

Ahmad Sabbahi

EDUCATION

PhD student in Kinesiology, Nutrition, and Rehabilitation

University of Illinois at Chicago

Fall 2014 – Present

MA in Applied Physiology

Teachers College, Columbia University

May 2013

BSc in Physical Therapy

Faculty of Physical Therapy, Cairo University

June 2006

LICENSURE AND CERTIFICATIONS

- Physical Therapist, Illinois, 2013
- Physical Therapist, New York, 2010

ACADEMIC APPOINTMENTS

- *Adjunct Assistant Professor*; June 2016-Present
South College, School of Physical Therapy, Knoxville, TN
- *Graduate Research Assistant*; August 2014-Present
University of Illinois at Chicago, Chicago, IL

TEACHING APPOINTMENTS

Course Director

Human Physiology, Summer 2016, School of Physical Therapy, South College, TN

- DPT 6150

Systems Physiology and Plasticity, Fall 2016, Dpt. Of Physical Therapy, UIC, IL

- PT 605

Teaching Assistant

Cardiopulmonary Dysfunction, Spring 2016, Dept. of Physical Therapy, UIC, IL

- Taught lecture titled “Physiological Responses to Exercise.”
- Taught lecture titled “Atherosclerosis, IHD, and PVD.”
- Taught lecture titled “Exercise Testing”
- Assisted in labs and discussions

Invited Lectures

DPT Program, Dept. of Physical Therapy, UIC

- Lecture and lab titled “Vital Signs” for 1st year DPT students

RESEARCH EXPERIENCE

Principal Investigator

Physical Therapy Weight Loss and Cardio-metabolic Markers – Ongoing study

A prospective pre-post study investigating the effects of a physical therapy led weight loss program on cardio-metabolic markers including FMD, arterial stiffness, echocardiography, and other markers.

Physical Therapy Weight Loss and Cardio-metabolic Markers – Manuscript under review

A retrospective explorative study investigating the effects of a physical therapy led weight loss program on cardio-metabolic markers, risk factors, and lower extremity function.

Research Assistant

The Effects of Inorganic Nitrate Supplementation on Macro and Microvasculature Function Following Acute Exercise – Ongoing study

Assisted with data collection, subject visits, and manuscript preparation.

CLINICAL EXPERIENCE

- **Independent Contractor PT, IL;** July 2013 - Present
Providing home health physical therapy services for a multiple of Chicago based home health agencies.
- **Aqua Physical Therapy, NY;** February 2012 - July 2013
Supervising physical therapist at this outpatient facility, providing examinations, re-examinations, and treatment planning for patients with a wide variety of ailments including but not limited to musculoskeletal and neurological disorders.
- **River Manor Care Center, NY;** June 2011 - July 2013
Working as a per diem physical therapist at this subacute rehab facility.
- **Metropolitan Jewish Health Systems (MJHS), New York, NY;** March 2011 - January 2012
Providing home health per diem physical therapy services in the New York area.
- **Beth Israel Medical Center, New York, NY;** May 2011-September 2012
Providing per diem acute rehabilitation inpatient physical therapy services.

- **New York Total Health Centers, New York, NY;** August 2010-May 2011
Staff physical therapist at this outpatient facility, providing examinations, re-examinations, and treatment planning mainly for patients with musculoskeletal disorders.

PROFESSIONAL MEMBERSHIPS

- American Heart Association
- American College of Sports Medicine

CONTINUING EDUCATION

- *Kinesiotaping Method, KT-3;* Andrea Wolkenberg, PT, MA, CKTI, New Rochelle, NY, 2011.
- *Kinesiotaping Method, KT-1 and KT-2;* Grace Ann G. Forrester, PT, DPT, CKTI. New Rochelle, NY, 2010.
- *Manipulation and Mobilization of the Lumbosacral Spine in Patients with LBP: EMG Based Technology;* Mohammad Sabbahi, PhD, PT, ECS, FAANOE, Texas Electrophysiology and Rehabilitation Center, Cairo, 2008.
- *Sports Injuries;* Prof.Dr. Hatem Abdel Rahman, National Institute for Neuromotor Disabilities. Cairo, Egypt. 2008.
- *Motion and Gait Analysis Workshop;* Salam M. El Hafez, Ph.D., PT. Cairo, Egypt. 2007.
- *Orthopedic Manual Physical Therapy of the Lumbar Spine;* Robert Johnson PT, MS, OCS, American Manual Therapy Academy, Cairo, 2006.
- *New Trends of Physical Therapy Modalities in Treatment of Bleeding Disorders;* Dr. Kathy Mulder, World Federation of Hemophilia, Cairo, 2006.
- *Surgical Pre-Conditions for Rehabilitation after Orthopedic Trauma;* Prof. Hans Josef Erli, Cairo, 2006.

- Emergency 1st aid; Ahmed Maher Teaching Hospital. Cairo, Egypt. 2006.
- *Sports Injuries*; Alaa Balbaa, Ph.D., PT. Cairo University, Cairo, Egypt. 2003.

REFERENCES

- Shane Phillips, PhD, PT, FAHA
Professor and Associate Head
Dept. of Physical Therapy
College of Applied Health
University of Illinois at Chicago
shanep@uic.edu
- Ross Arena, PhD, PT, FAHA
Professor and Dept. Head
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