

Name: Heba Mohammed Ali.

Personal Information:

Personal Data

Date of Birth : 24/ SEP/1981.

Place of Birth : Giza, Egypt.

Marital Status : Married

Nationality : Egyptian.

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Scopus ID <https://www.scopus.com/authid/detail.uri?authorId=57217875174>

Education:

Year	Degree	Department, Faculty, and University	Grade
2002	Bachelor Degree in Physical Therapy	B.Sc. in Physical Therapy, Faculty of Physical Therapy, Cairo University, Egypt.	Very good
2009	Master degree in Physical Therapy	M.Sc. degree in Physical Therapy for Cardiovascular/ Respiratory Disorder and Geriatrics, Faculty of Physical Therapy, Cairo University, Egypt. Thesis title: Relationship Between Ventilatory Functions and Work Capacity in Patients with Liver Cirrhosis.	Very good
2015	Doctoral degree in Physical Therapy	PhD degree in Physical Therapy for Cardiovascular/ Respiratory Disorder and Geriatrics, Faculty of Physical Therapy, Cairo University, Egypt. Thesis title: High Intensity Interval Training Versus Resistive Training on Patients with Chronic Liver Diseases.	Very good

Licensure:

1. Egyptian professional license: Specialist Physical Therapist.

Work Experiences:

2004	2015	Physical Therapy specialist	Rehabilitation and Fitness unit Kasr El Eini Hospitals (Cairo University).
2014	2016	Assistant Lecturer	Department for Cardiovascular/ Respiratory Disorder and Geriatrics, Faculty of Physical Therapy (Beni-suef University).
2016	2023	Lecturer	Department for Cardiovascular/ Respiratory Disorder and Geriatrics, Faculty of Physical Therapy (Beni-suef University).
Sep 2023	Till now	Assistant Professor	Department for Cardiovascular/ Respiratory Disorder and Geriatrics, Faculty of Physical Therapy (Beni-suef University).
Sep 2024	Till now	Head of the Department	Department for Cardiovascular/ Respiratory Disorder and Geriatrics, Faculty of Physical Therapy (Beni-suef University).
Nov 2025	Till now	Vice Dean for Community Service and Environmental Development	Faculty of Physical Therapy Beni-suef University

Publications

Effect of Adding Integrated Core and Graduated Upper Limb Exercises to Inpatient Cardiac Rehabilitation on Sternal Instability After Coronary Artery Bypass Grafting: A Randomized Controlled Trial [Archives of Physical Medicine and Rehabilitation](#) Volume 105, Issue 12, Pages 2245 - 2252 December 2024

Effect of Buerger–Allen exercise on wound healing in patients with diabetic foot ulcers: a randomised controlled trial [Journal of Wound Care](#) Volume 33, Pages XCI - XCVIII2 April 2024

Comparative effects of moderate-intensity interval training on sleep quality and functional capacity in atrial fibrillation patients with two types of sleep apnea [Physiotherapy Quarterly](#) Open Access Volume 32, Issue 1, Pages 93 – 99 2024

Effect of high-intensity interval training versus moderate-intensity continuous training on plasminogen activator inhibitor-1 in Type 2 diabetic women [Advances in Rehabilitation](#) Open Access Volume 36, Issue 4, Pages 17 – 23 2022.

Barriers to healthy eating among overweight/obese physiotherapy students. Do urban/rural residence or living with/without family have a link? [Physiotherapy Quarterly](#) Open Access Volume 28, Issue 4, Pages 30 – 35 2021.

Comparative effects of two exercise training programs on health-related quality of life in middle-aged women with non-alcoholic fatty liver disease [Advances in Rehabilitation](#) Open Access Volume 34, Issue 4, Pages 1 - 10 23 October 2020.

Low-intensity inspiratory loaded exercises improve physical health perception in women with type 2 diabetes [Physiotherapy Quarterly](#) Open Access Volume 28, Issue 2, Pages 9 - 14 2020

Academic experience:

- Head of the department of for Cardiovascular and pulmonary disorders.
- Teaching for undergraduate students (credit hours).
- Teaching in professional diploma in respiratory physical therapy care
- Teaching for postgraduate students (Master degree).
- Head of the research ethical committee in faculty of Physical therapy Beni- Suef University.

Courses:	
Title	Year
Workshop of "ICU and Chest Physiotherapy" Ismailiaa, Egypt.	December 2021
Workshop of "ICU and Chest Physiotherapy" Beni-suef, Egypt.	September 2023

Language Skills: **Arabic:** A native language skill.
English: Proficient; in speaking, reading, writing, and listening skills.

Computer Skills: A very good knowledge and proficiency of Microsoft applications: Word, Excel and PowerPoint.