



تمن رعاية

أ.د. منصور حسن
رئيس جامعة بني سويف

وعناية

أ.د هشام بشرى
نائب رئيس الجامعة
لشئون البيئة وتنمية المجتمع

أ.د فاطمة حسن
نائبة رئيس الجامعة
للدراسات العليا والبحوث

ورئاسة

أ.د. ألفت دياب
عميد كلية العلاج الطبيعي

EVIDENCE BASED PRACTICE IN PHYSICAL THERAPY FORUM

ومحضور ضيفي الملقى

أ.د باسم النحاس
استاذ العلاج الطبيعي للعظام

د. سامي سعد
تقرب العلاج الطبيعي

بمدرج (أد منصور حسن)

بكلية (العلاج الطبيعي) جامعة بني سويف

(الأربعاء، الموافق)

17/4/2019

Forum of
Evidence-
Based
Practice in
Physical

Forum
Book



Forum of Evidence-Based
Practice in Physical Therapy
April 17, 2019



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**Forum of Evidence-Based
Practice in Physical Therapy
April 17, 2019**



Introduction

- Scientific event is essential business of the educational institution and good indicator for the healthy educational environment. It enriches the educational process, updates the knowledge, enables exchange of the scientific and research experiences, introduces the new researchers to the scientific community and raises the students' awareness toward the importance of research to the profession. In addition, organizing scientific event has also hidden benefits as enhancement of the team work, union all members of the college (faculty, staff and student) toward one goal, promotes soft skills of plan, organization, time management, responsibility, commitment and loyalty among both the faculty and students members. Add to that, the sense of achievement which raises the enthusiasm and reflects positively on the spirally and the performance aspects of the all college members.
- One of the most scientific issues that are incrementally get attention because of its importance is the evidence-based practice (EBP). The EBP started in medicine and currently are used in all health professions. The EBP is a clinical approach aimed to provide the patients with the most possible quality health care services.
- Prof. Olfat Diab, the dean of faculty of physical therapy suggested the conduction of a Forum entitled "Evidence-based Practice in Physical Therapy" to introduce this important clinical approach to the scientific community of the college. The forum was held on Wednesday, April 17th, 2019 at the college under the patronage of Prof. Mansur Hassan, the president of the University and was supported by the Prof. Fatma Hassan, Vice- President for Postgraduate Studies and Research and Prof. Hisham Bushra, Vice-President for Environmental Affairs and Community Services.
- The vice deanship of Postgraduate Studies and Research at the college organized this scientific forum with collaboration of vice deanships of Students Affairs and Learning and Environmental Affairs and Community Services. The forum was targeting the faculties, clinicians, and students of physical therapy. The forum was one-day scientific event which was held at Faculty of Physical Therapy- Beni Suef University. This forum book is also prepared by the vice deanship of Postgraduate Studies and Research to exchange the experience and for the documentation purpose.

Acting Vice Dean for Postgraduate Studies and Research

Dr. Salwa El-Sobkey



**Forum of Evidence-Based
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April 17, 2019**



**Prof. Mansur Hassan
President, Beni Suef University**



**Prof. Fatma Hassan
Vice-President for Postgraduate
Studies and Research
Beni Suef University**



**Prof. Hisham Bushra
Vice-president for Environmental
Issues and Community Services
Beni Suef University**



**Prof. Olfat Diab
Dean, Faculty of Physical Therapy
Beni Suef University**



**Dr. Salwa El-Sobkey
Vice-Dean for Postgraduate Studies and Research
Faculty of Physical Therapy
Beni Suef University**



Forum of Evidence-Based
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Brochure

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EVIDENCE BASED PRACTICE IN PHYSICAL THERAPY FORUM

ومحضور ضيفي الملقى

أ.د. باسم النحاس
أستاذ العلاج الطبيعي للعظام

د. سامي سعد
نقيب العلاج الطبيعي

بمدرج أ.د. منصور حسن
بكلية العلاج الطبيعي جامعة بني سويف

الأربعاء، الموافق
17/4/2019



Forum of Evidence-Based
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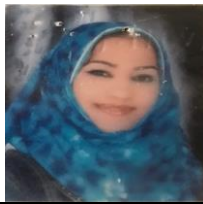
Organizing Committee

Dr. Mostafa Olwan
Assistant Lecturer
Department of Basic Sciences and
Biomechanics



Dr. Ahmed Abdel Monaem
Assistant Lecturer
Department of Basic Sciences and
Biomechanics

Dr. Ibrahim Tobba
Assistant Lecturer
Department of Physical Therapy for
Orthopedic



Ms. Aml El-Gebali
Director of Cultural Affairs

Mrs. Huda Wahba
Vice Dean's Office Secretary



Mr. Hisham Mostafa
Dean's Office Secretary



Forum of Evidence-Based
Practice in Physical Therapy
April 17, 2019



Students

Mohamed Maher	5 th Year	Shrouq Mohamed	2 nd Year
Kareem Wael	1 st Year	Esraa Mohamed	1 st Year
Ahmed Bahaa	5 th Year	Jasmine Ali	4 th Year
Mohab Mostafa	5 th Year	Esraa Abd Elmoniem	5 th Year
Aya Alaa ElDeen	5 th Year	Islam Khallaff	5 th Year
Ghada Ali	4 th Year	Marwa Moustafa	5 th Year
Rehab Ali	2 nd Year	Marwa Abuzaid	5 th Year
Abeer Ragab	4 th Year	Rofida Shokry	5 th Year
Asmaa Ahmed	4 th Year	Alaa Mohamed	4 th Year
Eman Salah	4 th Year		



**Forum of Evidence-Based
Practice in Physical Therapy
April 17, 2019**



Forum of Evidence Based Practice in Physical Therapy

Forum Agenda

Time	Activity	Speakers
9:00-9:45 am	Registration	
9:45- 9:55 am	Welcome and National Anthem	
9:55- 10:20 am	Opening	Prof. Olfat Diab
10.20- 10:40	Students' Awarding	Prof. Olfat Diab
10:40- 11:00 am (20 min)	Overview of Evidence Based Practice in Physical Therapy and Its Importance	Dr. Salwa El-Sobkey
11:00- 11:20 am (20 min)	Levels of Research	Dr. Ibrahim Tobba
11:20 - 11:40 am (20 min)	Obstacles of Implementing Evidence Based Practice in Orthotics	Dr. Ibrahim Ragab
11:40 am- 12:00 pm (20 min)	Kegel's Exercise: The Best Available Evidence Based Solution for Many Concerning Issues in Females' Life	Dr. Eman Awad
12:00- 12:30 pm (30 min)	Coffee Break Time	
12:30- 12:50 pm (20 min)	International Classification of Functioning Disability and Health as a Frame Work for Physical Therapy	Dr. Mai Abdelmohsen
12:50- 1:10 pm (20 min)	The Shrug Sign in People with Frozen Shoulder; Can be Decreased with Dynamic Scapular Recognition Exercise	Dr. Ayman Abdullah
1:10 - 1:30 pm (20 min)	Rehabilitation Post Anterior Cruciate Ligament Reconstruction	Dr. Nader ElSayed
1:30- 1:50 pm (20 min)	Manual Therapy for Temporomandibular Joint Dysfunction	Dr. Mohamed Naeem
1:50- 2:10 pm (20 min)	Motor Learning Concepts Translation from Theory to Clinical Practice	Dr. Abd El hamid Ibrahim
2:10- 2:30 pm	Closing	Prof. Olfat Diab



Forum of Evidence-Based
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Speakers and Presentations

The forum was lunched with a speech of Prof. Olfat Diab, the dean who emphasized on the importance of such scientific events to enhance the knowledge and skills of the faculty members including the academic members as well as the students.



As emanant professor of physical therapy, Prof. Basem El Nahas was invited as gust to the forum. Prof. Basem enriched the event with a speech about the physical therapy and the evidence-based practice and its history.

The forum was also delighted with the presence of Dr. Mohamed El-Masry, the Chair man of the Egyptian Syndicate- Beni Suef State who was attended on behave of Dr. Sami Saad the President of General Egyptian Syndicate.





Dr. Salwa El-Sobkey
Associate Professor
Physical Therapy of Internal Medicine
Vice Dean for Postgraduate Studies
and Research

The aim of the presentation is to introduce the basic knowledge regarding the evidence-based practice.

The presentation included the following:

- Need for decision making in daily physical therapy practice.
- Definition and importance of evidence-based practice.
- Steps of implementing evidence-based practice
- The Egyptian Physical Therapist believe and adoption to evidence-based practice and barriers facing the adoption.



Evidence-Based Practice

• Is **clinical approach** in which there is **integration** of best available external clinical evidence from systematic research with individual clinical experience and individual patient preference **in order to best guide clinical decision making.**

World Applied Sciences Journal 16 (9): 1282-1291, 2012
ISSN 1818-4952
© IDOSI Publications, 2012

Evidence-Based Practice and Standardized Outcome Measures: Egyptian Physical Therapists' Beliefs, Perceptions and Adoption

¹Salwa B. El-Sobkey and ²Akram M. Helmy

¹Department of Rehabilitation Health Sciences, King Saud University, College of Applied Medical Sciences, Riyadh, Kingdom Saudi Arabia
²Faculty of Physical Therapy, 6th October University, Giza, Egypt



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Dr. Ibrahim Tobba
Assistant lecturer
Orthopedic physical therapy - BSU
Professional certified trainer
Graduate of the presidential leadership
program

The aim of the presentation is to an overview of logic, decision making & levels of research evidence.

The presentation included the following:

- Sources of knowledge.
- Definition of evidence-based practice.
- History of research.
- Levels of research evidence.
- Outcomes of a study titled “Systematic Literature Review of Imaging Features of Spinal Degeneration in Asymptomatic Populations”
- Concepts of experience & logical framework.





Dr. Ibrahim Ragab
Lecturer of Physical Therapy for
Orthopedic
Beni-Suef University

The purpose of this presentation is to summarize the barriers hindering the establishment of the evidence-based practice in orthotic management.

The presentation involved the following:

- Defining Orthotics and evidence-based medicine.
- Background about the field of Orthotics, relating it to evidence-based practice.
- Factors hindering implementation of evidence-based practice
- Review of some articles regarding author, location and design conflicts.

Overall obstacles

1. **Lack of knowledge about how to search for evidence CAT:** e.g, establishing a clinical question ...etc AFO

2. **Lack of knowledge about how to judge the quality of evidence:** The results of studies like that, as far as I can understand, are pretty much in agreement that all **methods** that are studied have **an effect** as compared with **no treatment** at all. But it's hard to actually say that there is evidence that one method is better than another.



Obstacles confronting EBP in Orthotics

By

Ibrahim Ragab PhD., PT

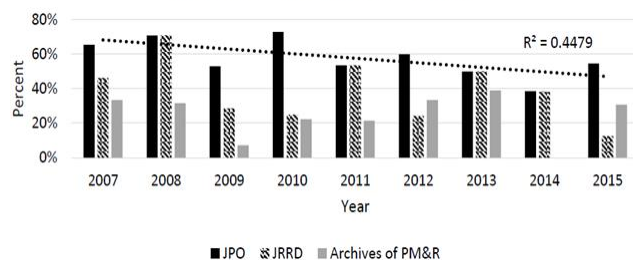
Lecturer of Orthopedic Physical Therapy

Publishing related obstacles

Author characteristics:

qualifications, First or second author, location, Corresponding author

Yearly Percent of Articles with a P&O Professional as an Author Between 2007 and 2015





Dr. Eman Awad
Lecturer of Physical Therapy for
Woman's Health-
Physical Therapy Department for
Women's and Child Health-
Faculty of Physical Therapy-
Beni Suef University

The aim of the presentation is to

- Recognize Kegel's exercise as one of the best available evidence-based practices in physical therapy for women's health according to Cochrane Library.
- Realizing the role of Kegel's exercise in obstetrics and gynecology.
- Introduce the best practice available to perform Kegel's exercise.

The presentation included the following:

- Description of Kegel's exercise
- Benefits of Kegel's exercise
- Practicing Kegels
- Suggestions for practicing Kegels

Title of presentation: Kegel's Exercise: The Best Available Evidence Based Solution for Many Concerning Issues in Females' Life



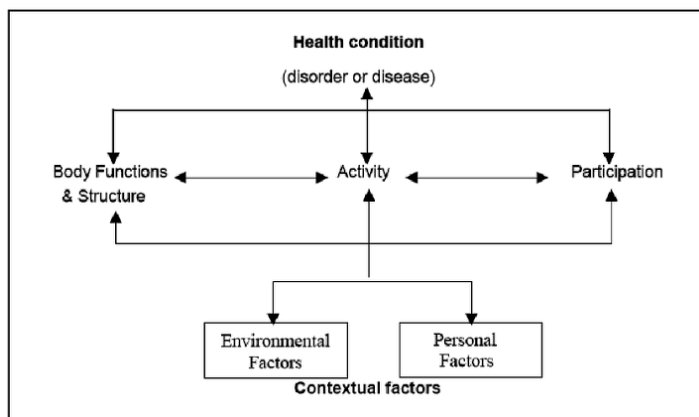
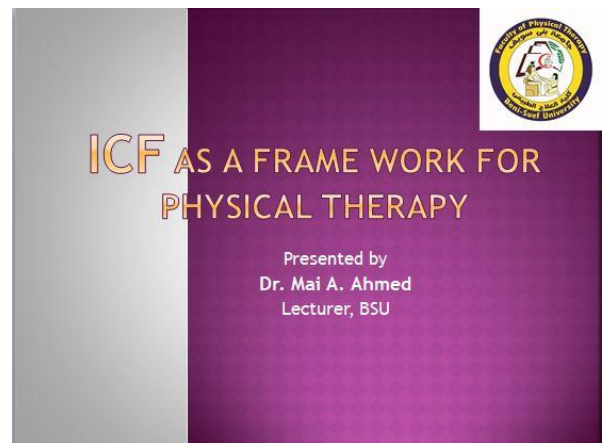


Dr. Mai A. Ahmed
Lecturer, Pediatric section
PT department of Woman & Child
Health
Beni Suef University

The aim of the presentation is to introduce the frame work that we must work through as physiotherapists either for assessment or intervention.

The presentation included the following:

- Historical background of ICF
- Components of ICF
- Application of ICF on different health conditions
- Clinical reasoning of using ICF as framework



HIGH PRIORITY OUTCOMES

- **Participation in society**
- Improvement or maintenance of **quality of life**
- **Consistency** in service delivery
- **Empowering**/enabling individuals, families & caregivers
- **Minimal** barriers



Dr. Ayman A Mohamed
Lecturer
Department of Basic Sciences and
Biomechanics
Beni Suef University

The aim of the presentation is to introduce the dynamic scapular recognition exercise as a new intervention for shrug sign in patient with frozen shoulder.

The presentation included the following:

- Frozen shoulder's incidence and complication
- Evidence based intervention for frozen shoulder
- Limitations of current interventions in gaining full shoulder ROM
- Clinical importance on Dynamic Scapular Recognition exercise in regaining the full shoulder ROM
- Stages of Dynamic Scapular Recognition exercise

DYNAMIC SCAPULAR RECOGNITION EXERCISE

As A Treatment for the Shrug Sign in Patients with Frozen Shoulder

By

Ayman Abdallah Mahmoud

Lecturer of Physical Therapy
Beni-Suef University



Stage I

Stage II

Stage III

Archives of
Physical Medicine and Rehabilitation



Effect of Dynamic Scapular Recognition on Shoulder Range of Motion in Patients With Adhesive Capsulitis

[Ayman Mohamed](#)
University of Illinois at Urbana-Champaign
[Yih-Kuen Jan](#), [Wadida Elsayed](#), [Abeer Yamany](#)
Research Poster 299979

Effect of Dynamic Scapular Recognition on Shoulder Range of Motion in Patients With Adhesive Capsulitis

DOI: <https://doi.org/10.1016/j.apmr.2017.08.177> |  Check for updates



Dr. Nader Ibrahim El-Sayed

**Lecturer of Physical Therapy for
Orthopedic**

Beni Suef University

The aim of the presentation is to recognize the new approach about rehabilitation of Anterior cruciate ligament reconstruction.

The presentation included the following:

- Basic anatomy of ACL
- Function of ACL
- Mechanism of injury
- Signs and symptoms
- Investigations
- *Indications for Surgery*
- *Relative Contraindications to ACL Reconstruction*
- Rehabilitation after ACL reconstruction

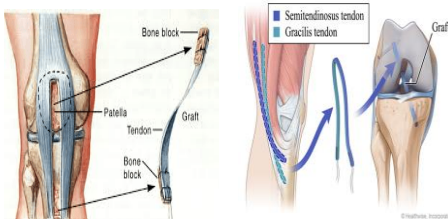
Rehabilitation after ACL reconstruction



Presented by :

Nader Ibrahim El-Sayed
Lecturer of orthopaedic physical therapy
Beni - suef university

**ACL Reconstruction—Intervention
for Accelerated Rehabilitation:**

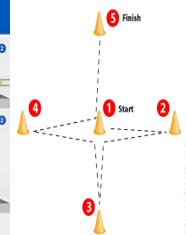


A bone–patellar tendon–bone graft

A semitendinosus–gracilis tendon autograft (hamstring tendon graft)

Progressive agility drills:

- It is the ability to change direction and accelerate while in motion





Dr. Mohamed Naeem
Lecturer
Department of Basic Sciences and
Biomechanics
Beni Suef University

The aim of the presentation is to introduce the assessment, causes and Manual therapy treatment of TMJ

The presentation included the following:

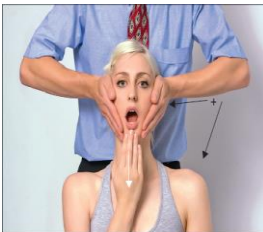
- Anatomy of TMJ
- Biomechanics of TMJ
- Relation between cervical, cranium and TMJ
- Assessment of TMD
- Intra-oral technique for TMJ
- Mulligan mobilization for TMJ
- Ischemic Compression for TMJ
- Muscle energy technique for TMJ

Manual Therapy for
Temporomandibular Dysfunction

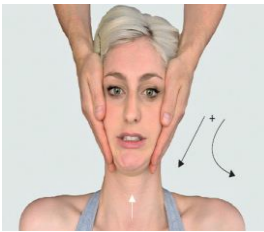


Dr/ Mohamed Naeem
Lecturer of Physical Therapy

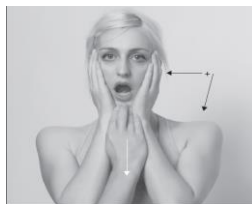
Mobilization With Movement MWM



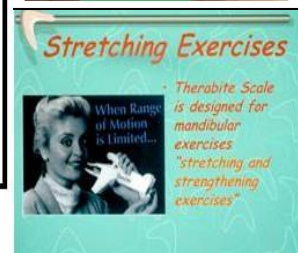
MWM for painful limitation of mandibular



MWM FOR PAIN ON JAW CLOSURE



- Therabite scale for ROM
- Therabite machine for stretching & strengthening masticatory muscles.





Statistics and Attendees Perception

The category, number and percentage of forum attendants		
#	Category	Number and Percentage (%)
1.	Faculty Members	34 (82.9%)
2.	Level one students	87 (38.4%)
3.	Level two students	58 (32.2%)
4.	Level three students	29 (15.5%)
5.	Level four students	78 (39.7%)
6.	Level five students	108 (32.0%)
7.	Internship students	16
8.	Hospital Members	3

The commonly repeated comments mentioned in the feedback survey are:

- ✓ Thanks for this nice day, it was very well organized
- ✓ Need more scientific events specially workshop
- ✓ I am so proud of the faculty doctors
- ✓ The topic was very important and we need other topics of new trends in physical therapy modalities



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Photo Album





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