

CURRICULUM VITAE

A. PERSONAL DATA:

1. Name: EGWU Michael Ogbonnia
2. Date of Birth: April 28, 1968
3. Contact Details: Plot 4, Block8A, Ola Asherifa
Layout, Ile-Ife
- (a) E-mail: egwumo@yahoo.com, megwu@unimed.edu.ng
4. Nationality: Nigerian
5. State of Origin: Ebonyi
6. Senatorial District: Ebonyi South
7. Local Government Area: Afikpo North
8. Next of Kin: Mrs. Bridget U. Egwu,
(a) E-mail: egwubudy@gmail.com
9. Date of Assumption of Duty: 31st July 2019
10. Present Status: Reader
11. Faculty: Allied Health
12. Department: Physiotherapy

B. EDUCATIONAL BACKGROUND

1. Higher Educational Institutions Attended with Dates.

- (a) Obafemi Awolowo University (OAU) Ile-Ife 1987 - 1992
- (b) Obafemi Awolowo University (OAU) Ile-Ife 1994 - 1997
- (c) Nwugarian Institute for Back Pain Management 1995
- (d) Psychiatric Hospital Yaba, Lagos, Nigeria. 2003
- (e) Obafemi Awolowo University (OAU) Ile-Ife 1998 - 2005

2. Academic and Professional Qualifications and Distinctions Obtained with Dates

- (a) Bachelor of Medical Rehabilitation: - BMR (PT) 1992.
- (b) Certificate in Manual Treatment of Back pain 1995
- (c) Master of Science Degree – MSc (PT) 1997
- (d) Certificate in Electroencephalography 2003
- (e) Doctor of Philosophy (Physiology) 2005

3. Other Distinctions and Awards with Dates.

- (a) Scholarship: Nil
- (b) Fellowship: Nil
- (c) Research Grant: Postgraduate Research Grant: Obafemi Awolowo University, Ile-Ife- 2004.
- (d) National Award: Nil
- (e) International Awards: Distinguished Service Award: OMICS Group and the Editors of Orthopedic & Muscular System: Current Research, Rheumatology: Current Research and Arthritis, Las Vegas, NV, USA-2013.

(f) Other Distinctions/Awards (with Dates)

- (i). Award for the Overall Winners Captain: Vice Chancellor Cup for Staff Soccer Competition-1999.

- (ii). Merit Award: Ife University Physiotherapy Student's Association- year 2000
- (iii). Distinguished Alumnus Award: Department of Medical Rehabilitation, Obafemi Awolowo University-2007.
- (iv). Second Best Presenter Award: 14th Annual Conference of the Society for the Study of Pain, Nigeria-2011.

C. WORK EXPERIENCE WITH DATES

1. Previous Work Experience outside the University System with Dates:

- (i) Youth Corps Physiotherapist, University Of Maiduguri Teaching Hospital, Maiduguri, Nigeria, 1992-93.
- (ii). Honorary Consultant Physiotherapist: Department of Medical Rehabilitation, Obafemi Awolowo University (OAU) Teaching Hospitals Complex, Ile-Ife- 2007 till date.
- (iii). Board member Representing Colleges/Faculties of Health Sciences/Medicine, Medical Rehabilitation Therapist Registration Board of Nigeria; 2009-2011.
- (iv). Consultant, Medical Rehabilitation Therapist Registration Board of Nigeria; 2011 till date.

2. Work Experience in other Universities with Dates: Nil.

3. Work Experience in Obafemi Awolowo University with Dates:

i.	Graduate Assistant	1993 - 1997
ii.	Lecturer II	1997 - 1999
iii.	Lecturer I	1999 - 2003
iv.	Senior Lecturer	2003 – 2009
v.	Reader	2009 – Till Date

4. Courses Taught in the Current Session:

(a). Undergraduate Level:

- (i). MRH 409, MRH410, MRH501 and MRH506- Clinical Experience in Physical Therapy.
- (ii). MRH 511 - Communication Skills and Ethics
- (iii). MRH 415 - Neuromuscular Integration I
- (iv). MRH 416 - Neuromuscular Integration II
- (v). MRH 402 - Theory and Practice of Manipulative Therapy.
- (vi). MRH 504 - Dissertation

(b). Postgraduate Level:

- (i). MRH 618 - Musculoskeletal Physical Therapy
- (ii). MRH 603 - Current Trends in Medical Rehabilitation.
- (iii). MRH 633 - Advanced Manual Therapy Practice

5. Graduate Student Supervision within the Current Session

By Research

Completed 2

Ongoing

- i. Kolade Adepeju Ademilola, BMSP16/17/H/1096. MSc. Candidate is waiting to defend her thesis.
- ii Odulade Adekola, BMSP17/18/H/0598. MSc. On coursework
- iii. Afolabi Teofeek, BMSP16/17/H/1450. Ph.D. He has completed his

coursework and presented the first seminar

6. **Current Undergraduate Supervision: 8**

D. MEMBER OF PROFESSIONAL BODIES:

- | | | |
|------|---------------------------------------|----------------|
| i. | Nigeria Society of Physiotherapy | 1993 till date |
| ii. | Neuroscience Society of Nigeria | 2003 till date |
| iii. | Society for the Study of Pain Nigeria | 2004 till date |

E. PUBLICATIONS:

1. **Theses/Dissertations:**

- i. **Egwu M.O:** 1992. A study of some enzymes involved in energy production in athletes. BMR (PT). Dissertation, Department of Medical Rehabilitation, O.A.U., Ile-Ife.
- ii. **Egwu M. O:** 1997. Effect of 12 week Step-Test Training on Body Composition of Obese Adults. M.Sc (PT) Thesis. Department of Medical Rehabilitation O.A.U.
- iii. **Egwu M. O:** 2005: Effect of Vertical Oscillatory Pressure on Pain Intensity and Evoke Potentials of Neocortical Somatosensory Areas in Neck and Low Back Pain Patients. Ph.D Thesis, Department. of Physiological Sciences, Obafemi Awolowo University, Ile-Ife, Nigeria.

2. **Books and Monographs:** Nil

3. **Contribution to Books:** Nil

4. **Published Journal Articles:**

- i. **Egwu M.O., Uche-Nwachi E.O., Adeniran S.A.** (1994). Influence of limb dominance and player position on elite league soccer trauma. *Journal of Physical Education and Research*; 3:5-7.
- ii. **Egwu M.O.,** (1995). Past exercise habit and the degree of exertion on youth corpsers following intensive physical training. *Journal of Physical Education and Research*; 1:12-13.
- iii. **Egwu M.O, Nwuga V.C.B, Uche- Nwachi E.O** (1995). Cardiovascular effect of dominant game manipulating limb among endurance sports men in some fundamental exercise starting positions. *Journal of Physical Education and Research*;1: 18-21.
- iv. **Egwu M.O.** (1996). The Musculoskeletal effect of intense physical training of non-athletic youth corps conscripts. *British Journal of Sports Medicine*; 30:112-115.
- v. **Egwu M.O.** (1996). Physiotherapeutic approach to recreational activities among the managerial class. *Journal of Physical Education and Research II* : 207- 208.

- vi. **Egwu M.O.**, Abimbola H. and Nwuga V.C.B (1996). Psychophysical effect of clinical work on some health care professionals. *Journal of Nigeria Medical Rehabilitation Therapists*; 1: 44-50.
- vii. **Egwu M.O.**, Fashakin G.B and Nwuga V.C.B (1997). A cross-sectional survey of the pattern of Back pain incidence and characteristics in some occupations. *Journal of Nigeria Medical Rehabilitation Therapists*; 1:50-56.
- viii. **Egwu M.O.**(1997). Traditional bone-setting in Nigeria: cases and pattern of patronage. *Journal of Nigeria Medical Rehabilitation Therapists*; 2: 52-55
- ix. Nwuga V.C.B and **Egwu M.O.** (1998). Some Clinical Characteristics of Backpain: A five year retrospective study of 802 patients. *Nigerian Medical Practitioner*;36:38-41.
- x. **Egwu M.O.**, Nwuga V.C.B and Olaogun M.O.B. (1998). Skill, materials, procedures and the therapeutic philosophy of some bone-setters in Nigeria. *Journal of Nigeria Medical Rehabilitation Therapists*; 3: 37-40.
- xi. **Egwu M.O.**, Nwuga V.C.B. (2000). Age variations in armspan-to-height relationship in South Nigerian females. *Journal of Research in Health and Sports Sciences*; 2: 33-37.
- xii. **Egwu M. O.**, Fashakin G. B and Nwuga V. C. B: (2001). Cost and level of patient awareness about chemotherapy physiotherapy and surgical management of backpain. *Journal of Research in Health and Sports Sciences*;3: 1-4.
- xiii. Olaogun M.O.B.,Oladimeji BY, Adedoyin, R.A., Olaogun, A.A.E., Akinloye A.A, **Egwu.M.O.**, Oyelese B.O., Folorunso T.J.(2002). Pattern of Musculoskeletal Pain in Selected Occupations. *Journal of the Nigeria Society of Physiotherapy*; 14:24-29.
- xiv. **Egwu M.O.**, Alabi M.M, Nwuga V.C.B, (2003). Effect of Vertical Oscillatory pressure on neck pain and some cardiovascular variables. *Physiotherapy (UK)*; 89:666-674.
- xv. Adedoyin R.A, Olaogun M.O.B, Onipede T.O,Ikem I.C,**Egwu M.O.**, BisiriyuL.A.(2005). Effect of different swing patterns of interferential currents on patients with low back pain: a single control trial. *Physiotherapy Rehabilitation (Turkey)*; 16:61-66.
- xvi. **Egwu M.O.**,Ojeyinka A.A., Olaogun M.O.B.(2007). The effect of vertical oscillatory pressure on youths and elderly adult low back pain intensity andlumbo-sacral mobility. *Journal of the Japanese Physical Therapy Association*;10:17-26.
- xvii. **Egwu M.O.**, Nwuga V.C.B. (2008).Relationship between low back pain and life-stressing events among Nigerian and Caucasian patients. *Physiotherapy (UK)*; 94:133-140.

- xviii. **Egwu M.O.** (2008). Relative therapeutic efficacy of some vertebral mobilization techniques in the management of unilateral cervical spondylosis: a comparative study. *Journal of Physical Therapy Science (Japan)*; 20:103-108.
- xix. Adedoyin R.A, Olaogun M.O.B, Omotayo K, Olawale AO, **Egwu M.O.** (2008). Effects of Wobble Board Training on Weight Distribution on the Lower Extremities of Sedentary Subjects. *Technology and Health care (UK)*; 16:147-153.
- xx. **Egwu M.O.** (2009). Effect of Psycho-physical Stress on the Preference of Non-Athletic Youths for Intermittent or Continuous Bench-Stepping. *International Journal of Sports Science and Engineering (UK)*; 3:22-26.
- *xxi. **Egwu M.O.**, Ajao B.A, Mbada C.E, Adeosun I.O. (2009). Isometric Grip Strength and Endurance of Patients with Cervical Spondylosis and Healthy Controls: A comparative study. *Hong Kong Physiotherapy Journal*; 27:2-6.
- *xxii. Adedeji G.A., **Egwu M.O.**, Adedoyin R.A. (2011). Anthropometric Indices Associated with Variation in Cardiovascular Parameters among Primary School Pupils in Ile-ife. *International Journal of Hypertension (USA)*; 2011:1-5.
- *xxiii. Adedeji G.A., **Egwu M.O.**, Adedoyin R.A. (2011). Relationship between parental socioeconomic status and cardiovascular parameters of primary school pupils in Ile-ife, Nigeria. *Journal of the Nigeria Society of Physiotherapy*; 18: 8-13.
- *xxiv. **Egwu M.O.**, Adeosun I.O, Olaogun M.O.B, Ikem I.C, Ukponmwan O.E. (2012). Cortical electrophysiological changes during vertical oscillatory pressure therapy in patients with low back pain. *Intercontinental journal of Medicine and Medical Sciences (UK)*; 2:1-7
- *xxv. **Egwu M.O.**, Mbada C., Olowosejeje D. (2012). Normative values of spinal flexibility for Nigerians using the InclinoMetric Technique. *Journal of Exercise Science and Physiotherapy (India)*; 8:93-104.
- *xxvi. Onigbinde A.T., **Egwu M.O.**, Adedoyin R.A. Awotidebe T. (2013). Reliability and concurrent validity of bathroom weighing scale and sphygmomanometer in quantifying magnitude of digital posterior-anterior spinal pressure. *Technology and Health Care (UK)*; 21:397-405.
- *xxvii. **Egwu M.O.**, Nwuga V.C.B. (2013). Symptoms of Spinal Dysfunction Mimicking Systemic Diseases (OGUNDANA SYNDROME): A Review of 35 Cases Treated with Manual Therapy over 30 Years. *Journal of Family Medicine and Community Health (China)*; 1:1-7.
- *xxviii. **Egwu M.O.**, (2013). Relative Sensitivity, specificity and

Perceived Exertion of Some Provocative Tests in the Mechanical Diagnosis of Sacro-Iliac Joint Dysfunction among Patients with Low Back Pain. *Othorpaedic and Muscular System (USA)*; 2:2, 1-6.

*Papers (8) added after the last review.

5. **Edited and Refereed Conference Proceedings:**

- i. Egwu M.O. (1998). Identification and treatment of Cervico – Cranial Radiculopathy Using Spinal Manual therapy. Society for the Study of Pain Conference proceeding. UCH, Ibadan. PP 6-7
- ii. Egwu M.O. (2003). Low Back Pain response to Manual Stimulus: An age Related Phenomenon. Proceedings of the 6th Biennial Conference of the society Neuroscientists of Africa, Abuja, Nigeria. P 81.
- iii. Egwu M.O., Adeosun I.O., Olaogun M.O.B., Ikem I.C., Ukponmwan O.E. (2006). Effect of Vertical Oscillatory Pressure on Pain Intensity and Somatosensory Evoked Potentials in Patients with Back Pain. First International Conference of Institute of Neuroscience and Biomedical Research. Owerri Nigeria. P36
- iv. Egwu M.O., Ogundele A.O. (2013). Influence of Intensity and Duration of Pain on Spine Flexibility of Patients with Low Back Pain. 5th Annual Faculty Week Scientific Session Publication. P20.

6. **Articles Accepted for Publication:** Nil

7. **Manuscripts Submitted for Publication:**

- i. Egwu M.O., Ogundele A.O. Influence of Intensity and Duration of Pain on Spine Flexibility of Patients with Low Back Pain. Journal of back and musculoskeletal Rehabilitation. Netherlands.
- ii. Egwu M.O., Adeosun I.O., Olaogun M.O.B., Ikem I.C., Ukponmwan O.E. Anthropometric determinants of digital pressure magnitude in patients with low backpain. Journal of back and musculoskeletal Rehabilitation. Netherlands.
- iii. Egwu M.O., Alimi TJ, Olufiade OO, Mbada CE, Adeosun I.O. Pattern of Musculoskeletal Pain and its management in a University Health Centre: A Ten Year Retrospective Study of 1750 Cases. East African Journal of Public Health

8. **Creative Work:** Nil

9. **Technical Reports:** Nil

10. **Papers and Works in Preparation:**

- i. Effects of vertical oscillatory pressure on pain intensity and Respiratory

variables in Patients with Cervical Spondylosis.

- ii. Influence of Intensity and Duration of Pain on Body Composition of Patients with Low Back Pain

F. Professional Accomplishment

i. I have demonstrated and explained clearly the scientific bases of the efficacy of Anterior – Posterior Unilateral Pressure Therapy for neck pain. This technique is current recognized world-wide as the most effective manual therapy for lower cervical neck pain. I have been involved in Board accreditation and reaccreditation of over 20 hospitals for internship training and safe physiotherapy practice in Nigeria. I have described the posterior Dimple Compression Test for Identification of Sacro-Iliac Joint Dysfunction and demonstrated that it is the simplest mechanical diagnostic tool with high sensitivity and specificity. I have been providing leadership for physiotherapists specializing in orthopaedic physiotherapy generally and manual therapy specifically while rendering Clinical Services and also training of physiotherapy interns at OAUTHC . I was a member of National working Committee on National Postgraduate Physiotherapy College of Nigeria (NPPCN) Design and Curriculum Development in 2013 and a member of NPPCN Selection Panel on the award of fellowship by Election, 2013.

G. Conferences, Seminars and Workshops Attended with Dates

- i. Scientific session of the 1st Annual Physiotherapy Week of Nigeria Society of Physiotherapy Osun State Chapter, Presidential Hotel Osogbo, 6th November 1995.
Paper presented: physiotherapeutic approach to recreational sports/exercise among the managerial class.
- ii. Workshop on manipulation of the spine organized by Nigeria Society of physiotherapy. ObafemiAwolowoUniversity, Ile-Ife.
13th –16th June 1995.
- iii. Scientific conference of the Nigeria University Games Association (NUGA), BayeroUniversity, Kano: 4th April 1997.
Paper presented: musculoskeletal disorders, overloading and athletic performance
- iv. 1st conference of the Nigeria society for the study of pain. UniversityCollegeHospital, Ibadan 5th June 1998.

- Paper presented: Identification and treatment of cervico-cranial radiculopathy using spinal manual therapy
- v. 5th Annual Conference of the Neuroscience Society of Nigeria. ObafemiAwolowoUniversity, Ile-Ife, 7th April 1999.
- Paper presented: Effect of mechanical stimulation at 6th cervical vertebrae on some sympathetically controlled cardiovascular functions
- vi. 4th Annual Conference of Society for the Study of Pain, Nigeria. UniversityCollegeHospital, Ibadan. 26th –28th July 2001
- Paper presented: (1) Introduction to how spinal manual therapy achieves pain relief
- vii. Workshop on professionalism in physiotherapy organized by Nigeria society of physiotherapy. National Orthopedic Hospital Igbobi, Lagos. 24th May 2001.
- viii. Workshop on management of spinal cord injuries organized by Nigeria Society of Physiotherapy. National Orthopedic Hospital, Igbobi, Lagos. 25th May 2001.
- ix. Workshop on prevention and management of stress and stroke. Organised by Osun State Chapter of Nigeria Society of Physiotherapy (OSNSP) ObafemiAwolowoUniversity teaching Hospital Complex (OAUTHC) Ile-Ife.
- x. Workshop on Child Health, organized by OSNSP at OAUTHC, Ile-Ife. 21st August 2002.
- xi. Ife Neuroscience Workshop organized by Ife Neuroscience Group, at OAU Ile-Ife 8th –12th April 2002.
- xii. 6th Biennial International Conference of Society of Neuroscientists of Africa (SONA). Nicon Hilton Hotel, Abuja. 27-30 April 2003.
- Paper Presented: Low Back Pain Response to Manual Stimulus: An age related phenomenon.
- xiii 6th National Conference of Society for the study of pain, Nigeria (SSPN). Conference center, ObafemiAwolowo UniversityIle-IfeNigeria. 23-26th July 2003.
- Paper Presented: Effect of Vertical Oscillatory pressure on Low Back Pain intensity and Lumbo-sacralRange of Movement in Adolescents and the Elderly.
- xiv. Workshop on Research methods in physiotherapy organized by Nigeria society of physiotherapy Osun state chapter. 4th April 2007.
- xv. Workshop on the management of Ankle joint Disorders organized by orthopaedic Manual Therapy Group of Nigeria Society of physiotherapy. University of Ilorin

- Teaching Hospital Ilorin. 21st – 22nd May 2008. Paper Presented: Mechanical examination Diagnosis and Therapy of Ankle joints Dysfunction.
- xvi. Workshop on improving pain education among physiotherapy educators in Nigeria organized by Department of physiotherapy college of Medicine University of Ibadan in collaboration with international Association for the the study of pain. 10th-13th August 2009.
 - xvii. Workshop on Objective Structured Clinical Examination organized by College of Health Sciences Obafemi Awolowo University from 16th – 17th March, 2011.
 - xvii. 14th National Conference of Society for the study of pain, Nigeria (SSPN). Conference center, ObafemiAwolowo UniversityIle-IfeNigeria. 27th- 30th July 2011. Paper Presented: Relationship of Duration and Intensity ofPain with Depression and Functional Disability among Patients with Chronic Low Back Pain.
 - xviii. Workshop on Lifestyle and Health organized by Fitness Centre, Rehabilitation Department, OAUTHC, 27th March, 2013.
 - xix. Workshop on Applied Technique of Manual Therapy organized by Nigeria Society of Physiotherapy OAUTHC Chapter, 10th April 2013.
 - xx. 2nd International Conference and Exhibition on Orthopedic and Rheumatology during, August 19-21; Embassy Suites, Las Vegas,NV, USA.
 - xxi. 4th Annual Scientific Workshop of the Nigeria Association of Orthopaedic Manual Therapists held at University of Uyo Teaching Hospital Uyo, 3rd – 4th July 2014. I conducted a workshop on Manual Treatment of Sacro-Iliac Joint Dysfunction.

H Current Research Activities

- i. Examining the neurophysiologic bases for the efficacy of spinal manual therapy.
- ii. Studying ways of improving on current spinal manipulative therapy techniques and mechanical diagnosis of musculoskeletal problems amenable to physiotherapy.

I. Current Relevant Information

- 1. **Services within the Department:**
 - i. Co-ordinator Bachelor of Medical Rehabilitation Programme Dept. of Med. Rehab. OAU. 1995-2000
 - ii Co-ordinator Postgraduate Programmes Department of Medical Rehabilitation OAU 2000 –2005 July, 2007 – till date.

- iii. Chairman, Induction Planning Committee, Department of Medical Rehabilitation OAU, 1995 –2004.
- iv. Ag.Head, Department of Medical Rehabilitation, college of Health Sciences O.A.U. Ile-Ife 2005-July 31st 2007.

2. Services within the Faculty:

- i. Assistant Co-ordinator (Part One) Medical and Dental programmes, Faculty of Basic Medical Sciences (FBMS), College of Health Sciences OAU, May 2000 – September 2000.
- ii. Co-ordinator (Part One) Medical and Dental Programmes FBMS, College of Health Sciences OAU, 2000 –2005 July.
- iii. Member Faculty Postgraduate Committee, 2006 – date
- iv. Member Faculty Review and Selection Panels, 2005 – date
- v. Member Faculty Board and Faculty Board of Studies, 2005 – date
- vi. Representative of Faculty of Basic Medical Sciences in the Faculty Board and Faculty Review Panel of Faculty of Agriculture, OAU, 2001 –2003.
- vii. Representative of Faculty of Basic Medical Sciences in SIWES, 2006-2011.
- viii. Member Faculty week Planning Committee, 2005 – 2007, 2013.

3 Services within the College:

- i. Captain, College of Health Sciences, Staff football Team that won the Vice-Chancellors' Cup in 1999.
- ii. Member College Prize Award Organogramme Planning Committee 2007.
- iii. Member, Students Transfer Committee, College of Health Sciences OAU 2001–2004.
- iv. Member Curriculum Review Committee, Medical and Dental programmes College of Health Sciences, 2007.

4. Services within the University.

- i. Member, Sports Committee responsible for organizing Intra University Games 1999 –2000
- ii. Member Medical Sub-committee Nigeria Universities Games (NUGA) Zonal competition, OAU 1998.
- iii. Physiotherapist-in-Charge, OAU Students Inter-faculty Sports Competition 17th-20th January 2000.
- iv. Physiotherapist-in-Charge, OAU contingent to NUGA, 2001, Ahmadu Bello

University, Zaria.

- v. Hall Fellow Clinical Student's Hostel, OAU, 2004 -2007.
- vi Member, Awoversity Cooperative Management Board, 2004 -2008.
- vii. Member Medical Sub-committee Nigeria Universities Games (NUGA) competition, OAU 2014.
- viii. Member of Congregation.

5. Services outside the Obafemi Awolowo University:

- i. Editorial Consultant, Journal of Nigeria Society of Physiotherapy 2005 till date
- ii. Editorial Consultant, Journal of Medical Rehabilitation Therapist Board of Nigeria and its Bulletin, 2004 till date.
- iii. External examiner, physical therapy programme College of Medicine Bayero University Kano, 2005- 2007.
- iv. External examiner, physical therapy programme, College of Medicine University of Ibadan, 2005-2006 Session.
- v. External examiner, physical therapy programme, College of Medicine Nnamdi Azikiwe University Nnewi Campus, 2008- 2010.
- vi. Reviewer, Journal of Medicine and Rehabilitation. BayeroUniversity, Kano- 2007.
- vii. Rater in the McMaster Online Rating of Evidence System, 2008- till date (UK).
- viii. Reviewer, Journal of Back and Musculoskeletal Rehabilitation. The Netherlands, 2011 till date.
- ix. Consultant toMedical Rehabilitation Therapists Registration Board of Nigeria, 2012 till date.
- x. Member, Medical Rehabilitation Therapists Registration Board of Nigeria Standing Committee on Accreditation, 2009 –2011.
- xi. Member,OAUTHC Expert Medical Team that Provided Secondary and Tertiary Health Care for Nigeria Universities Games (NUGA) 2014.
- xii. Member of Council, National Postgraduate Physiotherapy College, 2013 till date .

J. Contribution to Knowledge

My major contribution to knowledge is in the area of Orthopaedic/sports Physiotherapy. I have a minor thrust in Cardio-respiratory health and fitness.

1. **Back Pain and Manual Therapy**

Back pain (BP) which is an orthopaedic challenge is known to affect virtually everybody at some time during their life. The huge economic toll which back pain takes on communities is unquestionable, its cause is poorly understood and the treatment elusive. The effects of the medical effort of chemotherapy have been observed to be either transient or futile especially when it is of mechanical origin. Besides, chemotherapy is often associated with side effects. Thus, the world over, the need for conservative therapy is recognized.

a. *Contributions to the knowledge of BP Cost, patient Awareness, pattern, prevalence, traditional remedies and physiotherapy.*

I have contributed to the understanding of the pattern and prevalence of musculoskeletal injuries and pain in our local environment (papers vi, vii & xiii). Our studies established that BP was predominant among health workers (paper vi) [excerpt of this paper was published in The Guardian News paper vol. 13 of March 2 1997], civil servants, traders, artisans (papers vi and xiii) and youth corps members (papers ii & iv). I also have clarified that grip strength and grip endurance is lower in patients with cervical spondylosis than in apparently healthy people (paper xxi) and explained the physiological bases of this finding.

I have contributed to clarifying the cost differences and level of patient awareness about physiotherapy, chemotherapy, and surgery in the management of back pain (paper vii) and how bone setters treat BP and other orthopaedic problems (papers viii & x). Through our retrospective study (paper xi), I have contributed to the understanding of the clinical characteristics of BP and further established the fact that manual therapy yielded better result when compared to conventional therapies for BP. I have also explained factors responsible for the efficacy of manual therapy (papers xvi, xviii & xxiv,) and identified symptoms of spinal dysfunction mimicking systemic disease (paper xxvii). In addition, we recently established the reliability and con-current validity of bathroom weighing scale and sphygmomanometer in quantifying magnitude of digital postero – anterior spinal pressure (paper xxvi) which is important in the determination of dosage for effective manual therapy. Also, I have recently described the posterior Dimple Compression Test for Identification of Sacro-Iliac Joint Dysfunction and demonstrated that it is the simplest mechanical diagnostic tool with high sensitivity and specificity (paper xxviii).

b. *Contributions to the knowledge of manual therapy techniques, precision and scientific understanding.*

Vertical Oscillatory Pressure (VOP) is the most simple, versatile and effective manual therapy for BP. I have improved significantly, the understanding of physiotherapist and manual therapists, about the therapeutic efficacy of VOP (papers xvi) and delineated the cortical potentials evoked in the brain during VOP for BP (paper xxiv and Ph.D thesis). These have improved the understanding of the neuroscience of manual therapy.

I have demonstrated globally via article xiv published in Britain that VOP relieved neck pain without significant cardiovascular/myocardial alterations. This showed that manual therapy is a safe treatment for neck pain even in the presence of cardiovascular impairment. Before this finding, clinicians considered cardiovascular problems as a contraindication to cervical mobilization, consequently this article have been included in the cardiovascular safety evidence base.

Similarly, I have contributed to the knowledge of how VOP achieve pain relief (papers xviii & xxiv) and that forward and side flexion are the most restricted by BP and should be preferred outcome measures after VOP (this was established in paper xvi published in Japan).

Also, article xvii published in the United Kingdom, brought to the knowledge of clinicians that low socio-economic status patients with LBP who had experienced a high number of life stressing-events were more likely to show emotional and psychological symptoms which influences the reporting of the history and characteristics of their LBP. These factors have been adopted by the Chartered Society of Physiotherapy of Great Britain. Normative values of spine range of motion are essential for proper diagnosis of spinal impairment and in monitoring of effect of treatment and patient recovery. I have contributed in establishing gender and age specific normative data and identified the correlates of spinal flexibility in apparently healthy Nigerian adults through paper xxv published recently in India.

My contribution in the area of BP management is not only in manual therapy. I have contributed to the resolution of the controversy that swing patterns frequency of Interferential Current (IFC) is more effective than fixed frequency as our study (paper xv) demonstrated that neither has superiority in LBP modulation.

c. Contribution of New Techniques.

Before now, Anterior Posterior Unilateral Pressure (APUP) technique of neck pain manual therapy was merely mention as a manual therapy technique in literature. I have practically demonstrated APUP, established its scientific base and compared its relative therapeutic efficacy with three others (paper xvii). This article is displayed in Physiospot Musculoskeletal: Musculoskeletal research in the spotlight and Fisiobrain since 2008. These are websites assisting health practitioners with evidence base practice. I have also demonstrated in literature two (cervical and lumbar) manual traction therapy techniques which physiotherapist now use clinically for low back and neck pain therapy (paper x).

Estimates from arm-span and height are used in orthopaedic physical therapy to determine crutch length for patients who cannot sit or stand. I have contributed in the simplification of the process of estimating crutch length for recumbent patients (paper xi). In this paper, the relationship between arm-span and height was established and age specific equations developed and tested. This has reduced the stress on clinicians while improving on precision of measurement.

I have described the posterior Dimple Compression Test for Identification of Sacro-Iliac Joint Dysfunction and demonstrated that it is the simplest mechanical diagnostic tool with high sensitivity and specificity (paper xxviii).

2. Sports Trauma, Cardiorespiratory Fitness and Exercise Therapy.

Identification of predisposing neuromusculoskeletal risk factors, prevention, treatment and rehabilitation of injured athletes are the major challenges of sports physiotherapy. From my studies of soccer players (papers i), non-athletes(papers i-v & xx), I have contributed to the knowledge of injury prevention, pattern understanding and precision of fitness testing and coordination training.

a. Injury prevention and sports performance

In paper iv, published in British journal of sports medicine examined the pattern of musculoskeletal injuries experienced in Youth corps orientation camps. The finding that most youth corps member were physically relatively unfit and the camp fitness programme

produced some adverse effect on their physical health leading to injuries. This brought their problem to focus and have resulted to increase recruitment of physiotherapists in NYSC orientation camp clinic and a downward review of camp fitness programme. Some tables in this article have long appeared with permission, in the official journal of American Chiropractic Association. I have also contributed to the understanding of how limb dominance affects susceptibility to injury and its rehabilitation (paperi).

b. Cardiorespiratory and Cardiovascular fitness

Conventionally, Physiotherapists use step test to ascertain the cardiorespiratory fitness status of patient/clients prior to exercise therapy. This is done without considering the differential benefit or adverse effects of continuous and intermittent stepping protocols. I have contributed to the knowledge base in this area via article xx published in International journal of sports science and engineering in UK. Intermittent stepping was found to be less stressing but adequate test or therapy for cardiorespiratory fitness of patients and low fit populations such as youth corps recruits. While continuous stepping was recommended for testing of military and paramilitary recruits.

I have also contributed in improving the understanding of the utility value of wobble board training in the rehabilitation of patients/clients with coordination problems. Our study (paper xix) found that wobble board exercise improves weight distribution in the lower limbs. I have also contributed to the knowledge of cardiovascular risk factors by establishing the fact that prevalence of hypertension is increasing among Nigerian children and revealed that weight is a viable predictor of systolic blood pressure while age predicts diastolic blood pressure better (paper xxii). This is contrary to the previous belief that weight predicts blood pressure generally. I have also clarified that parental socioeconomic status has no relation with cardio – anthropometric bio-indicators (BP, HR, BMI, AC) of obesity and hypertension in Nigerian children (paper xxiii) and I have presented guidelines for recreational activities among the managerial class to ensure cardiovascular and cardiorespiratory fitness without injury (paper v).

Signature

Date.

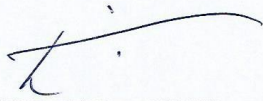
a. Injury prevention and sports performance

In paper iv, published in British journal of sports medicine examined the pattern of musculoskeletal injuries experienced in Youth corps orientation camps. The finding that most youth corps member were physically relatively unfit and the camp fitness programme produced some adverse effect on their physical health leading to injuries. This brought their problem to focus and have resulted to increase recruitment of physiotherapists in NYSC orientation camp clinic and a downward review of camp fitness programme. Some tables in this article have long appeared with permission, in the official journal of American Chiropractic Association. I have also contributed to the understanding of how limb dominance affects susceptibility to injury and its rehabilitation (paper i).

b. Cardiorespiratory and Cardiovascular fitness

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Signature

20-09-13

Date.

**OBAFEMI AWOLOWO UNIVERSITY
COLLEGE OF HEALTH SCIENCES
FACULTY OF BASIC MEDICAL SCIENCES
DEPARTMENT OF MEDICAL REHABILITATION**

**Minute of Departmental Review Panel
Meeting Held on 12th June, 2015 in the Head of Department's Office**

Attendance:

I.	Prof. Mrs. N.O. Akinola	Dean/Chairperson
II.	Dr. R.A. Adedoyin	Ag. Head Of Department
III.	Prof. M.O. B. Olaogun	Member
IV.	Prof. L.M. Oginni	„
V.	Prof. Fajemilehin	„
VI.	Dr.A. T. Onigbinde	„
VII.	Dr O.E. Johnson	„
VIII.	Dr. O.A. Ojoawo	„
IX.	Lt. Col. A.A.I. Emechete (Rtd.)	„
X.	Dr. OB Oyelese	„
XI.	Mr T.O. Awotidebe	„

PREAMBLE: The chairman welcomed cognates and members to the meeting and thanked them for taking time out of their tight schedule to attend the meeting. She introduced professors in the panel also announced the intention of the meeting.

1. Recommendation for promotion from the position of a Reader to Professor- Dr. M.O. Egwu

COMMENTS OF DEPARTMENTAL REVIEW PANEL

The panel considered Dr.M.O. Egwu's curriculum vitae, and other documents submitted for the promotion. Panel noted that Dr. Egwu assumed duty on October 19, 1993. He has been productive in terms of teaching and research. He has been of service to the teaching hospital, as a consultant physiotherapist. Dr. Egwu submitted a total number of 28 papers. He is a sole author in 25% and lead author in 50% of them. Sixteen (57.1%) of his publications were off shore, while the remaining 12 were published in reputable national journals. The panel noted that Dr. Egwu scored well above benchmark in all necessary areas, and therefore recommended that he be promoted to the position of a professor with effect from October 1st, 2013.

The Chairman informed the house that the processing of Dr. Egwu's promotion will proceed while awaiting the announcement of his promotion to the position of a reader.

2. Recommendation for promotion from the position of a Senior lecturer to Reader- Dr. A.T. Onigbinde

COMMENTS OF DEPARTMENTAL REVIEW PANEL

The panel considered Dr. A.T. Onigbinde's curriculum vitae, and other documents submitted for the promotion. The Chairman was concerned in the delay in processing of Dr. Onigbinde's promotion. She advised the departmental to be conducting staff annual review regularly in other to know those who are due for promotion.

It was noted that Dr. Onigbinde joined the service of the Obafemi Awolowo University on September 30, 2004. He has been productive in terms of teaching and research. Panel commented that Dr. Onigbinde is a prolific writer, with a total number of 29 publications. He is the lead author in 18 (62.1%) of them, with 23 (79.3%) off shore. The remaining 6 (20.7%) were published in the local Journals. Dr. Onigbinde scored well above benchmark in all the necessary areas, and was therefore recommended for the position of a reader with effect from 1st of October, 2013.

Prof (Mrs) N.O. Akinola

Chairman