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French/Lebanese, Born in 1999

STEPHANE JABRE

MD, MSc Student



EDUCATION

- 2004 - 2018 **Collège des Frères Maristes, Champville**
College Degree, Baccalauréat français, spé : maths, mention : tres bien
- 2018 - 2021 **Faculty of Medicine, University of Saint-Joseph in Beirut**
Medical Student, 3rd Year, Entrance exam ranking : 17th
- 2021 – present **Université Libre de Bruxelles, Faculty of Medicine**



PROFESSIONAL EXPERIENCE

- Nov 2021 – present **EREPS4 Certified Personal Trainer – Fitness and Bodyweight Expert**
At Basic-fit, Brussels
- Jun 2021 - present **Certified Peer Reviewer, Elsevier for Health**
For Supportive Care in Cancer Journal
- 2020 – present **Fitness and Personal Training Former and Educator**
Educating coaches, and personal trainers on new techniques and innovational fitness.
- Nov 2018 – present **Intern in Biomechanics Research**
Faculty of Medicine, University of Saint-Joseph (USJ), Beirut, Lebanon
Laboratory of Biomechanics and Medical Imaging, Faculty of Medicine, USJ
→ EOS imaging (medical imaging system whose aim is to provide frontal and lateral radiography images, while limiting the X-ray dose absorbed by the patient in a sitting or standing position.)
→ XLSTAT
www.usj.edu.lb
lbim@usj.edu.lb
- Dec 2018 – present **Emergency Medical Rescuer at the RedCross**
Member and Emergency Rescuer at Cornet Chehwan Station in Lebanon.
COVID-19 Trained Rescuer.
Chief of Mission
Disaster-Risk Reduction Officer
- Sep 2016 – present **Fitness and Wellness Blogger**
Online Blogging that lets me share my best advice, information, and expertise, all related to fitness and wellbeing. It includes many types of articles such as 'how-to' instructional posts, fitness news and tips, interesting training techniques, and nutrition tips, and more.
www.sfit.me
- Feb 2017 – present **Fitness Instructor & Personal Trainer**

Fitness trainer and instructor. I lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. I work with people of all ages and skill levels. My specialty is Calisthenics and Bodyweight Training.

Dec 2017 – present **Personal Trainer on TV & Host**

I have been a TV presenter during many shows on television. I have been also a fitness instructor on TV as well as TV assistant to the director. My experience in television is fruitful because it taught me responsibility, communication and inspirational skills, NOURSAT – Lebanon

2009 – 2019 **Scout Leader**

I have been a scout leader animating more than 30 members with ages ranging between 12 and 17 years old. This experience taught me responsibilities and leadership. I had to prepare educational and lifestyle sessions and camps for educational purposes



SKILLS AND ACTIVITIES

Languages Fluent in English, French, Arabic, and Spanish

Sports Activities Water sports : windsurfing, surfing, catamaran – Tennis – Swimming – Judo – Jiu-jitsu – Calisthenics – Cheerleading – Skating – Snowboard – Ski



RESEARCH TOPICS

Biomechanics & Orthopedics Three-dimensional modeling of the musculoskeletal system during posture and locomotion in subjects with orthopedic deformities, developmental and neurological problems such as children with Cerebral Palsy, Adolescent Idiopathic Scoliosis, adolescents with Down Syndrome, Adult Spinal Deformity as well as Hip and Knee pathologies.



CERTIFICATES

Jul 2022 EREPS 4 – Certification of personal Training, DNA Academy
Apr 2020 27th International Meeting on Advanced Spine Techniques, *Scoliosis Research Society*
Apr 2020 Global Disease Masterclass: Communicable Diseases Epidemiology, Intervention and Prevention, *Imperial College London*
Apr 2020 Science of Exercise, *University of Colorado Boulder*
Apr 2020 Mechanical Ventilation for COVID-19, *Harvard Medical School*



MEMBERSHIPS

2019 - present **ESMAC (European Society for Motion analysis in Adults and Children) member**

The purpose of ESMAC is to stimulate and advance scientific knowledge, professional interaction and the exchange of ideas among Society members

relating to movement analysis in adults and children in clinical and research settings.
Feb 2020 - present **Public Relations & Social Media, Women in Surgery Interest Group, Lebanon Chapter**
Institution to inspire and encourage female students to pursue a surgical specialty despite cultural obstacles they may encounter.

ABSTRACTS

1. Ayman Assi, Mario Mekhael, **Stéphane Jabre** : *Posterior coverage of the hip might be responsible of limiting pelvic retroversion in patients with adult spinal deformity (ESMAC 2019 Annual Meeting)*
2. Co-author : *A Step Towards Understanding the Underlying Mechanisms of Pelvic Tilt Reserve in Adult Spinal Deformity (American Academy of Orthopedic Surgeons 2021 Annual Meeting)*

INTERNATIONAL CONFERENCES

Eurospine annual conferences ; Scoliosis Research Society annual conference ; European Society for Motion analysis in Adults and Children (ESMAC) annual conference ; SOFCOT French society for orthopedic surgery annual conference ; American Academy of Orthopedic Surgeons Annual Meeting