

Dr. Enas Elsayed Abutaleb, PhD

Associate Professor of Physical Therapy

Contact Information

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Profile

Associate Professor of Physical Therapy with 20+ years of experience in academic teaching, clinical practice, and research. Expertise in musculoskeletal rehabilitation, manual therapy, electrotherapy, and therapeutic exercise. Active contributor to curriculum development, accreditation, and quality assurance.

Education

- PhD in Physical Therapy, Cairo University, 2010
- Master's in Physical Therapy, Cairo University, 2006
- BSc in Physical Therapy, Cairo University, 2000

Teaching Areas

Therapeutic Exercise, Manual Therapy, Electrotherapy, Exercise Physiology, Rehabilitation, Assessment, Research & Medical Statistics

Administrative Roles

- Head, Student Activities, Community Services and Graduates Committee
- Head, Graduates Unit
- Coordinator, Academic Affairs
- Exam Committee
- Member, Quality Assurance

Accreditation & Quality

Contributor to program accreditation (NCAAA), course specifications, and quality documentation.

Professional Activities

- Certified SCFHS
- Certified Manual Therapy

Selected Publications

Multiple peer-reviewed publications (2021–2026) in rehabilitation and musculoskeletal research as follows:

1. Gopal Nambi, Mshari Alghadier, Mohammed Moustafa Aldosouki Hegazy, Julie Saji

- George, Ahmad Khaleel Alomari, Osama R. Aldhafian, Alaa Jameel A. Albarakati, Shahul Hameed Pakkir Mohamed, Hani Fahad Albalawi, Mohamed Taher Mahmoud Eldesoky, Enas Elsayed Mohamed Abutaleb and Samah Saad Zahran. Impact of Myofascial Release Therapy Combined with Isokinetic Training on pain, function, and radiological outcomes in collegiate basketball players with subacromial impingement syndrome: a prospective randomized controlled trial. *BMC Sports Science, Medicine and Rehabilitation*; 2026.
2. Ehab Ahmed, Mohamed Raafat Atteya, Hisham Mohamed Hussein, Rania Youssef, Rehab Ismail, Saud Alrawaili, Enas Abutaleb and Mohamed Eldesoky. Effect of using VR game-based training to correct lumbar curve 2 in chronic low back pain patients: Randomized controlled trial. *Healthcare*, accepted 28 April 2026.
3. ELdesoky MT, **Abutaleb ES**, Mousa GS. Ultrasound cavitation versus cryolipolysis for non-invasive body contouring. *Australasian Journal of Dermatology*, 2016. Vol: 54(4), pp: 288-293.
4. Mohamed Elgendy, Marwa Adel, Samir Alsabbahi, Enas Abutaleb, Salah Abdelbaset. Efficacy of head postural correction program on craniovertebral angle, scapular position and dominant hand grip strength in forward head posture subjects: "A randomized controlled trial". *European journal of physiotherapy*. 2023
5. Safoury YA, Eldesoky M, Abutaleb EE, Raafat M, Gaber AM. Program for latissimus dorsi and teres major tendons transfer to rotator cuff in children with obstetrical plexus injury. *European Journal of Physical and Rehabilitation Medicine*. Nov 10, 2016.
6. Mohamed Serag Eldein Mahgoub, Neveen Abdelatif Abdelraouf, Mohamed Ali Elshafey, Mohamed T Eldesoky, Sobhy Mahmoud Aly, Samah Saad Zahran, Enas E. Abutaleb. Graston Technique versus Soft Tissue Release on Myofascial Neck Pain Syndrome. A Randomized Controlled Trial. *Journal of Human Sport and Exercise*. July issue 2022.
7. Enas AbuTaleb, Hani Albalawi, Mohamed Serag Eldein Mahgoub, Engy M. ElNahas, Dina Said, Heba Embaby, Emad T, Safi Mahmoud, Mohamed Eldesoky. Photobiomodulation and trigger band techniques on groin adductor strain in athletes: single-blinded randomized control trial. *International Journal of Health sciences*, 2022. 6(2): 1074-1086.

Skills

- Languages: Arabic (Native), English (Fluent)
- Software: SPSS, Microsoft Office, E-learning platforms