

CURRICULUM VITA

PERSONAL INFORMATION

Name: Nahid Rahmani

Gender: Female

Date & Place of Birth: ۲۶ Sept ۱۹۸۰, Iran

Marital Status: Married

Nationality: Iranian

Mailing Address: Department of Physiotherapy, Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran

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ACADEMIC QUALIFICATIONS

Bachelor of Science (BSc.) ۲۰۰۲: Physiotherapy; Faculty of Rehabilitation Sciences, Shiraz University of Medical Sciences and health services, Shiraz, Iran.

Master of Science (MSc.) ۲۰۰۹: Physiotherapy; Department of Physical Therapy, University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.

PhD ۲۰۱۰: Physiotherapy; Department of Physical Therapy, University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.

Assistant professor of Paediatrics Neuro-rehabilitation Research Centre ۲۰۱۰: University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.

PUBLICATIONS

- ۱) Khadijeh Kazemi, **Nahid Rahmani**, Fatemeh Rahimi, Majid Ravanbakhsh. The association between spinal column deformity and breathing function: A systematic review. **Journal of Bodywork and Movement Therapies**. ۲۰۲۰; ۲۴: ۱۷۲-۱۸۰.
- ۲) Alaleh Mohajeri, **Nahid Rahmani**, Farid Rezaei Moghadam, Ali Sheikhan. To investigate the effect of high power and low power laser on pain intensity, disability and range of motion of the knee of patients suffering from osteoarthritis. **Archives of Rehabilitation**. ۲۰۲۰.
- ۳) Farin Soleimani, Nadia Azari, Hesam Ghiasvand, Amin Shahrokhi, **Nahid Rahmani**, Shiva Fatollahierad. Do NICU developmental care improve cognitive and motor outcomes for preterm infants? A Systematic Review and Meta-analysis. **BMC Pediatrics**. ۲۰۲۰; ۲-۱۶.
- ۴) Parsa M, Tanbakoosaz A, **Rahmani N**, Vahdat I. Biomechanical evaluation of the function of the exoped robotic exoskeleton in simulation of the gait movement. **Acta Biologica Indica**. ۲۰۱۹; ۲۸-۳۷.
- ۵) ShahAli S, Arab A.M, Ebrahimi E, ShahAli S, **Rahmani N**, Negahban H, Kazemnejad A, Bahmani A. Ultrasound measurement of abdominal muscles during clinical isometric endurance tests in women with and without low back pain. **Physiotherapy Theory and Practice**. ۲۰۱۹; ۳۵ (۲):۱۳۰-۱۳۸.
- ۶) **Rahmani N**, Mohseni-Bandpei MA, Salavati M, Vameghi R, Abdollahi I. Ultrasonography in the assessment of abdominal muscles thickness in children: A double

blinded reliability study. **Journal of Bodywork and Movement Therapy.** ۲۰۱۸ (under review).

- ۷) Mahnaz Emami, Mohammad Ali Mohseni Bandpei, **Nahid Rahmani**, Akbar Biglarian, Mohammad Reza Taghipour. Association between trunk muscles characteristics with lower limb injuries: A systematic review. **Physical Therapy in Sport.** ۲۰۱۸; ۳۲: ۳۰۱-۳۰۷.
- ۸) **Rahmani N**, Mohseni-Bandpei MA, Salavati M, Vameghi R, Abdollahi I. Comparative Study of Abdominal Muscle Thickness on Ultrasonography in Healthy Adolescents and Patients with Low Back Pain. **Ultrasound in Medicine Journal.** ۲۰۱۸; ۳۷: ۹۰۵-۹۱۲.
- ۹) **Nahid Rahmani**, Alireza Karimian, Mohammad Ali Mohseni-Bandpei. Reliability of sonography in the assessment of lumbar stabilizer muscles size in healthy subjects and patients with scoliosis. **Journal of Bodywork and Movement Therapy.** ۲۰۱۸ (Published)
- ۱۰) Akram Shahbazi, **Nahid Rahmani**, Milad Abbasi, Reza Nabi Amjad, Hossein Marioryad, Alireza Khammar, Monir Alimohammadi, Mohsen Poursadeghiyan. Association Between Occupational Stress and Risk Factors of Cardiovascular Disease in Locomotive Operators. **Iranian Heart Journal,** ۲۰۱۸; ۱۹ (۲).
- ۱۱) **Rahmani N**, Mohseni-Bandpei MA, Kiani A, Abdollahi I. A comparison of multifidus muscle cross sectional area between male adolescents with and without low back pain using sonography. **Journal of Body Work and Movement Therapy.** ۲۰۱۷; ۱-۵.
- ۱۲) **Rahmani N**, Mohseni-Bandpei MA, Salavati M, Vameghi R, Abdollahi I. Reliability of sonography in the assessment of abdominal muscles thickness in adolescents with low back pain compared with healthy adolescents. **J Babol Univ med Sci.** ۲۰۱۷.

- ۱۳) **Rahmani N**, Mohseni-Bandpei MA, Salavati M, Vameghi R, Abdollahi I. Normal values of abdominal muscles thickness in healthy children using ultrasonography. **Manual Therapy Journal**. ۲۰۱۷ (Published).
- ۱۴) Mohseni-Bandpei MA, **Rahmani N**, Faezeh Halimi, Muhammad Nazim Farooq. The prevalence of low back pain in Iranian dentists: An epidemiological study. **Pak J Med Sci**. ۲۰۱۷;۳۳(۲):۲۸۰-۲۸۴.
- ۱۵) **Rahmani N**, Mohseni-Bandpei MA, Salavati M, Vameghi R, Abdollahi I. The investigation of symmetry of abdominal muscles thickness in healthy and low back pain adolescents using sonography. **J Babol Univ Med Sci**. ۲۰۱۶ (published)
- ۱۶) Mahnaz Emami, Iraj Abdollahi, **Nahid Rahmani**, Mohammad Ali Mohseni-Bandpei, Tahereh Rezaeian, Sara Jambarsang. Association between Hamstring Muscle Strength and Strain in Athletes: A Systematic Review. **J Mazandaran Univ Med Sci** ۲۰۱۶. ۲۶(۱۳۷); ۲۳۵-۲۴۶.
- ۱۷) Ali Kiani, Mohammad Ali Mohseni-Bandpei, **Nahid Rahmani**, Iraj Abdollahi. Reliability of Measuring Lumbar Multifidus Muscle Size in Male Adolescents Using Ultrasonography. **J Mazandaran Univ Med Sci** ۲۰۱۵. ۲۶ (۱۳۵).
- ۱۸) **Rahmani N**, Mohseni-Bandpei MA, Vameghi R, Salavati M, Abdollahi I. Application of ultrasonography in the assessment of skeletal muscles in children: A systematic review. **Journal of Ultrasound in Medicine and Biology**, ۲۰۱۵. ۴۱; ۲۲۷۵-۲۲۸۳.
- ۱۹) Alireza Karimian, **Nahid Rahmani**, Mohammad Ali Mohseni-Bandpei, Seyyed Alireza Bassampour, Ali Kiani. Prevalence of Scoliosis and Associated Risk Factors in Children and Adolescents: A Systematic Review. **J Mazandaran Univ Med Sci** ۲۰۱۵; ۲۵ (۱۳۰): ۱۹۱-۱۹۹.

- ۲۰) A. Shadani, **N. Rahmani**, M.A. Mohseni-Bandpei, S.A. Bassampour. Evaluation of the Prevalence and Predisposing Factors of Spondylolysis and Spondylolisthesis: A Systematic Review of Previous Studies. **J Babol Univ Med Sci**; ۱۷(۸); Aug ۲۰۱۵; PP: ۵۵-۶۲.
- ۲۱) Mohseni Bandpei MA, **Rahmani N**, Majdoleslam B, Abdollahi I, Shah Ali Sh, Ahmad A. Reliability of surface electromyography in the assessment of paraspinal muscles fatigue: A systematic review. **Journal of Manipulative and Physiological Therapeutics**, ۲۰۱۴; ۳۷: ۵۱۰-۵۲۱
- ۲۲) **Rahmani N**, Mohseni Bandpei MA, Abdollahi I. The eligibility of surface electromyography in the assessment of paraspinal muscles fatigue following interventions in patients with chronic low back pain: A systematic review, **Journal of Rehabilitation**, ۲۰۱۳; ۱۴(۳): ۱۲۴-۱۳۱
- ۲۳) **Rahmani N**, Amiri M, Mohseni-Bandpei MA, Mohsenifar H, Pourahmadi MR. Work related neck pain in Iranian dentists: An epidemiological study. **Journal of Back and Musculoskeletal Rehabilitation**. ۲۰۱۳; ۲۶ (۱): ۹-۱۵.
- ۲۴) Zandi S, Mohseni Bandpei MA, **Rahmani N**. Ultrasonographic Studies on Transverse Abdominis in Patients with Low Back Pain and Healthy Subjects: A systematic review. **Medical Journal of Gorgan University of Medical Sciences**. ۲۰۱۳; ۱۴ (۴): ۱-۸.
- ۲۵) Motallebi L, Mohseni Bandpei MA, **Rahmani N**. The effects of stabilization exercises on pain intensity, functional disability and cross sectional area of multifidus in patients with non-specific chronic low back pain. **Medical Journal of Mazandaran University of Medical Sciences**. ۲۰۱۳; ۲۳ (۱۰۰): ۱۱-۱۹

- ۲۶) **Rahmani N**, Mohseni-Bandpei MA, Nodehi-Moghadam A. Eligibility of Magnetic Resonance Imaging Technique in Determining Articular Cartilage Lesions in Patients with Knee Osteoarthritis; A Systematic Review of the Literature. **Journal of the Mazandaran University of Medical Sciences**. ۲۰۱۲; ۲۲(Supple ۱): ۳۳۰-۳۴۰
- ۲۷) **Rahmani N**, Mohseni-Bandpei MA. Application of perineometer in the assessment of pelvic floor muscles strength and endurance: a reliability study. **Journal of Bodywork and Movement Therapies**. ۲۰۱۱; ۱۵ (۲): ۲۰۹-۲۱۴.
- ۲۸) Mohseni-Bandpei MA, **Rahmani N**, Behtash H, Karimloo M. The effect of pelvic floor muscle exercise on women with chronic non-specific low back pain. **Journal of Bodywork and Movement Therapies**. ۲۰۱۱; ۱۵ (۱): ۷۵-۸۱.
- ۲۹) Mohseni-Bandpei MA, Ahmad-Shirvani M, Fakhri M, **Rahmani N**. The effect of an exercise program and ergonomic advices in the treatment of pregnancy related low back pain: A randomised controlled clinical trial. **Medical Journal of Mazandaran University of Medical Sciences**. ۲۰۱۰; ۲۰(۷۷): ۹-۱۷
- ۳۰) Amiri M, Mohseni Bandpei MA, **Rahmani N**. A comparison of pelvic floor muscle endurance and strength between patients with chronic low back pain and healthy subjects. **Medical Journal of Mazandaran University of Medical Sciences**. ۲۰۱۰; ۲۰(۷۸): ۲-۱۰

EDUCATIONAL ACTIVITIES:

- ۱) "Musculo-skeletal disorders" for PhD Students, January ۲۰۲۰ to July ۲۰۲۰, Pediatric neurorehabilitation research center, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

- ۲) "Research method" for PhD Students, September ۲۰۱۹ to December ۲۰۱۹, Pediatric neurorehabilitation research center, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- ۳) "Pediatrics & Gender Health Care in Physical Therapy" for DPT Students, February ۲۰۱۶ to July ۲۰۱۶, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- ۴) "Orthopedics" for Students of Physiotherapy (۱ Units), February ۲۰۱۴ to July ۲۰۱۴, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- ۵) "Physiotherapy and Movement Therapy in Rehabilitation" for MSc students (۳ Units), February ۲۰۱۶ to July ۲۰۱۷, Department of Medical Engineering, Azad University of Sciences and Researches, Tehran, Iran.
- ۶) "Electrotherapy in Rehabilitation" for MSc students (۳ Units), September ۲۰۱۷ to December ۲۰۱۷, Department of Medical Engineering, Azad University of Sciences and Researches, Tehran, Iran.
- ۷) "Electromyography" for PhD students (۱ Units), September ۲۰۱۵ to December ۲۰۱۵, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

۸) "Clinical Training Course for Students of Physiotherapy" (۸ Units), February ۲۰۱۲ to July ۲۰۱۲, Tavanyab Rehabilitation Center, Tehran, Iran.

۹) "Clinical Training Course for Students of Physiotherapy" (۴ Units), September ۲۰۱۲ to January ۲۰۱۳, Tavanyab Rehabilitation Center, Tehran, Iran.

SUPERVISORY RESEARCH ACTIVITIES

- ۱) ۲۰۱۸, Advisor, H. Rafsanjani (PhD Student in Physiotherapy)
- ۲) ۲۰۱۸, Advisor, A. Ravarian (PhD Student in Occupational Therapy)
- ۳) ۲۰۱۷-۲۰۱۹, Supervisor, G. Yasari (MSc Student in Medical Engineering)
- ۴) ۲۰۱۷-۲۰۱۹, Supervisor, A. Mohajeri (MSc Student in Medical Engineering)
- ۵) ۲۰۱۷-۲۰۱۹, Supervisor, Mafi (MSc Student in Medical Engineering)
- ۶) ۲۰۱۷-۲۰۱۹, Supervisor, Araghi (MSc Student in Medical Engineering)
- ۷) ۲۰۱۷-۲۰۱۹, Advisor, M. Parsa (MSc Student in Medical Engineering)
- ۸) ۲۰۱۶-۲۰۱۹, Advisor, M. Emami (PhD Student in Physiotherapy).
- ۹) ۲۰۱۶-۲۰۱۸, Advisor, N. Naghdi (MSc Student in Physiotherapy).
- ۱۰) ۲۰۱۴-۱۶, Advisor, A. Shadani (MSc Student in Physiotherapy).
- ۱۱) ۲۰۱۴-۱۶, Advisor, A. Karimian (MSc Student in Physiotherapy).
- ۱۲) ۲۰۱۴-۱۶, Advisor, A. Kiani (MSc Student in Physiotherapy).

ADMINISTRATIVES:

- ۱) ۲۰۱۳, "Administrative Secretary for The ۱۴th National and the ۱st International Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. ۲۵-۲۶ December ۲۰۱۳, Tehran, **Iran**.

۲) ۲۰۱۵-۲۰۱۹, “General Director of Educational Committee/Council of Pediatric Neurorehabilitation Research Center”.

PRESENTATIONS AT CONGRESSES:

- ۲۰۱۸, The Second International and ۲۹th National Congress of Physiotherapy, Iranian Physiotherapy Association. ۲۰۱۸, Tehran, **Iran**.
- ۲۰۱۷, The First International and ۲۸th National Congress of Physiotherapy, Iranian Physiotherapy Association. ۲۰۱۷, Tehran, **Iran**.
- ۲۰۱۶, The International Congress of Joint Replacement (ICJR). ۲۰۱۶, **Dubai**.
- ۲۰۱۶, The Congress of Geriatric. ۲۰۱۶, Rasht, **Iran**.
- ۲۰۱۶, The International Congress of Pediatrics. ۲۰۱۶, Tehran, **Iran**
- ۲۰۱۶, The ۲۷th Congress of Physiotherapy, Iranian Physiotherapy Association. ۲۰۱۶, Tehran, **Iran**.
- ۲۰۱۶, The ۱۹th annual Iranian congress of physical medicine, rehabilitation & electrodiagnosis. ۲۰۱۶, Tehran, **Iran**.
- ۲۰۱۶, "The ۴th Seminar of Electrotherapy. Iranian Physiotherapy Association ۲۰۱۶, Tehran, **Iran**.
- ۲۰۱۵, "The ۱۶th Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. ۲۶-۲۷ December ۲۰۱۵, Tehran, **Iran**.
- ۲۰۱۳, "The ۱۴th Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. ۲۶-۲۷ December ۲۰۱۳, Tehran, **Iran**.
- ۲۰۱۲, "The ۱۳th Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. ۲۶-۲۷ December ۲۰۱۲, Tehran, **Iran**.

- ۲۰۱۲, The ۲۳rd Congress of Physiotherapy, Iranian Physiotherapy Association. May ۲۰۱۲, Shiraz, **Iran**.
- ۲۰۱۱, "The ۱۲th Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. ۲۲-۲۳ December ۲۰۱۱, Tehran, **Iran**.
- ۲۰۱۰, "The ۱۱th Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. ۲۲-۲۳ December ۲۰۱۰, Tehran, **Iran**.
- ۲۰۱۰, "The ۲۱st International Congress of Physiotherapy, Iranian Physiotherapy Association. May ۲۰۱۰, Tehran, **Iran**.

DEVELOPING STANDARDIZATION OF PRACTICE

- Collection/Standardization of Constant Practice/Exercise Equipment: Standard Code: ۱۰۴۲۳-۴ and ۱۰۴۲۳-۵

RESEARCH PROJECTS

۲۰۲۰- To investigate the life style factors between adolescents with and without low back pain. University of Social Welfare and Rehabilitation Sciences-Tehran-Iran.

۲۰۱۹- To compare the rehabilitation policies among high and middle income countries and Iran. University of Social Welfare and Rehabilitation Sciences-Tehran-Iran.

۲۰۱۸- Early developmental interventions in lower motor neuron disorders in young children. University of Social Welfare and Rehabilitation Sciences-Tehran-Iran.

۲۰۱۶- The reliability and validity of KOOS-CHILD questionnaire. University of Social Welfare and Rehabilitation Sciences-Tehran-Iran.

۲۰۱۰- The Effect of Pelvic Floor Muscle Exercise on Women with Chronic Non-Specific Low Back Pain. March ۲۰۰۹, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۱- The Prevalence and Risk Factors of Neck Pain in Dentists. Feb ۲۰۱۱-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۱- The Prevalence and Risk Factors of Low Back Pain in Dentists. Feb ۲۰۱۱-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۲- Eligibility of Magnetic Resonance Imaging Technique in Determining Articular Cartilage Lesions in Patients with Knee Osteoarthritis; A Systematic Review of the Literature Feb ۲۰۱۲-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۲- Changes in paraspinal muscle fatigue following intervention in patients with chronic low back pain using surface electromyography: A systematic review of the Literature Feb ۲۰۱۲-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۲- Reliability of surface electromyography in the assessment of paraspinal muscles fatigue: A systematic review of the Literature Feb ۲۰۱۲-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۶- The assessment of the deep abdominal muscles thickness in healthy high school children, compared with the same age group suffering from nonspecific chronic low back pain using ultrasonography -۲۰۱۶- Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۸- To investigate the reliability and validity of KOOS-CHILD questionnaire. ۲۰۱۸- Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

۲۰۱۸- To investigate the association between abdominal muscles size and factors related to quality of life in adolescents with low back pain- ۲۰۱۸- Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

BOOKS

۱. **Nahid Rahmani**, Zahra Nobakht, Masood Gharib, Roshanak Vameghi, et al. Early developmental interventions in lower motor neuron disorders in young children. University of Social Welfare and Rehabilitation Sciences Publications Institute, ۲۰۲۰, Tehran, Iran.
۲. Pourahmadi MR, Mohseni Bandpei MA, Mohsenifar H, **Rahmani N**. Physiotherapy in the Temporomandibular Joint Disorders: The Biomechanics and Manual Therapy Approach. Ghalam-e-Elm Publications Institute, ۲۰۱۱, Tehran Iran.

WORKSHOP SPEAKER

۱. ۲۰۱۳- "APS Therapy" Latest Developments in Electrotherapy Seminar, Tehran, Iran
۲. ۲۰۱۳- "APS Therapy" Isfahan Physiotherapy Association, Isfahan, Iran
۳. ۲۰۱۳- "APS Therapy" ۲۴th Physiotherapy Congress, Tehran, Iran
۴. ۲۰۱۳- "APS Therapy" Ahvaz Physiotherapy Association, Ahvaz, Iran
۵. ۲۰۱۳- "APS Therapy" Gilan Physiotherapy Association, Rasht, Iran
۶. ۲۰۱۲- "APS Therapy" Yazd Physiotherapy Association, Yazd, Iran

WORKSHOP ATTENDANCE

۱. ۲۰۱۵- "Diagnosis and manual therapy of lumbo-pelvic disorders" Tehran-Iran.
۲. ۲۰۱۳- "Systematic Review & Evidence Based Practice" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.
۳. ۲۰۱۲- "Introduction to Scientific Writing" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.
۴. ۲۰۱۲- "Authorship & Title in Scientific Paper" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.
۵. ۲۰۱۱- "SPSS" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

JOURNAL REVIEWER

Journal of Rehabilitation, University of Social Welfare and Rehabilitation Sciences-
Tehran-Iran.

Medical Journal of Mazandaran University of Medical Sciences, Mazandaran University
of Medical Sciences- Sari-Mazandaran-Iran.

Medical Journal of Babol University of Medical Sciences, Babol University of Medical
Sciences- Babol-Iran.

Iranian Rehabilitation Journal, University of Social Welfare and Rehabilitation Sciences-
Tehran-Iran.

Physical Treatments Journal, University of Social Welfare and Rehabilitation Sciences-
Tehran-Iran.

WORK EXPERIENCES

Clinical Experience: March ۲۰۱۰- Onwards- Perspolis Volleyball Team, Physiotherapy
Centre, Enghelab Sport Complexity- Tehran-Iran.

Clinical Experience: March ۲۰۰۹- Onwards- Physiotherapy Clinic, No ۱۸۴, Mirdamad-
Tehran-Iran.

Clinical Experience: Jan ۲۰۰۸- March ۲۰۰۹- Behrad Physiotherapy Clinic, Ashrafi
Esfahani Blvd.- Tehran-Iran.

REFREES

۱. Prof. Mohammad A Mohseni-Bandpei

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Sciences, Evin, Tehran, Iran.

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۲. Prof. Roshanak Vameghi

Professor, Pediatric Neurorehabilitation Research Center, University of Social Welfare and
Rehabilitation Sciences, Evin, Tehran, Iran.

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