a supracondylar fracture	Sara Y. Elsebahy ¹ Khaled A. Olama ² Mohamed M. Elsayed ³	Physiotherapy Quarterly 2020 vol28, ISSN: 2544-4395).	International
2	Original Article	2023	Comparative study between shock wave therapy and electromagnetic waves on pain and function in patients with lumbar disc prolapse. a randomized control trial.	Maha M. Mokhtar1, Eman A. Elhosary2, Mohamed Taha Said3, Ibrahim Mohamed Hamada 4, Sara Y. Elsebahy5, Rania Elsayed Abdel Aleem	NILES journal for geriatric and gerontology 2022 vol 6 issue1).	National
3	Original Article	2023	Covid 19 Vaccine and Menstrual Symptoms In Egyptian Adolescent Female Cross-Sectional Study	Sara Y. Elsebahy1, Fayiz F. El-shamy 2 , Shaimaa El Gharib Ali Salem 3, Eman.A.Elhosary	Journal of Pharmaceutical Negative Results Volume 14 Issue 02 2023. DOI:	International

					https://doi.org/10.47750/pnr.2023.14.02.82	
4	Original Article	2023	Influence of rehacom system program on hand function in spastic hemiplegic children	Sara Y. Elsebahy ¹ Yomna F. Ahmed ² , Abd El Aziz A.Sherief ³	JPMA. The Journal of the Pakistan Medical Association Apr;73(4): S26-S30. Doi: 10.47391/JPMA.EGY-S4-9.)	International
5	Original Article	2024	Whole body vibration versus functional strength training on balance in children with hemiparetic cerebral palsy: a randomized clinical trial	Amany I. Sabra ^{1*} , Abdelaziz Ali Sherief ² , Osama A El-Agamy ³ , Sara Y. Elsebahy ⁴	Revista Iberoamericana de Psicología del Ejercicio y el Deporte. Vol. 19, nº 1 (2024).	International
6	Original Article	2024	Effect of mechanical vestibular stimulation on hand function in children with hemiparetic cerebral palsy.	Ahmed Mohamed Abdel Haleem ¹ , Abdel Aziz Ali Sherif ² , Ibrahim Mohamed Hamoda ³ , Sara Y. Elsebahy ⁴	Revista Iberoamericana de Psicología del Ejercicio y el Deporte. Vol. 19, nº 4 (2024). https://doi.org/10.5281/zenodo.13903133	International
7	Original Article	2024	Effect of Universal Exercise Unit Versus Functional Electrical Stimulation on	Mahmoud R. Elsharkawy ¹ , Abd Elaziz A. Sherif ² , Engi E. Sarhan ³ , Osama A. El-Agamy ⁴ , Sara Y.	Journal of Musculoskeletal and Neuronal	International

			Genu Recurvatum in Diplegic Cerebral Palsy Children	Elsebahy ⁵	Interactions	
8	Original Article	2024	Effect of whole-body vibration versus functional strength training on functional balance and aerobic capacity in children with hemiparetic cerebral palsy: A randomized clinical trail	Sara Y. Elsebahy, , Abdelaziz Ali Sherief, Osama A El-Agamy, and Amany I. Sabra	Egyptian Journal of Physical Therapy	National
9	Original Article	2025	Effect of Barcelona Scoliosis Physical Therapy School Versus International Scoliosis Schroth Therapy in Adolescent Idiopathic Scoliosis	Eman M. Sharf Eldin ¹ , Abdel Aziz Ali Sherif ² , Saad Abdel Atti Gaballah ³ , and Sara Y. Elsebahy ⁴	International Journal of Multiphysics	International
10	Original Article	2025	Influence of Oromotor Functions on Motor Development and Feeding Outcomes in Children with Cerebral Palsy	Amira F. Ibrahim ¹ , Sara Y. Elsebahy ² , Monira I. Aldhahi ^{4*} , Mai M. Khalaf ¹ , Ahmed A. Torad ³ , Mona Mohamed Taha ⁴ , Amira F. El-Sheikh ¹	Annals of Medicine DOI: 10.1080/07853890.2025.2479587	International
11	Original Article	2025	Effects of Core Stability Training on Balance, Standing, and Gait in Children with Mild Cerebral Palsy: A Randomized Controlled Trial	Nancy Mohamed ¹ , Mohamed B. Ibrahim ¹ , Osama A. El-Agamy ² , Monira I. Aldhahi ^{3,*} , and Sara Y. Elsebahy ¹	Healthcare https://doi.org/10.3390/healthcare13111296	International
12	Original	2025	Comparative	Fahad A. Almalki ^{*1} ,	Revista	International

	Article		Effects Of Kinesiotaping And Functional Electrical Stimulation On Motor Function And Psychosocial Well-Being In Children With Diplegic Cerebral Palsy	Mohamed B. Ibrahim ¹ , Osama A. El-Agamy ² , Sara Y. Elsebahy	Iberoamericana De Psicología Del Ejercicio Y El Deporte Vol. 20 N° 4 Pp. 413-418	
13	Original Article	2025	Efficacy Of Isokinetic Strength Training On Functional Performance In Children With Hemophilia	Maged A. Alharthi ¹ , Mohamed B. Ibrahim ¹ , Osama A. El-Agamy ² , Sara Y. Elsebahy*	Revista Iberoamericana De Psicología Del Ejercicio Y El Deporte Vol. 20 N° 4 Pp. 435-441	International
14	Original Article	2025	The Effect Of An Intensive Physiotherapy Program Following Botulinum Toxin Injection In The Treatment Of Children With Idiopathic Club Foot	Abdulrahman M Ali ¹ , Mohamed B. Ibrahim ¹ , Mohamed I. Elsofy ² , Sara Y. Elsebahy*	Revista Iberoamericana De Psicología Del Ejercicio Y El Deporte Vol. 20 N° 4 Pp. 433-437	International

The research received the International Publishing Award

<u>N</u>	Title	Participants (Co-authors)	Journal/ Conference	Year
<u>1</u>	Influence of rehacom system program on hand function in spastic hemiplegic children	Sara Y. Elsebahy ¹ Yomna F. Ahmed ² , Abd El Aziz A.Sherief ³	JPMA. The Journal of the Pakistan Medical Association Apr;73(4): S26-S30. Doi: 10.47391/JPMA.EGY-S4-9.)2023	2024
<u>2</u>	Whole body vibration versus functional strength training on balance in children with hemiparetic cerebral palsy: a	Amany I. Sabra, Abdelaziz Ali Sherief, Osama A El Agamy, Sara Y. Elsebahy	Revista Iberoamericana de Psicología del Ejercicio y el Deporte.	2025

	randomized clinical trial		Vol. 19, nº 1 (2024).	
<u>3</u>	Effect of mechanical vestibular stimulation on hand function in children with hemiparetic cerebral palsy	Ahmed Mohamed Abdel Haleem, Abdel Aziz Ali Sherif, Ibrahim Mohamed Hamoda, Sara Y. Elsebahy	Revista Iberoamericana de Psicología del Ejercicio y el Deporte. Vol. 19, nº 1 (2024).	2025

Theses (Doctoral and Master) Supervision

No	Thesis Doc./ Master	Year	Student's Name	Title of Thesis	Co-authors
1	Master	2024	Amany Saber	Whole body vibration Versus Functional strength training on balance in children with hemiparetic cerebral palsy: A Randomized Clinical Trial	prof Abdelaziz shrief
2	Master	2024	Ahmed ab del haleem	EFFECT OF MECHANICAL VESTIBULAR STIMULATION ON HAND FUNCTION IN CHILDREN WITH HEMIPARETIC CEREBRAL PALSY	prof Abdelaziz shrief
3	Master	2025	Eman Mahmoud Sherf Eldin	EFFECT OF BARCELONA SCOLIOSIS PHYSICAL THERAPY SCHOOL VERSUS INTERNATIONAL SCOLIOSIS SCHROTH THERAPY IN ADOLESCENT IDIOPATHIC SCOLIOSIS	prof Abdelaziz shrief
4	Master	In progress	Mahmoud Reda Mahmoud	Effect of universal exercise unit versus functional electrical stimulation on genu recurvatum in diplegic cerebral palsy	prof Abdelaziz shrief
5	Master	In progress	NANCY MOHAMED	The Impact Of Core Stability Exercises On ,Standing Functional Balance and Gait In Diplegic Cerebral Palsy Children	Assistant prof Mohamed bedear Ibrahim
6	Master	In progress	Sara Elsayed	Effect Of Sensory Motor Integration Training on Activities Of Daily Living In Erb's Palsy Children	prof abdelaziz shrief
7	Master	In progress	Asmaa Mohamed Khalil sadeek	Effect Of Kinesio-Taping of Lower Limbs on Gait and Balance In Children With Diplegic Cerebral Palsy.	Assistant prof Mohamed bedear Ibrahim
8	Master	In progress	Khalid Esmail	Effect of virtual reality with mirror therapy on upper limb function in hemiplegic cerebral palsy	Assistant prof Mohamed bedear Ibrahim

9	Master	In progress	Maged Awad Haal Hanthi	Efficacy of isokinetic strength training on functional performance in children with hemophilia	Assistant prof Mohamed bedear Ibrahim
10	Master	In progress	Abdulrahman Mohamed Ali Alkathami	The effect of intensive physiotherapy program following botulinum toxin injection in the treatment of children with idiopathic club foot	Assistant prof Mohamed bedear Ibrahim
11	Master	In progress	Fahad Abdulrahman almalki	EFFICACY OF kinesio taping versus functional electrical stimulation on equines deformity in children with diplegic cerebral palsy	Assistant prof Mohamed bedear Ibrahim
12	Master	In progress	Alaa Ebrahim Ahmed	Incentive spirometer training and oropharyngeal motor training for pulmonary dysfunction in spastic diplegic children	Assistant prof Mohamed bedear Ibrahim
13	Master	In progress	Ahmed Abdou Ragab Abdou kandil	Effect of action observation training versus core stability training on hand function in children with hemiplegic cerebral palsy	Assistant prof Mohamed bedear Ibrahim
14	Master	In progress	Ahmed Ashraf	Effect of Motor Planning Exercises Versus Neurodevelopmental Technique on Gait Pattern in Children with Spastic Diplegic Cerebral Palsy.	prof Abdelaziz Shrief
15	Master	In progress	Marwa abdelmawgod	The effects of oral facial facilitation and oral motor therapy in dysphagia with spastic cerebral palsy	Assistant prof Mohamed bedear Ibrahim
16	Master	In progress	Hoda Mohamed Radwan Hashed	Effect of SEAS approach versus BSPTS on correction of adolescent idiopathic scoliosis	Assistant prof Mohamed bedear Ibrahim

Training Courses

FLDC

1. Attendance of the training course" E- Learning" that was held at faculty and leader ship development center, Cairo university on 21to 23April 2012.
2. Attendance of the training course" Effective presentation skills " that was held at faculty and leader ship development center, Cairo university on 9 to 11June 2012.
3. Attendance of the training course" Exam and Students evaluation systems" that was held at faculty and leader ship development center, Cairo university on 16-17December 2014.
4. Attendance of the training course" use of technology in teaching" that was held at faculty and leader ship development center, Cairo university on 26-27 February 2014.
5. Attendance of the training course" Advanced spreadsheet" that was held at the Information systems and technology center, KafrElshiekh University on 11 to -15 May 2014.
6. Attendance of the training course" Endnote" that was held at Information systems and technology center, Kafr Elsheikh university on 15 to -18 June 2014.
7. Attendance of the training course "International scientific publishing" that was held at the International Faculty and Leadership Development Center Kafr Elsheikh University from 9 to -11 June 2015.
8. Attendance of the training course "Strategies plan" that was held at the international center for HRM &Continuing Education center Kafr Elsheikh University on 5 -6 February 2020.
9. Attendance of the training course "Financial and legal Affairs in University" that was held at international center for HRM &Continuing Education center Kafr Elsheikh University on 9 - 10 February 2020.
10. Attendance of the training course "Credit Hour System" held at the International Center for HRM &Continuing Education Center KafrElshiekh University on 19-20 February 2020.
11. Attendance of the training course "Preparing Competitive Research Projects" held at the International Center for HRM &Continuing Education Center Kafr Elsheikh University on 23-24 February 2020.
12. Attendance of the training course " University management" held at the International Center for HRM &Continuing Education Center Kafr Elsheikh University on 4 -5 March 2020.

13. تم حضور دوره اعدادالمعلم الجامعى بكلية التربية جامعه كفر الشيخ فى الفتره من ٣ فبراير الى ١١ فبراير لعام ٢٠١٩.
14. Fundamentals of digital transformation certificate ICTT Kafr Elsheikh University 9/2024.
15. Attendance of the training course (Decision-making and problem-solving) held at the International Center for HRM & Continuing Education Center Kafr Elsheikh University on 24-25 /9/2024.
16. Attendance of the training course (communication skills and teaching) held at the International Center for HRM & Continuing Education Center Kafr Elsheikh University on 3-4 /9/2024.
17. Attendance of the training course (quality standards in the teaching process) held at the International Center for HRM & Continuing Education Center Kafr Elsheikh University on 6-7 /11/2024.
18. Attendance of the training course (Organizing scientific conferences) held at the International Center for HRM & Continuing Education Center Tanta University on 9-10/4/2025.

Other courses and work shop:

- 1- Attendance of the symposium " gait analysis" at the learning Resource Center Kasr El-Ainy Faculty of Medicine Cairo University 8 February 2014.
- 2- Attendance of the workshop "Electromyography Technique for Physical Therapist " at faculty of physical therapy, Cairo University 22-23 January 2014.
- 3- Attendance of the workshop "Theoretical and practical training for First Aid course" at Red Crescent society Tanta 11 february 2010.
- 4- Attendance of the workshop "Practical Application of Radio diagnosis" at training center of Nasser institute 7-19 October 2009.
- 5- Chronic back dysfunction from osteopathic point of view, Faculty of Physical Therapy, Kafr Elsheikh University 26/11/2015.

- 6- New modalities for cerebral palsy treatment 7/11/2016.
- 7- ندوة تدريبية فى " الجديد في البحث العلمى " كلية العلاج الطبيعى- جامعة كفر الشيخ 29-11-2016
- 8- Attendance of the workshop "Management of sensory integrative dysfunction in children" at the faculty of physical therapy, Cairo University 2023.
- 9- Attendance in the webinar entitled Elsevier -NRC Guide course for reviewers on March 25, 2021.
- 10- I completed the Publons Academy practical peer review course in June 2021.
- 11- Attendance of the workshop for journal editors: Scopus selection criteria at Elsevier 19 August 2020.
- 12- Attendance the workshop "Research Methodology" Natural Research Academies 25 May 2022.
- 13- Attendance of the workshop "Writing a research paper" Natural Research Academies 22 May 2022.
- 14- Attendance of the workshop "Questions Bank" 20 -21 September 2022
مركز القياس والتقويم بوحده ادارہ مشروعات تطوير التعليم العالى
- 15- Attendance of the workshop for future researcher: skills you need in the AI Era 16/7/2025
Cairo University.

Conferences:

- 1- Attendance of the ^{11th} International Scientific Conference, Faculty of Physical Therapy, Cairo University in association with Arab Confederation for Physical Therapy under the title of "Physical Therapy and the Art of Caring" on 6-7 march 2008.
- 2- Attendance of the ^{12th} International Scientific Conference, Faculty of Physical Therapy, Cairo University in association with Arab Confederation for Physical Therapy under the title of "Physical Therapy towards modernization and development" on 4-6 march 2009.
- 3- Attendance of the ^{4th} Scientific Conference of Physical Therapy, Kafr Elsheikh University in association with the Kafr Elsheikh syndicate under the title of "Low Back Pain and Rehabilitation" on 6 March 2020.
- 4- Attendance of the ^{2nd} International Scientific Conference of physical therapy under the title of "No more disability with Physical Therapy & rehabilitation" on 11-12th DEC 2020.

- 5- Attendance of the ^{1st} International Scientific Conference of Faculty of physical therapy Kafr-El sheikh University under title of “Modern strategies in physical therapy and Scientific Research” on 3-4 Nov 2023.