

## CURRICULAM VITAE



### PERSONAL INFORMATION

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- **NAME:** Motaz. A. k. Alawna
- **Marital status:** Married
- **Nationality:** Palestinian
- **Age:** 35 Years old
- **Address:** Turkye, Avcılar.
- **Email:** [motaz.alawna@gmail.edu](mailto:motaz.alawna@gmail.edu)      [motaz.aauj@gmail.com](mailto:motaz.aauj@gmail.com)
- **Mobile No:** +905317324261
- **ORCID ID:** 0000-0002-4936-373X
- **WOS ID:** AAF-6018-2019
- **SCOPUS ID:** 57208347294

### LANGUAGES

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- Arabic – The mother language
- English – excellent reading writing and conversation
- Turkish - excellent reading writing and conversation

### EDUCATION

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- **2013 – 2017 Dokuz Eylul University**
  - ✓ PHD Degree: Physiotherapy (Musculoskeletal)
- **2006-2007 New York Institute of Technology**
  - ✓ Master's degree: sciences of Physiotherapy
- **2002-2006 Arab American University – Palestine**
  - ✓ B.s.c: sciences of Physiotherapy
- **2001-2002 Al – Shaheed Farid Ghannam Secondary School – Jaba/Jenin – Palestine**
  - ✓ Tawjehee - Scientific Field

### BIOGROHY

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Motaz Alawna is an expert in the field of Physical Therapy and rehabilitation. He has BSc, MSc and PhD in Physical therapy and rehabilitation. He also, has a great academic history as he is working as an Assistant Professor at Istanbul Gelisim University, Turkey. He is teaching different Physical Therapy courses such as, pediatric rehabilitation, neurological rehabilitation, cardiopulmonary, electrotherapy, Hydrotherapy, Therapeutic Exercises and Kinesiology.

Motaz Alawna was a PhD student at the Dokuz Eylul University (2014-2017). Through this period, he worked as researcher and conducted three projects. The first Project was about the proprioception training for patients with ankle joint injuries, and the second was about the effect of bracing on postsurgical rehabilitation of ACL reconstruction.

Furthermore, Motaz has an incredible clinical history because he has 13 years of clinical experience in different in-patient and out-patient facilities. He diagnosed and treated several musculoskeletal and neurological disorders.

## **EXPERIENCES AND SIENIFIC ACTICITES**

- **Oct 2019 – Now Assistant professor at the Istanbul Gelisim University– Turkey, Department of Physiotherapy**
  - ✓ Teaching theory and practical courses.
  - ✓ Reviewed the Physiotherapy program and developed new teaching methodologies.
- **Feb 2017 – Sep 2019 Assistant professor at the Arab American university – Palestine, Department of Physiotherapy**
  - ✓ Teaching theory and practical courses.
  - ✓ Reviewed the Physiotherapy program and developed new teaching methodologies.
  - ✓ Developed the curriculum by adding new specific courses in 2018 (Cardiopulmonary physiotherapy, Community based rehabilitation, ergonomics, physiotherapy in women health, special topics in physiotherapy).
- **Sep 2012 \_ Jun 2013 working at the Arab American university- Palestine, as lecturer physiotherapy department as lecturer.**
  - ✓ Teaching theory and practical courses.
  - ✓ Supervising the developmental process of the clinical field word and the syllabus.
- **Feb 2009 \_ Jun 2012 working in Bethlehem University- Palestine, as lecturer and clinical supervisor, physiotherapy department.**
  - ✓ Teaching theory and practical courses.
  - ✓ Supervising the developmental process of the clinical field word and the syllabus.
- **Feb 2009 \_ Jun 2012 working in children care of special needs society (ccsns) as a physiotherapist, physiotherapy department.**
- **March 2009 – march 2010 working in Al-Razi hospital, physiotherapy department.**

- **Oct 2007 – Jan 2009 working in Nablus special hospital – Nablus as a physiotherapist.**
- **March 2006 – sep 2007 / working with various private cases specially Neuralgic & Orthopedic – Amman-Jordan.**
- **Attended the PT conference in Jenin as a lecturer sponsored by CARE In Oct 2007.**
- **Attended the 1stJordanian Italian congress for orthotics and prosthetics at 27th-28th June 2007, and a course of Mackenzie way of diagnosing and treating the back and neck pain.**
- **Attended the 5th Palestinian conference on laboratory medicine at 28th-29th March 2008.**
- **Oct 2008, course about Mackenzie technique.**
- **July 2003- Sep. 2003 Jordan university hospital Amman – Jordan**
  - ✓ PT intervention with Orthopedic and burn cases.
- **Oct 2003- Nov. 2003 Rostoc university PT department Rostoc – Germany**
  - ✓ PT intervention with Orthopedic, neurological cases and sport injuries.
- **June 2005- August 2005 Al -Ahli hospital Hebron – Palestine**
  - ✓ PT Intervention with peripheral nerve injury and cardiopulmonary cases.
- **August 2005 – Sept 2005 Bethlehem Arab Society for Rehabilitation Bethlehem - Palestine.**
  - ✓ PT intervention with C.V.A (stroke), Spinal Cord Injury, Head & hand injury , CP , pediatric cases and sport injuries
- **Sept 2005 – Oct 2005 Al-Eslami Hospital Amman – Jordan.**
  - ✓ PT intervention with various orthopedics & neurologic cases.
- **Nov 2005 – Dec 2005 patient’s friend's society K. Abu Raya Rehabilitation Center – Palestine, Ramallah**
  - ✓ PT intervention with spinal cord injury, C.V.A (stroke), hand injury & splinting.

## **PUBLICATIONS**

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- **Motaz Alawna, Ayman Mohamed. Important Role of Relaxation Techniques on Immune Functions, Glycemic Control, and Stress in COVID-19 Patients with Diabetes: A Review, Current Diabetes Reviews, 2020, accepted for publication.**
- **Motaz Alawna, Bayram Unver, Ertuğrul Yuksel. Effect of Ankle Taping and Bandaging on Balance and Proprioception Among Healthy Volunteers, Sport Sciences for Health, accepted for publication.**

- **Motaz Alawna, Ayman Mohamed. Short-Term and Long-Term Effects of Ankle Joint Taping and Bandaging on Balance, Proprioception and Vertical Jump Among Volleyball Players with Chronic Ankle Instability, Physical Therapy in Sport, 2020, in Press.**
- **Tariq Elhadary, Ismail A. Elhaty, Ayman A. Mohamed, Motaz Alawna. Evaluation of Academic Performance of Science and Social Science students in Turkish Universities during COVID-19 Crisis. 2020;11(7):1740-1751.**
- **Mohamed AA, Alawna M. Role of increasing the aerobic capacity on improving the function of immune and respiratory systems in patients with coronavirus (COVID-19): A review. Diabetes Metab Syndr. 2020;14(4):489-496. doi:10.1016/j.dsx.2020.04.038.**
- **Alawna MA, Unver BH, Yuksel EO. The Reliability of a Smartphone Goniometer Application Compared With a Traditional Goniometer for Measuring Ankle Joint Range of Motion. J Am Podiatr Med Assoc. 2019;109(1):22-29. doi:10.7547/16-128**
- **Motaz Alawna, Bayram Unver, Ertuğrul Yuksel. Effect of Predictive Factors ( Gender , Height , Leg Length Weight , and Leg Dominance ) on Performance of the Star Excursion Balance Test. CPQ Orthopaedics. 2019;1(6): 01-11.**
- **Motaz Alawna, Bayram Unver, Ertuğrul Yuksel. Effect of Ankle Taping and Bandaging on Proprioception in Healthy Volunteers. European Journal of Sports and Exercise Science. 2018;6(3): 139-146.**
- **BRACE OR NON BRACE AFTER ACL RECONSTRUCTION SURGERY. the 1st Palestinian sport conference**

#### Reviews and Editorial Activities

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- **Journal of Clinical Rehabilitation, Review.**
- **Journal of Sport Rehabilitation, Review.**
- **Journal of Rehabilitation Therapy, Review.**
- **Associative Editors in the International Journal of Research in Physiotherapy and Rehabilitation.**
- **Reviewer at journal of CPQ Orthopaedics.**
- **Editorial board member of International Journal of Neurologic Physical Therapy.**
- **Bentham Ambassador**

## CURRENT RESEARCH PROJECTS

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- EFFECT OF SUB-PAINFUL STIMULATION ON PAIN AND DISABILITY IN PEOPLE WITH CHRONIC NON-SPECIFIC LOW BACK PAIN.
- THE EFFECT OF EXERCISES ON THE AUTONOMIC NERVOUS SYSTEM RESPONSE AMONG CHILDREN WITH AUTISITIC SPECTRUM DISORDER.

## SKILLS

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- Driving license.
- Hard, accurate, creative, imaginative & faithful worker.
- Professional in finding the relations & expressing the ideas, protocols or the results.
- Flexible in dealing with the missions & their problems.
- Professional in dealing with PC under the environment of Windows.
- Professional in Dealing with Microsoft office, word processing, & internet.
- Good user of statistical program SPSS

## REFERENCES

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- **Dr. Amal Abu Nejmi**
  - ✓ Dean office of nursing faculty, Bethlehem university – Palestine
  - ✓ E-mail: [amala@bethlehem.edu](mailto:amala@bethlehem.edu)
- **Dr. Mohammed Amro**
  - ✓ Head of physical therapy Department, The Arab American University- Palestine
  - ✓ E-mail: [mohammad.amro@aaup.edu](mailto:mohammad.amro@aaup.edu)