



## Alsayed Abdelhameed Shanb

Associate professor

### Personal Data

Nationality | Egyptian

Date of Birth | 3/1/1968

Department | Physical Therapy

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Office Phone No. | 31264

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### 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 – Cairo university	Faculty of Physical Therapy
1995	Master of physical Therapy	Egypt – Cairo university	Faculty of Physical Therapy
1999	Doctoral degree of physical Therapy	Egypt – Cairo university	Faculty of Physical Therapy

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

<b>PhD</b>	Effect of exercises on the macro and micro circulation in diabetic patients.
<b>Master</b>	Modulation of high density lipoprotein cholesterol by exercise in normal subjects.
<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	form 2009-2011
Academic advisor for male students in Physical Therapy department, College of Applied Medical Sciences, University of Dammam. KSA	S4030	form 2011-2017
Member in 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



## 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 <b>GoogleScholar:</b> <a href="https://scholar.google.com/citations?hl=en&amp;user=_pFGzpAAAAAJ">https://scholar.google.com/citations?hl=en&amp;user=_pFGzpAAAAAJ</a>
1	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
2	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
3	Muaidi QI, Shanb AA .	Effects of work demands on physical therapists in the Kingdom of	Journal of Taibah University Medical Sciences Received 15 June 2015; revised 17 December 2015; accepted 17 December 2015; Available online 15 January 2016



		Saudi Arabia.	
4	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
5	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 Back and Musculoskeletal Rehabilitation 26 (2013) 17–24 17. DOI 10.3233/BMR-2012-0344



6	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.
7	Al-Sayed A Shanb *, Enas F. Youssef.	Mobilization versus massage therapy in the treatment of cervicogenic headache: A clinical study	Bulletin of Physical Therapy Cairo University.2008.
8	Mohamed Yahia Abdel-Khalik , Abdullah Mohamed Alshehri a, Mustafa Hamed Rashed , Ayman Mohamed Azoz , Alsayed Abdel-Hameed Shanab , Shereen	Morning blood pressure surge as a predictor of outcome in patients with chronic essential hypertension	Saudi Journal of Medicine & Medical http://www.sjmms.net on Sunday, March 25, 2018, IP: 91.227.24.103] DOI:10.4103/1658-631X.204854



Abdel-Hameed Mahrous.		
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 medication s on diabetic peripheral neuropathy	Journal of Lasers in Medical Sciences <a href="http://journals.sbmu.ac.ir/jlms/login">http://journals.sbmu.ac.ir/jlms/login</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.sbmu.ac.ir/jlms/login">http://journals.sbmu.ac.ir/jlms/login</a>	Under publication

### 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 Researches

#	Research Title	Name of Investigator(s)
1		

### 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

- Purchasing committee of the department
- Community committee

### 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 topic in rehabilitation	PT 425	From 2009-2015 From 2018 to the date
7	Selected condition	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
12	Cardiopulmonary PT	PT 327	Secondary 2016-2017

**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	Coordinat ion	Co-coordinati on	Undergra d.	Postgra d.	From	to
1	Management in Health care organization male and female PT &RT	HIMT416					
2	Ethics of physical therapy	PT 419					
3	PT procedure	PT 224					



4	Special topic in rehabilitation	PT 425					
5	Selected condition	PT 424					
6	Internal Medicine	PT 321					

### 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

### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
	Master Thesis	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.		
		3-Blood Gases Response to Different Body Positions in Patients with Chronic Obstructive Pulmonary Disease in Intensive Care unit.		
		4-Blood Oxygenation Response to Treadmill Exercise in Elderly		
		5-Effect of Ozone Therapy versus Electro Acupuncture on Adult Obese Subjects.		
		6-Arterial Blood Gases Response to Incentive Spirometer versus Continuous Positive Airway Pressure after Coronary Artery Bypass Graft.		



		7-Efficacy of Low Level Laser Therapy versus Ultrasonic in Carpal Tunnel Syndrome for Diabetics.		
		8-Changes in Lumbo-sacral Region in Obese Subjects Complaining from Low Back Pain.		
		9-Effect of exercise training on liver Enzymes in fatty liver patients		
		10-Pulmonary Gas Exchange and Quality of Life in Patients with Left Ventricular Failure		
		11- Effect of Inspiratory Muscle Training on Selected Blood Gases in Chronic Obstructive Pulmonary Disease Patients.		
		12- Effect of Exercise on Serum Immunoglobulin-G and Ventilatory Functions in Males with Chronic Obstructive Pulmonary Disease Patients		
		13- Effect of Electromagnetic Therapy on Diabetic Poly-neuropathy.		
		14- Blood Gases Response to Incentive Spiro meter in liver ascetic patients.		
		15-Effect of Weight Reduction on Ventilatory Functions in Obese Women.		
		16- Effect of Exercise Training on Depression in Obese Persons		
		17- Pulsed Magnetic Field Versus Exercise Training on Osteoporosis in Elderly women.		
		18-Low Carbohydrates Versus Low Fat Diet Combined with Exercise Training on Young Obese Females.		
		19- Assessment of Ventilatory Function in Patients with Different Causes of Chronic Low Back Pain.		



		20- Historical Review of Physical Therapy for Osteoporosis in Geriatrics.		
		21- Effect of Different Body Positions on Ventilation in Patients with Unilateral Lung Diseases.		
		22-Effect of Low Intensities laser therapy on Venous Ulcer in Lower Limbs of Egyptian Patients.		
		23- Effect of Treadmill Exercise on Nitric Oxide in Diabetic Patients (Type Two).		
		24-Effect of selected balance training program on balance in elderly (2001).		
		25- Aerobic training versus strengthening exercises in chronic obstructive pulmonary disease.		
		26- Effect of stepping versus walking exercise in management of intermittent claudication.		
		27- Blood Gases Response to Incentive Spiro meter in liver ascetic patients.		

### 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
	2009	2017-2018	Member in purchasing committee	PT department of CAMS
	2009	2014	Member in community committee	PT department of CAMS
	2015	Till Now	Chairman of community committee	PT department of CAMS

### 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 Updated - 1/12/2019