



# Dr. Walaa Hamdy Ahmed Elsayed

Assistant Professor

## Personal Data

Nationality | Egyptian

Date of Birth | March-9-1977

Department | Physical Therapy

Official UoD Email | whelsayed@uod.edu.sa

Office Phone No. | 33331344

## Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	√
English	√	√	√
Others			

## Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2010	PhD	Cairo University	Egypt
2005	MSc	Cairo University	Egypt
1998	BSc	Cairo University	Egypt

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

PhD	"Influence of Age and Gender on the Mechanics of Stair Ascent and Descent"
Master	"Effect of Extremely Low Frequency Magnetic Field on Mechanical Properties of Red Blood Cells in Rats"
Fellowship	

## Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work			Date
Assistant Professor	KSA	University of Dammam	Dammam	October 2011
Assistant Professor	Egypt	Misr Univ. for Science and Technology	Cairo	November 2010
Lecturer	Egypt	Misr Univ. for Science and Technology	Cairo	April 2005
Teaching Assistant	Egypt	Misr Univ. for Science and Technology	Cairo	September 1999



### Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Internship Coordinator-female section	PT Dept.-CAMS-UoD	2012-2016
Member-Biomechanics lab.committee.	PT Dept.-CAMS-UoD	2016-current
Member-Research support committee.	PT Dept.-CAMS-UoD	2015-current
Director – Motion Analysis Laboratory (female section).	PT Dept.-CAMS-UoD	2012-2014
Member – Laboratory Committee.	PT Dept.-CAMS-UoD	2011-2013
Member – Research Committee.	PT Dept.-CAMS-UoD	2011-2013

### 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
1	A. Farrag and W. Elsayed	"Habitual Use of High-Heeled Shoes Affects Isokinetic Soleus Strength More Than Gastrocnemius in Healthy Young Females". Foot and ankle international.	Sage- Journal of Foot and Ankle International-May2016
2	A. Farrag and W. Elsayed	Hip and knee sagittal angles and muscle activation in stair locomotion: Impact of age and gender.	Elsevier- ESMAC Abstracts 2015- Gait & Posture.
3	Walaa Elsayed, and Ahmed Farrag	Effect of Long-Term Use of High-Heeled Shoes and Knee Position on Calf Muscle Isokinetic Strength.	American Society of Biomechanics 39th Annual Meeting. Columbus, Ohio August 5-8, 2015.
4	Walaa Elsayed, Ahmed Farrag, Mohsen El-Sayyad, William Marras.	Changes in muscular activity and lumbosacral kinematics in response to handling objects of unknown mass magnitude.	Elsevier- Human Movement Science (2015)



5	Ahmed T. Farrag, Walaa H. Elsayed, Mohsen M. El-Sayyad & William S. Marras	Weight knowledge and weight magnitude: impact on lumbosacral loading.	Taylor and Francis- 2014- Ergonomics
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#### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1	A.Farrag & W. Elsayed	Hip and knee sagittal angles and muscle activation in stair locomotion: Impact of age and gender.	European Society for movement analysis in adult and children-2015
2	W. Elsayed& A.Farrag	Effect of Long-Term Use of High-Heeled Shoes and Knee Position on Calf Muscle Isokinetic Strength.	American Society of Biomechanics-2015

#### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Walaa Elsayed, Fatimah Alseiha, Fatimah Alhaji, Mithaq Alethan, Lubana Allowaim, Zainab Albajhan, Zahra Allowaim	"Analysis of head and neck posture while texting. "	June 2016
2	Walaa Elsayed, Ahmed Farrag, Qassim Almuaidi ( A granted Project)	"Correlation of sagittal spinal deformities and trunk muscles strength."	May 2015
3	Walaa Elsayed, Dana Alabdelkareem, Dana Alrasheed, Marwa Alshammari, Nora Alsoqari, Lulwah A.Almulhim, Sadeem Alshubaili.	"Analysis of trunk and lower limb muscle activity while wearing shoes with different heel heights"	May 2014
4	Walaa Elsayed, Alanood W.Alkulaib, Aljoharah KH .Alshayji, Asma A.Alhufair, Deema R.Alsaeed ,Lama KH.Altuaimi, Seham J.Alghamdi	"Effect of Wearing High Heeled Shoes on the Sagittal Spine Curvature"	June 2013



5	Ahmed Farrag, Walaa Elsayed, Bashayer Al-Abdulgader, Lama Al-Gahtani, Nouf Al-Alyan Raghad Al-Johani, Sara Al-Harhi, Sumaya Batook Wafa'a Al-Nahawi.	"The Effect of Wearing High-Heeled Shoes on Calf Muscle Flexibility and Strength. "	June 2012
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#### Current Researches

#	Research Title	Name of Investigator(s)
1	Changes in spinal muscular activation and craniocervical angle after postural correction program for forward head posture.	Zainab Allowa, and Walaa H.Elsayed
2	Evaluation of neck mobility in forward head posture subjects.	Walaa Elsayed, Bashayer Kordi, Huda ShaikhOmar, Intesar Almansoor, Lama Aldamegh, Mai Alharbi, Rawan Athabet.

#### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	24 <sup>th</sup> Annual ESMAC Meeting	Heidelberg- Germany	Poster presentation
2	American Society of Biomechanics 39th Annual Meeting.	USA-Ohio state- August 2015	Poster presentation

#### Membership of Scientific and Professional Societies and Organizations

- The General Physical Therapy Syndicate, Cairo, Egypt.

#### Teaching Activities

##### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Biomechanics. University of Dammam-CAMS-PT Dept.	(PT 313)	14 LC-14 Lb
2	Kinesiology University of Dammam-CAMS-PT Dept.	(PT 325)	14 LC-14 Lb
3	Electrophysical Agents I University of Dammam-CAMS-PT Dept.	(PT 216)	14 LC-14 Lb
4	Electrophysical Agents II University of Dammam-CAMS-PT Dept.	(PT 225)	14 LC-14 Lb
5	Clinical Practice I University of Dammam-CAMS-PT Dept.	(PT 317)	14 wks clinical training
6	Clinical Practice II University of Dammam-CAMS-PT Dept.	(PT 328)	14 wks clinical training



7	Research Methodology University of Dammam-CAMS-PT Dept.	(HIMT410)	14 LC
8	Independent study University of Dammam-CAMS-PT Dept.	PT426	14 LC
9	PT examination procedures University of Dammam-CAMS-PT Dept.	PT 224	14 LC-14Lb
10	Evaluation and measurement I Misr Univ. for Science & Technology- Faculty of PT	EVAL201	14 LC-14Lb
11	Evaluation and measurement II Misr Univ. for Science & Technology- Faculty of PT	Eval 202	14 LC-14Lb
12	Electrotherapy Misr Univ. for Science & Technology- Faculty of PT	ELEC201	14 LC-14Lb
13	Therapeutic Modalities I Misr Univ. for Science & Technology- Faculty of PT	THMO 201	14 LC-14Lb
14	Kinesiology Misr Univ. for Science & Technology- Faculty of PT	KINS102	14 LC-14Lb
15	Biomechanics I Misr Univ. for Science & Technology- Faculty of PT	BIOM201	14 LC-14Lb
16	Biomechanics II Misr Univ. for Science & Technology- Faculty of PT	BIOM202	14 LC-14Lb

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

1	(PT 313): A basic course of biomechanics of the human body aims to establish a basic theoretical and practical knowledge regarding biomechanics of different human body tissues and their response and hence tolerance to different kinds of loading. Application of concepts of forces and moments on human body is being introduced through this course.
2	(PT 325): This course introduces basics about human joints mechanics, as well as gait analysis. Posture analysis, and its fundamentals is extensively explained through this course. Additionally, explanation of biomechanics of respiration, and association of postural faults with consequent inappropriateness of respiration mechanics is included in this course.
3	(PT 216): This course is one of the basic courses that introduces electrophysical modalities in the field of physical therapy. The focus of this part (part I) is directed toward electromagnetic spectrum, including many zones and hence therapy effect of each one. Diathermy as well as mechanical ultrasound waves and their underlying effects on human body are covered extensively through this course.
4	(PT 225): It is considered part II of electrical therapeutic modalities used in physical therapy. It is an advanced course that covers the types of electrical stimulating currents for human body excitable tissues (nerves and muscles).
5	(PT 317): A clinical course that is undertaken at different hospitals. The course aims to apply evaluation for musculoskeletal cases, planning for treatment, and application of treatment as well as re-evaluation .
6	(PT 328): A clinical course that is undertaken at different hospitals.



7	(HIMT410): The course introduces basics of research methodology science. It covers the basic elements of research proposal, and the contents of manuscript. This course ends up with a submission of different student's research project proposals.
8	PT426: This course is considered complementary for the research methodology course in which the elements of a scientific manuscript are explained in details. A research project is to be carried out. It ends up with oral presentation of a graduation project.
9	PT 224: A fundamental course about the basic evaluation techniques for patient's physical examination in the field of physical therapy.
10	EVAL201: A fundamental theoretical and practical course involving evaluation methods and techniques of human body lower limb muscles and joints.
11	EVAL202: A fundamental theoretical and practical course involving evaluation methods and techniques of human body upper limb and spine muscles and joints.
12	ELEC201: The course involves theoretical and practical presentation of electrotherapy and diathermy methods for treating human body conditions. Therapeutic effects and clinical application are extensively introduced.
13	THMO 201: This course introduces application and therapeutic effect of certain physical therapy treatment modalities that involves treatment of musculoskeletal system.
14	KINS102: The scientific analysis of movement is presented through this basic course. We introduce the concepts of the laws that govern motion, specifically human motion.
15	BIOM201: Mechanical principles of human body during static and dynamic situation is covered throughout this course. In addition, the fundamentals of human tissues material properties and response to various loading modes is covered in this course.
16	BIOM202: Mechanical principles of human body joints of normal and pathological conditions is the scope of this course. In addition, human gait analysis is presented for normal and common pathological gait patterns.

#### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Objective Measurements in Musculoskeletal Physical Therapy (Module One: Motion Analysis)	(3429519)	Master of Science in Musculoskeletal Physical Therapy. 3Cr. , 6 contact hours for five consecutive weeks.

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

1	(3429519): This course used evidence based methodology to emphasize advanced laboratory measurements used in musculoskeletal management and research. Instrumentation for clinical evaluation, including measures of force, gait, motion and kinesiologic electromyography is explained and implemented through motion analysis module of this course.
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#### Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to
1	Biomechanics PT313	√		√		2011	2014
2	Kinesiology PT325	√		√		2011	2016
3	Electrophysical Agents I		√	√		2012	2014



	PT216						
4	Electrophysical Agents II PT225	√		√		2012	2016
5	Research Methodology HIMT410		√	√		2013	2016
6	Independent study PT426	√		√		2013	2016
7	PT examination procedures PT224	√		√		2011	2014

#### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date
1	Workshop	Literature review writing	RC Dept.-CAMS	Mar.2016
2	Workshop	Literature review writing	CN Dept.-CAMS	Feb.2016

#### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	to
1	Undergraduate	6	2016	2017
2	Undergraduate	6	2015	2016
3	Undergraduate	6	2013	2014
4	Undergraduate	6	2012	2013
5	Undergraduate	7	2011	2012

#### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Master Degree	Changes in spinal muscular activation and craniocervical angle after postural correction program for forward head posture.	University of Damman	2015 2016

#### Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Master Degree	Changes in spinal muscular activation and craniocervical angle after postural correction program for forward head posture.	University of Damman	2016



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

**Administrative Responsibilities**

#	From	To	Position	Organization
1	2012	2016	Internship coordinator	CAMS

**Committee Membership**

#	From	To	Position	Organization
1	2016	current	Member-Biomechanics lab.committee.	PT Dept.-CAMS-UoD
2	2015	current	Member-Research support committee.	PT Dept.-CAMS-UoD
3	2012	2014	Chair- Female's lab Committee.	PT Dept.-CAMS-UoD
4	2011	2013	Member – Laboratory Committee.	PT Dept.-CAMS-UoD
5	2011	2013	Member – Research Committee.	PT Dept.-CAMS-UoD

**Scientific Consultations**

#	From	To	Institute	Full-time or Part-time
1	2015		Referee in the 6th student scientific conference. Ministry of higher education KSA.	
2	December 2013		Referee in the 5th student scientific conference. Ministry of higher education KSA.	
3	January 2013		Referee in the 4th student scientific conference Ministry of higher education KSA.	

**Volunteer Work**

#	From	To	Type of Volunteer	Organization
	March 2013		Public Consultation	Community committee- PT Dept-CAMS "Work with no pain activity"

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





1	Very good computer skills
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Last Update

12/1/2016