

# Ahmed Mashaal

Physical Therapist and Sports  
Injury Specialist



## EDUCATION

- Doctoral Degree in physical therapy, 2018, department of physical therapy for Pediatrics (PhD) Cairo University. Thesis Title is:  
**“Effect of Vestibular Stimulation on Balance in Obese Children”**
- Master degree in physical therapy, 2010, department of physical therapy for Pediatrics (M.Sc.) Cairo University. Thesis Title is:  
**“Effect of weight bearing exercise in children with antiepileptic drugs”**
- B.Sc. of physical therapy, 6<sup>th</sup> Oct. University for Science and Technology, July 2002, **Grade: very good.**

## CERTIFICATE AND WORKSHOP

- American association educational program for study the Nutrition, 16 accredited hours, 2018.
- Occupational Health and Safety, National Research Center, Egypt. 24 - 25<sup>th</sup> October, 2017.
- Role of Mesotherapy in obesity, Medial East Association of Alternative Medicine, 2016.
- Management of Childhood Obesity, East Association of Alternative Medicine, 2016.
- Justify Physiotherapy Practice, Faculty of Physical Therapy, Cairo University, 11<sup>th</sup> January, 2009.
- Appreciation from Physical Therapy, Faculty **“Orthotics unit”** Faculty of physical therapy, Cairo university .24<sup>th</sup> June, 2008.
- Management of spasticity **“What to Do?”** Faculty of physical therapy, 2007.
- Approach to Orthopedic and Neurological Disorders, Faculty of Physical Therapy, Cairo University.5 - 19<sup>th</sup> March, 2006.
- Advanced course II Acupuncture, Faculty of Physical Therapy, Cairo University. April, 2006.
- Back Dysfunction: **“Problem and management”** The general physical therapy syndicate, Work Shop, 9<sup>th</sup> December, 2005.
- Neurophysiology Diagnosis in Children, Egyptian Pediatric Association, 2004.
- Advanced course I Acupuncture, Faculty of Physical Therapy, Cairo University. April, 2003.

## MEMBERSHIP OF ASSOCIATION:

- Member of Middle East Association of Alternative Medicine.
- Member of Fragile X chromosome Association.
- Member of Diabetes and Metabolism (AASD), Kasr Al Aini Teaching Hospital.
- Member of Egyptian Arab society for health and therapeutic nutrition. (EASHTN)
- Member of Egyptian Medial Association For The Study Of Obesity (EMASO)

## Personal Information

### Full Name:

Ahmed Hussein Mostafa Mashaal

### Date of Birth:

20/09/1981

### Address:

1 Yathreeb St. – Mohandseen - Aguza -  
Giza

### Marital status:

single

### Military

status:Finished

### Cell phone:

(+962)0775792260

### E-mail:

drahmedmashaal@gmail.com

## CONFERENCES

### Skills

#### Documentation

Advanced

#### Time Management

Expert

#### Critical Thinking

Advanced

#### Decision Making

Expert

#### Physical Stamina

Proficient

#### CPR and First AID

Advanced

#### Collaboration

Expert

### Software

#### ICDL Certification

Advanced

### Languages

#### Arabic

Native

#### English

Fluent

#### French

Fair

### Management Skills

Expert

- Attendance the 7<sup>th</sup> Annual conference of Egyptian Arabic Society for Healthy and Therapeutic Nutrition **"EASHTN" "Sports Nutrition"** 1<sup>st</sup> March 2018.
- 14<sup>th</sup> Annual Meeting of the Egyptian Medical Association for the Study of Obesity (EMASO), 11<sup>th</sup> Annual Meeting of the Egyptian Medical Association for the Study of Obesity (EGSPEN), 15 - 16<sup>th</sup>, 2018.
- Attendance 13<sup>th</sup> Annual Meeting of EMASO & 10<sup>th</sup> Annual Meeting of **"EGSPEN"** February 9 – 10<sup>th</sup>, 2017.
- Attended the 8<sup>th</sup> International Scientific Conference of Alternative Treatment **"Scientific View of Obesity Management"** Cairo, Egypt, 19 - 20<sup>th</sup> May 2016.
- Attendance the First Annual International Conference of Obesity & Nutrition. 12<sup>th</sup> March 2015.
- Attendance 9<sup>th</sup> Annual Meeting of the Egyptian Medical Association for the Study of Obesity, 31 May – 1<sup>st</sup> June 2012.
- Attendance 10<sup>th</sup> National Conference the Arabic Association for the Study of Diabetes and Metabolism (AASD), Kasr Al Aini Teaching Hospital, 29<sup>th</sup> December, 2011.
- Attendance 8<sup>th</sup> annual meeting of the Egyptian Medical Association for the study of obesity, 23<sup>rd</sup> June, 2011.
- Participated in Mesotherapy Seminar, Vamer Pharmaceutical Middle East Distributor, 2008.
- Attendance the First Conference of Orthotics, Prosthesis Technology and Disabilities, Faculty of Physical therapy, Cairo University in Cairo, 24<sup>th</sup> June, 2008.
- Attendance the Ninth International Scientific Conference of Orthotics, Faculty of Physical Therapy, Cairo university, **"Physical Therapy is a Safe Cure"** in Cairo, 1-3<sup>rd</sup> March, 2006.
- Attendance the Scientific Meeting of the **"New Ear in Electrical Approaches: Evaluation and Treatment Issues"** 18<sup>th</sup> June, 2004.
- Attendance the Second Scientific Symposium of the: **"New Era in Sport Injuries: P.T. Prevention and Treatment"** Cairo, 1<sup>st</sup> October 2004.
- Attendance in Faculty of Physical Therapy, Cairo University conference in name **"New Vision In Future Physiotherapy Education"** in Cairo, 12-13<sup>th</sup> June, 2003.
- Attendance in the 6<sup>th</sup> International Scientific Conference of Physical Therapy, Faculty of Physical Therapy, Cairo University in Association with Arab Confederation for Physical Therapy **"Physical Therapy : Prevention and Treatment"** Cairo, 13-14<sup>th</sup> March , 2003.
- Attended in the International Conference of Alternative Treatment **"Children with Special Needs"** 9-10<sup>th</sup> January 2003.
- Attendance in the Fifth International Scientific Conference of Physical Therapy, Faculty of Physical Therapy, Cairo University in Association with Arab Confederation for Physical Therapy **"Physical Therapy : and Disability Control"** Cairo, 20 - 22<sup>nd</sup> March, 2002.

## • PUBLICATIONS

- Publication at Medical Journal of Clinical and Analytical Medicine JCAM with title: **“Effect of Vestibular Stimulation on Balance in Obese Children”**. 2018
- **Effect of Tai Chi versus Aerobic Training on Improving Hand Grip Strength, Fatigue, and Functional Performance in Older Adults Post-COVID-19: a randomized controlled trial**, Journal of Population Therapeutics & Clinical Pharmacology, 2-4-2023
- **Drug misuse and self-medication among pharmacy students in Jordan**, Polish medical journal, 8-5-2023
- **Test-retest reliability of an android application** (protector for range of motion evaluation), Journal sport TK, 12\6\2023

## CURRENT JOB

- Dean of Faculty Of Medical Applied Science, IRBID NATIONAL UNIVERSITY.(2023-till now)
- Head of physical therapy department , allied medical science collage , isra university
- Head of Physiotherapy Research Unit, Medical Center of Excellence, National Research Center, Egypt.(2018-up till now)
- Lecturer of Physical Therapy Department of Children with Special Needs National Research center, Egypt.2011-2018
- Vice president of Researchers Club, National Research Center, Egypt.2013-2022
- Member of Media Committee Medical Branch, National Research Center, Egypt.2018-2022
- Medical advisor in American athletic pharmaceuticals company
- Medical media consultant Saba pharmaceuticals company

## PROFESSIONAL EXPERIENCE

- 2003 - 2010 assistant researcher NRC, Egypt.
- 2010 - 2018 researcher assistant NRC, Egypt.
- 2018 until now researcher NRC, Egypt.
- Many of hospitals in and out patients departments (El Salama Hospital, El Safa Hospital).
- 2022-2023 Head of physical therapy department , allied medical science collage , isra university
- Dean of Faculty Of Medical Applied Science, IRBID NATIONAL UNIVERSITY.(2023-till now)