



Houssein El-Sebai

Physical Therapist and Founder of PT Tip

Lebanese - Lebanon

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Who is Houssein El-Sebai

Houssein El-Sebai is a Lebanese physical therapist and the founder of the health awareness platform "PT Tip." He is dedicated to educating the public on the importance of proper body movement, biomechanics, and posture correction through innovative and simplified educational content. Based in Beirut, Lebanon, El-Sebai manages his digital platforms, which are distinguished by a unique explanatory style. He frequently uses anatomical paintings on his own body to illustrate the functions of muscles and joints, making complex information accessible to a broad audience. El-Sebai established "PT Tip" as a comprehensive ecosystem that extends beyond social media. The brand includes an e-commerce store offering equipment and products designed to help individuals better understand their bodies and improve their physical well-being. Through his significant presence on platforms like Instagram and TikTok, he provides practical advice and applicable exercises aimed at enhancing daily quality of life and preventing injuries. His work merges clinical expertise in physical therapy with a passion for digital health education, positioning him as a trusted authority in his field.

Achievements of Houssein El-Sebai

Houssein El-Sebai founded "PT Tip," establishing it as a leading online platform for health awareness in the Arab world. He has successfully built a large digital community that engages with his educational content on physical therapy and kinetic health, offering practical solutions for common issues like back pain and posture correction. He expanded his brand to include a specialized e-commerce store that provides therapeutic products such as barefoot shoes, massage tools, and corrective devices. This venture offers tangible solutions to his followers and supports the sustainability of his educational mission, successfully transforming digital content into a viable business.

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