

Ashraf Ishak Michael

Tel : 01227345628

Ashraf.ishak1512@gmail.com

Address : Compound Wadi Degla (Tigan 1) El Katamia



Membership:

- Australian physical therapy association member

Education:

→ **Currently studying**

- Chinese language, Confucius Institute.

Degrees and certificates :

→ **PhD, Faculty of Physiotherapy Cairo University.**

- Cairo University, EGYPT. October 2021
- Thesis, effect of Needle Acupuncture on nerve conduction velocity in diabetic polyneuropathy.

→ **Nutritional diploma**

- National institute of nutrition , Cairo university, 2020

→ **Doctor of Physical Therapy (DPT)**

- Cairo University, EGYPT. April 2017 with orthopedic emphasis.

→ **Master Degree at Physiotherapy for Cardiorespiratory Disorders and Geriatrics.**

- Cairo University, EGYPT. January 2015
- Thesis, Effect of Needle Acupuncture on Hypertension

→ **International Certificate of Acupuncture.**

- Hubei University, Wuhan City, CHINA. December 2009

→ **International Certificate of Traditional Chinese Medicine (TCM):** Hubei University, Wuhan City, CHINA.

→ **Advanced Course of Practical application of acupuncture for Musculoskeletal diseases**

- Guanzhu University, CHINA. October 2010

→ **Bachelor of Physiotherapy.**

- Cairo University, May 1983

Conferences:

→ **British Acupuncture conference,**

- **London** WaterLoo University, September 2011
- **Cairo** Physical Therapy Conference 2012 ,2013, 2014, 2015, 2016 ,2017, 2018, 2019.

Professional Experience:

Physical Therapy Intern, Cairo University,

- Evaluate, plan treatment, and administer care to individual patients through collaboration with PT advisor.
- Work in TCM and acupuncture field for more than twelve years.
- Update and maintain charts to reflect procedures completed and patient progress.
- Performing and TCM Modalities Specially Acupuncture, Acupressure, Tuina, Cupping and Qi gong.
- Participate in physical therapy and occupational treatment sessions for diverse patient types.
- Trained in and administered electrotherapy, thermal therapy, and hydrotherapy treatments.
- Updated and maintained charts to reflect procedures completed and patient progress.
- Administered PT-prescribed treatments, including muscle stretching and strengthening
- Instructed patients and their caregivers in home treatment programs
- Supervised physical therapist aides, providing on-the-job training for new aides

Private Practice

**Managing and working in several outpatient clinics over several years.
Focusing primarily on patient care and positive results.**

Physical Therapist and TCM Skills

- Ability to Interact Effectively with Diverse Clientele
- Attention to Detail
- Continual Learning Critical Thinking

- Cultural Sensitivity
- Design Physical Therapy Programs and acupuncture prescription.
- Develop Treatment Plans Manual Therapy Techniques.

Language

- Arabic
- English
- Chinese