

# Abdullah A. Beltagi

Physical Therapist

+20 106 444 1605 - [beltagyabdallah@gmail.com](mailto:beltagyabdallah@gmail.com) - [linkedin.com/in/abdullah-beltagi-b09807372](https://www.linkedin.com/in/abdullah-beltagi-b09807372)

## EDUCATION

**Faculty of Physical Therapy, Misr University for Science and Technology (MUST)**

**Egypt**

*BSc in Physical Therapy*

*GPA: 3.64*

*Fall 2019 – Spring 2024*

## CLINICAL EXPERIENCE

### Staff Physical Therapist

*Alfa Care for Physical Therapy, Egypt*

*March 2025 – Present*

- Conducting physical evaluations and designing personalized treatment plans for patients with musculoskeletal disorders in an outpatient setting.
- Providing one-on-one care, monitoring patient progress, and adjusting therapeutic exercises as needed.

### Physical Therapy Intern (Shadowing)

*Alfa Care for Physical Therapy, Egypt*

*June 2023 – Aug 2023*

- Assisted licensed physical therapists in patient training sessions focused on musculoskeletal rehabilitation.
- Observed treatment methodologies and contributed to patient support during exercises and mobility routines.

## RESEARCH EXPERIENCE

### Research Assistant

*Sep 2024 – Present*

*Vitality Lab for Physical Therapy Research Education (VLPTRE) – USA*

- Research titled *"Immediate Weight Bearing After Tibial Plateau Fractures Enhances Spatiotemporal Gait Parameters and Minimizes Fall Risk: Randomized Clinical Trial"*.
- Current study on *"Prevalence of Pelvic Floor Dysfunction among Patients Undergoing Physiotherapy in Cairo University Outpatient Clinics"*.
- Current study titled *"Does Blood Flow Restriction Amplify Rehab Gains? A Randomized Trial in Medial Knee Pain and Deformity"*.
- Current study titled *"Realigning Rehab: A RCT on Specific Exercises Versus Standard Care for Medial Knee Pain and Varus Alignment"*.

## CERTIFICATIONS & WORKSHOPS

### Orthopedic Manual Therapy Certificate

*PRIME PHYSIO*

*January 2025*

### Scoliosis Management Workshop

*EGADH Academy*

*May 2025*

### Taping in Musculoskeletal and Sports Rehabilitation Workshop

*Misr University for Science and Technology – AIMS*

*February 2025*

### Dry Needling and Cupping Workshop

*Rizgary Teaching Hospital, Kurdistan*

*July 2024*

### Orthotics and Prosthetics Workshop

*Erbil Physical Rehabilitation Center – ICRC, Kurdistan*

*July 2024*

## EXTRA-CURRICULAR COURSES & ACTIVITIES

### Advanced Clinical Research Methods and Applications

*Future Vision for Health Training*

*September 2023*

### Conference Presentation

*Ontario Physiotherapy Association's InterACTION Conference, Toronto, Canada*

*March 21–22, 2025*

- Presented abstract: *"Time to Peak Torque of the Trunk Muscles in Response to Core Stability Training"*.
- Authors: Abdelnaeem AO, Kandil Y, Salem MH, Beltagi AA, Mohamed GA.