



Enas Fawzy Alanany

Associate professor

Personal Data

Nationality | Egypt

Date of Birth | 1971

Department | Physical Therapy

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Office Phone No. | 31352

Language Proficiency

Language	Read	Write	Speak
Arabic	Excellent	Excellent	Excellent
English	Excellent	Excellent	Excellent
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
May 1992	Bachelor degree in physical therapy in	Faculty of physical therapy,	Cairo- University
17/ 8/ 1997	Master degree in physical therapy in	Faculty of physical therapy,	Cairo- University
30/5/ 2001	Doctoral degree in physical therapy in	Faculty of physical therapy,	Cairo- University

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

Master	The role of a developed exercise program on acceleration of motor recovery after arthroscopic meniscectomy
PhD	Kinetic chain exercises in restoration of knee dynamic stability after anterior cruciate ligament reconstruction
Fellowship	



Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Associate professor	Department of Physical therapy, College of Applied Medical Sciences. Dammam University	2007- 2015

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Coordinator of female section in Physical Therapy department, College of Applied Medical Sciences, University of Dammam. KSA form	26	1/9/ 2015- to this date
Academic advisor of students in Physical Therapy department, College of Applied Medical Sciences, University of Dammam. KSA	26	form 2012-2015
Chairman of community committee in PT department College of Applied Medical Sciences, University of Dammam. KSA.	26	From 2009-2014

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
	Alsayed A. Shanb Enas F. Youssef. , Qassim Ibrahim Muaidi, Alothman A A	Whole body vibration versus magnetic therapy on bone mineral density in elderly osteoporotic individuals	Journal of Back and Musculoskeletal Rehabilitation 30 (2017) 903–912
	Enas F. Youssef. , Qassim Ibrahim Muaidi, Alsayed Abdelhameed Shanb.	Effect of Laser Therapy on Chronic Osteoarthritis of the Knee in Older Subjects	J Lasers Med Sci 2016 Spring;7(2):112-119 doi 10.15171/jlms.2016.19.
	Alsayed A. Shanb*, Enas F. Youssef.	The impact of adding weight-bearing exercise versus non-weight bearing programs to the medical treatment of elderly patients with osteoporosis.	Journal of Family and Community Medicine December 2014 Vol 21 Issue 3 176-181



Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
	Alsayed A. Shanb*, Enas F. Youssef.	Effects of Adding Biofeedback Training to Active Exercises After Total Knee Arthroplasty.	Journal of Musculoskeletal Research, Vol. 17, No. 1 (2014) 1450001. © World Scientific Publishing Company. DOI: 10.1142/S0218957714500018
	Al-Sayed A Shanb *, Enas F. Youssef.	Mobilization versus massage therapy in the treatment of cervicogenic headache: A clinical study	Journal of Back and Musculoskeletal Rehabilitation 26 (2013) 17–24 17. DOI 10.3233/BMR-2012-0344
	Alsayed A. Shanb*, Enas F. Youssef , Mohamed G. El-Barkouky., Rasha M. Kamal., and Ahmed M. Tawfick .	The Effect Of Magnetic Therapy And Active Exercise On Bone Mineral Density In Elderly Women With Osteoporosis:	Journal Of Musculoskeletal Research, Vol. 15, No. 3 (2012) 1250016 (9 Pages).© World Scientific Publishing Company. Doi10.1142/S0218957712500169.
	Enas F. Youssef. , Alsayed Abd Elhameed Shanb	Supervised Versus Home Exercise Training Programs on Functional Balance in Older Subjects.	Malays J Med Sci. Nov–Dec 2016; 23(6): 83–93

Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

Current Researches

#	Research Title	Name of Investigator(s)
	<i>Effects of Electromagnetic Therapy versus Laser Therapy on Peripheral Neuropathy in Diabetic Patients.</i> (main investigator) 2014/2015 in progress.	Enas Fawzy Youssef, Alsayed Abd Elhameed Shanb, Waleed Ibrahim Ali Al Baker , Fahd Ali Al-Khamis



Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution

Membership of Scientific and Professional Societies and Organizations

-
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Teaching Activities

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Orthopedic		14 lect
	Musculoskeletal I		14 lect/14 lab
	Musculoskeletal II		14 lect/14 lab
	Therapeutic exercises		14 lect/14 lab
	Clinical-practice I		14 clin set
	Clinical-practice II		14 clin set

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

1	
2	

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Advancement Musculoskeletal Physical Therapy I		5 lect/ 5 lab
	Advancement Musculoskeletal Physical Therapy II		5lect/ 5 lab
	Advancement Clinical-practice I		10 clin set
	Advancement Clinical-practice II		10 clin set



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

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1			
2			

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

1	
2	

Course Coordination

#	Course Title and Code	Coordinati on	Co-coordination	Undergr ad.	Postgrad .	From	To

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



Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
	Master	" Effect of Hand on McKenzie program on Derangement Syndrome in Sub-Acute and Chronic Low Back Pain". IRB No#PGS-2015-03-178.	College of Applied Medical Sciences	
	Master	"Correlation Between Neck Pain and Postural Abnormalities Among Female Office Workers at University of Dammam". IRB 2015-03-194	College of Applied Medical Sciences	
	Master	The immediate effect of kinesio tape on hamstring muscle length in female students of University of Dammam". IRB 2015-03-220	College of Applied Medical Sciences	
	Master	Maitland Mobilization versus Mulligan Mobilization in Sub-Acute and Chronic Non-Specific Neck Pain IRB 2016-03-134	College of Applied Medical Sciences	

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
	Master	Joint Mobilization versus Myofascial Release on Diabetic Patients with Painful Heel	College of Applied Medical Sciences	

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

Administrative Responsibilities

#	From	To	Position	Organization
	2015	2017	Coordinator of female student	PT department - College of Applied Medical Sciences

Committee Membership

#	From	To	Position	Organization
	2017	2018	Member in community committee	PT department - College of Applied Medical Sciences



Scientific Consultations

#	From	To	Institute	Full-time or Part-time

Volunteer Work

#	From	To	Type of Volunteer	Organization

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

1	
2	

Last Update

26...../...01.../2019