

**BIOGRAPHICAL SKETCH**

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NAME: Ahmed Samir Elokda PT, PhD, CLT, CEEAA, FAACVPR

eRA COMMONS USER NAME (credential, e.g., agency login): AELOKDA

POSITION TITLE: Associate Professor, Florida Gulf Coast University

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

<b>INSTITUTION AND LOCATION</b>	<b>DEGREE</b> (if applicable)	<b>Completion Date</b> MM/YYYY	<b>FIELD OF STUDY</b>
Cairo University, Cairo, Egypt	Bachelor of Medical Sciences (BSc)	05/1992	Medicine/Physical Therapy
University of Iowa, Iowa City, Iowa, USA	Advanced Master of Arts (MA)	05/1997	Physical Therapy and Rehabilitation Sciences (Cardiovascular and Pulmonary Physiology and Rehabilitation)
University of Iowa, Iowa City, Iowa, USA	Doctor of Philosophy (PhD)	12/2002	Cardiovascular and Pulmonary Physiology and Rehabilitation
University of Iowa, Iowa City, Iowa, USA	Post Doctorate Training	12/2003	Rehabilitation Sciences

**A. Personal Statement**

I am a Professor of cardiovascular and pulmonary physiology and rehabilitation in the Physical Therapy Program at the Marieb College of Health and Human Services of the Florida Gulf Cast University. I have been an active and tenured professor in rehabilitation and medical sciences across a number of American campuses for twenty-five years. Clinically, I have underwent training and achieved certification in lymphology, gerontology, and physical therapy management of a series of internal medicine disorders, as well as a fellow of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). My curricular preparation and instruction have been in the fields of medical physiology, pathology, lymphology, internal medicine, and cardio-pulmonary rehabilitation, with emphasis on the cultivation and use of evidence-based practice. My authoring pursuits have culminated in several published book series, independent monographs, and textbook chapters, with over 150 peer-reviewed articles presented at state, national, and international conferences. I also have been honored to be invited to review articles in prestigious journals as well as keynote lecture at national and international- level conferences. My research agenda has focused on the discovery of basic underlying mechanisms for pathological disorders and their management, as well as the specialized study of the effect of different exercise modes at the cellular and chemical levels pertaining to subjects with internal medicine disorders.

## B. Positions and Honors

### Positions and Employment

2014 – Present	<b><u>Florida Gulf Coast University</u></b> Associate Professor Marieb College of Health and Human Services, Department of Rehabilitation Sciences	<i>Fort Myers, Florida</i>
2012 – 2014	<b><u>University of Illinois in Chicago</u></b> Adjunct Associate Professor College of Applied Health Sciences, Department of Physical Therapy	<i>Chicago, Illinois</i>
2010 – Present	<b><u>Brooklyn Rehabilitation and Education Corp</u></b> Chief Executive Officer (CEO) and consultant	<i>Brooklyn, New York</i>
2004 – 2010	<b><u>New York Institute of Technology</u></b> Associate Professor, Chair of post-professional Doctor of Physical Therapy program (tDPT) and post-professional graduate studies in Physical Therapy	<i>Long Island, New York</i>
1999 –2003	<b><u>State University of New York (Downstate Medical Center)</u></b> Assistant Professor College of Health-Related Professions, Physical Therapy Program	<i>Brooklyn, New York</i>
2000 –2009	<b><u>Cardiopulmonary Rehabilitation Corp</u></b>	<i>Brooklyn, New York</i>
1994 –1999	<b><u>University of Iowa</u></b> Physical Therapy Research and Teaching Assistant	<i>Iowa City, Iowa</i>
1992 – 1994	<b><u>Cairo University, College of Physical Therapy</u></b> Lecturer of physical therapy management of internal medicine disorders and gerontology	<i>Cairo, Egypt</i>
2010-Present	Professor of Rehabilitation, Internal Medicine Department (Sabbatical Leave)	

### Other Experience and Professional Memberships

#### **Special Professional Assignments:**

*Task Force Committee Member- Cardiopulmonary Competency for Physical Therapy Education* (Cardiopulmonary section APTA). (November 2003- February 2020)

*Research Committee Member- American Association of Cardiovascular and Pulmonary Rehabilitation* (AACVPR). (November 2004- December 2014)

*Research Committee Member- Gumma University, Japan* (April 2004- May 2009)

*Education committee member* (Cardiopulmonary section APTA). (March 2011- February 2020)

*Combined Section Meeting* of APTA pre-conference provider (Feb 2014)

#### **Awards Nomination and Achievements:**

*D.C. Spriestersbach Dissertation Prize* from University of Iowa in the national competition for the Council of Graduate School/University Microfilms International Distinguished Dissertation Award (July 2003).

*New Researcher Award* from the American Association of Cardiovascular and Pulmonary Rehabilitation. AACVPR (July 2003)

*The Certified Lymphology specialist*, Foldie Clinic, Freiburg, Germany (July 2005)

*The Fellowship Award* from the American Association of Cardiovascular and Pulmonary Rehabilitation. AACVPR (Sept 2006)

## C. Contribution to Science

I have research and clinical expertise in the area of rehabilitation of subjects with internal medicine disorders (Cardiology, Pulmonology, Endocrinology, Nephrology, Hepatology, Immunology, and Infectious Disease.) I have authored several publications in peer-reviewed journals and presented at a milieu of national and international-level conference. I have received several national and international teaching and research awards.

### **Publications: Thesis/ Dissertation:**

Elokda, A.S. (1997). Effects of Electrical Stimulation on Postural Related Orthostatic Stress in Acute Spinal Cord Injured Patients. University of Iowa Microfilm Journal, Iowa City, Iowa, USA.

Elokda, A.S. (2002). Effects of Exercise Training on Oxidative Stress in Sedentary Subjects. University of Iowa Microfilm Journal, Iowa City, Iowa, USA.

### **Published Abstracts and Proceedings in Peer-Reviewed Conferences and Journals:**

Elokda, A.S., Nielsen, D.H., Shields, R.K. (2001). Cardiovascular Responses to Change in Posture in Individuals with Acute Spinal Cord Injury. Physical Therapy.

Elokda, A.S., Nielsen, D.H., Shields, R.K. (2003). Effect of exercise training on oxidative stress. Journal of Cardiopulmonary Rehabilitation.

Elokda, A.S., Nielsen, D.H., Shields, R.K. (2003). Acute Oxidative Stress Responses to Bruce protocol. Journal of Cardiopulmonary Rehabilitation.

Elokda, A.S. (2004). Gender Differences in Effect of exercise training on oxidative stress in Sedentary Individuals. Journal of Cardiopulmonary Rehabilitation.

Elokda, A.S. (2004). Oxidative stress and Heart Disease. FPTA

Elokda, A.S. (2005). Effects of a Maximal Graded Exercise Test on Glutathione (GSH) as a Marker of Acute Oxidative Stress in Subjects with CAD. Journal of Cardiopulmonary Rehabilitation.

Elokda, A.S. (2006). Effects of a Maximal Graded Exercise Test on Glutathione (GSH) as a Marker of Acute Oxidative Stress in Subjects with CHF. Journal of Cardiopulmonary Rehabilitation.

Norman J.F., Duncan K.A., Hertzog M.A., Elokda A.S., Jurgens R.B., Pozehl B.J. (2007) Relationship of Brain Natriuretic Peptide to Physical Test Measures in a Group of Stable NYHA-III Heart Failure Patients. Journal of Cardiopulmonary Prevention and Rehabilitation

Elokda A.S., Norman, JF, Pozehl, BJ, Duncan K.A., Hertzog M.A, Krueger S. (2008): Cardiac Rehabilitation Enhances Glutathione Antioxidant System In Subjects With Heart Failure (HF). Journal of Cardiopulmonary Rehabilitation and Prevention.

Norman, JF, Pozehl, BJ., Duncan K.A., Hertzog M.A, Elokda A.S., Krueger S. (2008): Changes in Plasma B-Type Natriuretic Peptide with Exercise Training in Patients with Heart Failure: The Heart Camp Experience. Journal of Cardiopulmonary Rehabilitation and Prevention.

Douris P., Elokda A., Handrakis J (2009): Martial Art Training Enhances The Glutathione Antioxidant System In Middle Aged Adults. APTA.

Werner W; DiFrancisco-Donoghue J; Elokda A; Bono N; Lamberg E (2010): Effects Of Oxidative Stress On Glutathione Levels In Patients With Parkinson's Disease. Medicine & Science in Sports & Exercise.

Elokda A. (2013): Cardiac Rehabilitation enhances Glutathione (GSH) Antioxidant System in Subjects with Ischemic Heart Failure (IHF), and Subjects with Coronary Artery Disease (CAD). Journal of Cardiopulmonary Rehabilitation and Prevention. . Sept/Oct, 2013, 33(5):329.

Elokda A. (2013): Cardiac Rehabilitation decreases urinary 8-epi-prostaglandin-F2 in Subjects with Heart Failure (HF). Journal of Cardiopulmonary Rehabilitation and Prevention. . Sept/Oct, 2013, 33(5):334.

Elokda A. (2013): Effects of a Maximal Graded Exercise Test on Glutathione (GSH) as a Marker of Acute Oxidative Stress in Subjects with COPD. Journal of Cardiopulmonary Rehabilitation and Prevention. . Sept/Oct, 2013, 33(5):333.

Lounsbury P, Gordon E, Clarke E, Elokda A. (2013): Text-messaging program improves outcomes in outpatient cardiovascular rehabilitation. Journal of Cardiopulmonary Rehabilitation and Prevention. Sept/Oct, 2013, 33(5):332.

- Lounsbury P, Bunning JM, Clarke M, Elokda A, Gordon E. (2013). The Value of Detecting Asymptomatic Signs of Myocardial Ischemia in Outpatient Cardiac Rehabilitation (CR). *Journal of Cardiopulmonary Rehabilitation and Prevention*. Sept/Oct, 2013, 33(5):332.
- Lounsbury P, Johnson JK, Clair K, Elokda A, Gordon E. (2013) Is The Efficacy of External Counter Pulsation (ECP) Enhanced With Concomitant Phase II Cardiac Rehabilitation (CR)? *Journal of Cardiopulmonary Rehabilitation and Prevention*. Sept/Oct, 2013, 33(5):330.
- Bakry W, Elokda A, Howe L, Salem Y. (2015) Effectiveness of aquatic exercise program for patients with multiple sclerosis: a systematic review. World Congress of Physical Therapy, May 1-4, 2015, Singapore.
- Salem Y, Liu H, Tolbert M, Young, Elokda A. (2018) Effects of Yoga Exercise Program on Physical Function in Young Children with Down Syndrome. The 72th Annual Meeting of the American Academy of Cerebral Palsy and Developmental Medicine (AACPD), October 19-13, 2018, Cincinnati, Ohio.
- Salem Y, Liu H, Quiben M, Elokda A, Yavuz M, Holmes C. (2019) Aquatic Exercise for Children with Cerebral Palsy: A Systematic Review. Combined Sections Meeting of the American Physical Therapy Association, January 23-26, 2019, Washington DC.

### **Contribution to Book Chapters:**

- Elokda A. (2009). Physical Therapy Management for Deconditioning. In Cameron M. and Monroe L. *Physical Rehabilitation Assessment and Intervention: An Evidence-Based Approach* (345-363). (1st edition) Elsevier.
- Elokda A. (2009). Physical Therapy Management for Lymphological Disorders. In Cameron M. and Monroe L. *Physical Rehabilitation Assessment and Intervention: An Evidence-Based Approach* (459-474). (1st edition) Elsevier.
- Elokda A. (2011). Physical Therapy Management for Deconditioning. In Cameron M. and Monroe L. *Physical Rehabilitation for the Physical Therapist Assistant* (359-367). (1st edition) Elsevier.
- Elokda A. (2011). Physical Therapy Management for Lymphological Disorders. In Cameron M. and Monroe L. *Physical Rehabilitation for the Physical Therapist Assistant* (417-425). (1st edition) Elsevier.
- Shamus E, Elokda A. Pulmonary Tuberculosis. In Staples W. *Geriatric Physical Therapy: A Case Study Approach*, 2e. McGraw-Hill, New York, NY; 2020. Contributor to multiple cases.

### **D. Peer-reviewed Journals**

#### **Published:**

- Chueh-Lung Hwang, Ahmed Elokda, Cemal Ozemek, Ross Arena & Shane A. Phillips (2020) More than a matter of the heart: the concept of intravascular multimorbidity in cardiac rehabilitation, *Expert Review of Cardiovascular Therapy*, 18:9, 557-562, DOI: 10.1080/14779072.2020.1798761
- Elokda, A., Bengtson, S., Griffin, S., & Shamus, E. (2020). Challenging the Testing Protocol of the BOD POD, A Repeated Measures Design. *J Rehab Pract Res* 1(1):107.
- Hwang, C. L., Ranieri, C., Szczurek, M. R., Ellythy, A. M., Elokda, A., Mahmoud, A. M., & Phillips, S. A. (2020). The Effect of Low-Carbohydrate Diet on Macrovascular and Microvascular Endothelial Function is Not Affected by the Provision of Caloric Restriction in Women with Obesity: A Randomized Study. *Nutrients*, 12(6), 1649.
- Hwang, C. L., Bishop, J., Ching, J., Elokda, A., da Silva, A., Laddu, D., & Phillips, S. A. (2019). Precision Measurements to Assess Baseline Status and Efficacy of Healthy Living Medicine. *Progress in cardiovascular diseases*, 62(1), 55–59.
- Phillips, S. A., Ali, M., Modrich, C., Oke, S., Elokda, A., Laddu, D., & Bond, S. (2019). Advances in Health Technology Use and Implementation in the Era of Healthy Living: Implications for Precision Medicine. *Progress in cardiovascular diseases*, 62(1), 44–49.
- Salem Y, Liu H, Elokda, A., Quiben M, Holmes C. (2018). Aquatic therapeutic exercises for individuals with neurological disorders: Evidence-based approach. *Journal of Aquatic Physical Therapy*, 26(2), 11-14.
- Lounsbury, P., Elokda, A. S., Bunning, J. M., Arena, R., & Gordon, E. E. (2017). The Value of Detecting Asymptomatic Signs of Myocardial Ischemia in Patients with Coronary Artery Disease in Outpatient Cardiac Rehabilitation. *The Journal of Cardiovascular Nursing*, 32(3), E1–E9.

- Sabbahi, A., Arena, R., **Elokda, A.**, & Phillips, S. A. (2016). Exercise and Hypertension: Uncovering the Mechanisms of Vascular Control. *Progress in cardiovascular diseases*, 59(3), 226–234.
- Lounsbury, P., **Elokda, A.S.**, Gylten, D., Arena, R., Clarke, W., & Gordon, E. (2015). Text-messaging program improves outcomes in outpatient cardiovascular rehabilitation. *International journal of cardiology. Heart & vasculature*, 7, 170–175.
- Salem, Y., & **Elokda, A.** (2014). Use of virtual reality gaming systems for children who are critically ill. *Journal of pediatric rehabilitation medicine*, 7(3), 273–276.
- DiFrancisco-Donoghue, J., Lamberg, E. M., Rabin, E., **Elokda, A.**, Fazzini, E., & Werner, W. G. (2012). Effects of exercise and B vitamins on homocysteine and glutathione in Parkinson's disease: a randomized trial. *Neuro-degenerative diseases*, 10(1-4), 127–134.
- Elokda, A.**, DiFrancisco-Donoghue, J., Lamberg, E. M., & Werner, W. G. (2010). Effects of exercise induced oxidative stress on glutathione levels in Parkinson's disease on and off medication. *Journal of neurology*, 257(10), 1648–1653.
- Douris, P. C., **Elokda, A.S.**, Handrakis, J. P., Principal, S., Rondo, E., Bovell, J., Coughlin, W. P., Mastroianni, C. N., Wong, M. J., & Zimmerman, T. (2009). Martial art training enhances the glutathione antioxidant system in middle-aged adults. *Journal of strength and conditioning research*, 23(5), 1518–1523.
- DiFrancisco-Donoghue, J., **Elokda, A.**, Lamberg, E. M., Bono, N., & Werner, W. G. (2009). Norepinephrine and cardiovascular responses to maximal exercise in Parkinson's disease on and off medication. *Movement disorders: official journal of the Movement Disorder Society*, 24(12), 1773–1778.
- Norman, J. F., Pozehl, B. J., Duncan, K. A., Hertzog, M. A., **Elokda, A.S.**, & Krueger, S. K. (2009). Relationship of resting B-type natriuretic peptide level to cardiac work and total physical work capacity in heart failure patients. *Journal of cardiopulmonary rehabilitation and prevention*, 29(5), 310–313.
- Elokda, A.S.**, & Nielsen, D. H. (2007). Effects of exercise training on the glutathione antioxidant system. *European journal of cardiovascular prevention and rehabilitation: official journal of the European Society of Cardiology, Working Groups on Epidemiology & Prevention and Cardiac Rehabilitation and Exercise Physiology*, 14(5), 630–637.
- Qnais EY, **Elokda AS**, Abu Ghalyun YY, Abdulla FA (2007). “Antidiarrhoeal Activity of the Aqueous Extract of Punica granatum (Pomegranate) Peels” *Pharm. Biol.* 45(9): 715– 720.
- Elokda, A.S.**, Shields, R. K., & Nielsen, D. H. (2005). Effects of a maximal graded exercise test on glutathione as a marker of acute oxidative stress. *Journal of cardiopulmonary rehabilitation*, 25(4), 215–219.
- Elokda A**, Brueilly KE, Singh JS. The Physical Therapist’s Role in Phase One Cardiac Rehabilitation. *Journal of Acute Care Perspectives*, winter 2005; 14(4):1-9.
- Elokda, A. S.**, Nielsen, D. H., & Shields, R. K. (2000). Effect of functional neuromuscular stimulation on postural related orthostatic stress in individuals with acute spinal cord injury. *Journal of rehabilitation research and development*, 37(5), 535–542.

### **Ongoing Research:**

- “Effects of exercise mode on improving cardiovascular function and cardiorespiratory fitness after bariatric surgery: A narrative review”
- “Acute impact of maximal dynamic exercise on vascular reactivity in heart failure with reduced ejection fraction”
- “Postural control and Cognitive enhancement induced by Broad-Band Ultraviolet B Radiation versus Vitamin D3 supplementation in Egyptian Patients with Relapsing-Remitting Multiple Sclerosis”