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## HEBA ESSAM ADEL

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### PERSONAL INFORMATION

- Marital status: Married.
- Nationality: Egyptian
- Date of birth :14<sup>th</sup> march  
1988.  
Jeddah resident.



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### EDUCATION

- PhD degree physical therapy, Cairo University .2022
- Master degree of physical therapy for woman's health,  
Cairo University 2016.
- BSC of physical therapy ,Cairo University 2009 grade  
"very good with honor "
- Internship 2009-2010 Kasr el Aini hospital (Cairo  
university hospital)
- post graduate studies at national LASER institute –  
physical therapy dep.
- Diploma of clinical nutrition.

#### Courses:

- Mulligan concept certified from international mulligan  
institute
- Orthopedic manual physical therapy.
- Accupuncture course certified from Egyptian society for  
acupuncture.

- 1<sup>st</sup> aid course.
- radiology course certified from kasr el ainy (cairo university hospital)
- Tofel certificate with grade : 590
- Osteopathy courses visceral osteopathy and womans health osteopathy.
- Medical taping
- Vestibular rehabilitation.
- Lumbopelvic dysfunction.
- Attended a lot of medical conferences.
- Certified neurolinguistic programming practitioner
- Diploma in neurolinguistic programming from Canadian training center for human resource

▪ Experience :

- 11 years' experience in physical therapy and nutrition

In:

- Kasr el aini cairo university hospitals (1 year).
- Shiekh zayed hospital .(10 years).
- Medipont clinic sheikh zayed.(3 years).
- Ansary clinic at twin towers sheikh zayed.(5 years).

- Dealing with Physical therapy for orthopedic cases :

Low back pain .

Disc problms.

Cervical cases.

All spinal problems .

Joint problems :arthritis,pain ..etc

Post fracture cases

Neural problems :nerve compression, sciatica ...etc.

- Woman's health physical therapy.:  
Treatment of female problems during pregnancy and post natal.  
gynecology cases of urine incontinence and genital prolapse and pelvic floor dysfunction treatment without surgery.
- Nutrition programs :  
For weight loss  
For anemia and weight gain.  
Nurtiton during pregnancy and post natal  
Nutrition for infants.

### ACHIEVMENTS

- I was awarded as" the Ideal Student" at faculty of physical therapy cairo university
- I was speaker in the conference of Human performance and ergonomics held at kasr el aini to discuss my research(2008) .
- Speaker at international physical therapy conference to publish my paper about “trunk flexion versus extension exercise program on post natal low back pain” (2016).
- Publish an article in Turkish journal of physical therapy 2021its title " reducing abdominal obesity on post natal low back pain".
- Interviewed at a lot of Egyptian tv channels like :  
Dmc, Nile tv, Nile life,Nile family,el Nahar ,el Mehwar,el Hayah.  
Sky news Arabia.
- You can view at my youtube channel د.هبة عصام  
<https://www.youtube.com/channel/UCZOeEdjO01-818vDMYA7ABg>

## For Contact:

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