

# Dr. Zahra Mosallanezhad, PhD, PT



## Assistant Professor

Department of Physiotherapy

University of Social Welfare and Rehabilitation Sciences (USWR)

Koodakyar St., Daneshjoo Blvd, Velenjak, Tehran, Iran

Tel/Fax: +98 21 22180039

[za.mosallanezhad@uswr.ac.ir](mailto:za.mosallanezhad@uswr.ac.ir)

[zmosallanezhad@yahoo.com](mailto:zmosallanezhad@yahoo.com)

Scopus: <http://www.scopus.com/authid/detail.url?authorId=54391567200>

ORCID: 0000-0002-8876-94%

[scholar.google.com/citations?user=L5-Yh0UAAAAJ&hl=en](http://scholar.google.com/citations?user=L5-Yh0UAAAAJ&hl=en)

[http://www.researchgate.net/profile/Zahra\\_Mosallanezhad](http://www.researchgate.net/profile/Zahra_Mosallanezhad)

## Educational Records

- PhD of Physiotherapy, Karolinska Institutet, Stockholm, Sweden

PhD Thesis: Physical activity and Functional Performance of 75-year-olds, a comparison between Iran and Sweden

## Teaching Experiences (since 1992 up to present)

- Teaching of theoretical and Practical courses to PhD, MSc and BSc students of Physiotherapy and other fields (At the USWR and Shiraz University of Medical sciences)
- Training the student in the fields of clinical practice
- Supervising the PhD and Master thesis
- Educational mentor of students

## Clinical Experiences (since 1992 up to present)

- Having Clinical experiences for more than 20 years
- Being approved as the Resident in Manual Therapy of the Spine (joint & soft tissue assessment & treatment), offered by Prof. Mohammad Reza Nourbakhsh from the State University of Georgia
- Visiting patients in clinics affiliated to the university
- Visiting patients in private clinics

### Information of Clinics:

Tehran, Zafaranie,	+98 21 22037113
Tehran, Shariati,	+98 21 22895767
Tehran, Bagherkhan,	+98 21 66572220
Karaj, Jahanshahr:	+98 26 34201845

## Management Experiences (since 1992 up to present)

- Research deputy of Saba Educational, Research and Treatment center, USWR
- Manager of Saba educational, research and treatment center
- Active member of the board of directors, Specific Spine Physiotherapy Saba clinic
- Active member of the board of directors, Brain and Nerves diseases Rofeyde clinic, USWR
- Active member of the board of directors, library of Shiraz Rehabilitation School
- Active member of the board of directors, Physiotherapy clinic of Baghyatallah
- Manager of Rehabilitation center for elderly, Medical university of Shahid Beheshti
- Manager of Akhavan Educational, Research and Treatment center, USWR
- Manager of Student Deputy, University of Social Welfare and Rehabilitation sciences
- Scientific Manager of Physiotherapy seminars and workshops, USWR
- Executive Manager of Physiotherapy seminars and workshops, USWR
- Active member of the board of directors of writing rehabilitation guidelines
- Scientific Manager of journal clubs, Department of Physiotherapy, USWR

## Cultural and Social Experiences (since 2005 up to present)

- Active member of the board of directors of Women and Family cultural and social assembly
- Active member of the board of directors of women health NGOs
- Collaboration with municipality related organizations to improve public health

## Specialized Passed Training Courses

Title	Date	Duration (Hours)
Management of LumboPelvic dysfunctions, a new approach	Aug 2015	24
Cervicogenic Dizziness and Headache	23-24 Aug 2014	17
Dry Needling Trigger Point Treatment PartIII- Head & Neck- Biomedical Approach	9-10 Aug 2014	17
Dry Needling Trigger Point Treatment PartII- Trunk & Upper Extrimities	7-8 Aug 2014	17
Dry Needling Trigger Point Treatment PartI-Pelvic & Lower Extrimities	5-6 Aug 2014	17
Transcranial Direct Current Stimulation (tDCS)	23 Jan 2014	8
Systematic Reviews and Meta-analysis	22 Jan 2014	8
Evaluation and Physical therapy management of the operative and non-operative shoulder and lumbar spine	17 & 18 Feb 2012	16
Comprehensive cervical, thoracic, lumbar and sacroiliac manipulation for Physical Therapists	14 & 15 Nov 2012	16
Dry Needling In Treating Myofascial Trigger Point” “Trunk & Extremities”	6 & 7 Jul 2012	16
Dry Needling In Treating Myofascial Trigger Point” “Lumbo – Pelvic & Shoulder Regions	03 & 04 Jul 2012	16
Dry Needling In Treating Myofascial Trigger Points	31 Dec 2011 & 1 Jan 2012	16
A Comprehensive Approach in Evaluation & Treatment of Pelvic”：“Mobilization – Manipulation – Exercise & Dry Needling	29 Dec 2011	8
Kinesiotaping	29 Dec 2011	8
Craniosacral Manipulation	24 Dec 2010	8

Myofacial Release	23 Dec 2010	8
CPR	17 Dec 2009	3
Research in Disasters	17 Dec 2009	2
ATLS	16 Dec 2009	3
National Software in Managing Disasters	16 Dec 2009	2
Psychological Health in Disasters	16 Dec 2009	2
B.L.S	16 Dec 2009	2
How to use Endnote Software workshop, USWR, Iran	3-4 Feb 2009	14
How to use Nvivo 7 software for Qualitative Research Analysis	28 Jan 2009	7
How to use Statistical Methods in Research	29 Oct 2008	7
Structured Review Article	6 Oct 2008	4
How to analyze data, write article and get it published	Spring 2008	97
How to use Reference Manager software	11 June 2008	7
Structural Models(LISREL)	23-24 May 2008	14
Evidence-based Medicine (E.B.M) workshop, USWR, Iran	22-23 Feb 2008	16
Using Structural Equation Modeling in Social Sciences	26 Feb 2007	7
effectual use of librarian resources	18 Dec 2007	5
Publishing Right	3 Nov 2007	7
Evidence-based Medicine (EBM)	6-7 Dec 2007	16
Systematic Review	5-7 Sep 2007	24
Clinical Research Methods	22-24 Nov 2007	24
Geriatric Interdisciplinary Team Training (GITT)	10-15 Mar 2007	40
Managing Sleep Disorders in Elderly People	Winter 2007	5
Cervical Stabilization Techniques	27 Dec 2007	2
How to use UltraSonography in Physiotherapy	26 Dec 2007	2
Spine Manual Therapy	27-29 Dec 2007	24
Safe move (Safety promotion and Injury Prevention)	12 Jun 2007	6
Safety for Children	13 Jun 2007	7
Identification and Assessment of Risk in work place (Ergonomic)	11 Jun 2007	6
Impaired Lumbo-Pelvic Movements	29 Dec 2006	6

Fundamentals in Gerontology and Geriatrics	17-19 Jan 2006	24
Common Psychiatric problems at the old stage	15-17 Jan 2006	24
Journal Club in the field of Neuro-rehabilitation	Autumn-Winter 2006	80
A ten-point course and workshop in English for research writing	The 2 <sup>nd</sup> semester of 2010	10 Weeks
A four-points course and workshop in Neurorehabilitation	The 1 <sup>st</sup> semester of 2007	4 Weeks
A five-points course and workshop in Qualitative research; Phenomenology, Sweden	Mar 2006	5 Weeks
A one-point course and workshop in How to write scientific writing and get it published	Feb 2006	1 Week
A five-points course and workshop in Health promotion and Injury prevention,	Jan 2006	3 Weeks
A five-points course and workshop in Research in Physiotherapy	Oct 2005	5 Weeks
A three-points course and workshop in Research methodology	May 2005	3 Weeks
A three-points course and workshop in Advanced Statistics	Mar 2005	3 Weeks
Full-time courses and workshops on ICDL and professional English	Jan 2005	34
A one-day workshop in writing biomedical research poster.	Dec 2004	8
A four-day workshop on Dohsa-hou Japanese psycho rehabilitation method.	Nov 2004	34
A two-day workshop in writing biomedical research paper/article.	Nov 2004	17
A four-day course in principles of pharmacology in rehabilitation.	May 2004	34
A four-day course and workshop – an evidence-based practice	May 2004	8
A one-day workshop on Soft Tissue Mobilization.	Dec 2003	8
A four-day course & workshop on neuro-rehabilitation offered by Prof. Derick Wade, Peter Halligan & Helen Dawes.	Oct 2003	34
A four-day workshop on qualitative research methods.	Oct 2003	34
A four-day workshop on movement, stability & low back pain offered by Prof. Andy Fleeming	Sep 2003	34
A five-day workshop on Anatomy of Spine for Physical Therapists.	Jul 2003	42

A twelve-day course & Workshop on fundamental issues on Behaviour and Neuro Sciences.	Sep 2002	12 Days Course + Workshop
A one-day workshop on rehabilitation of cerebella dysfunctions.	Sep 2002	8
A four-day workshop on early detection & intervention in neurological disorders in neonatal early infancy offered by Prof. M. V. Perat (executive board/member of ICNA).	Oct 2000	34
A six-month course followed by three years residency in manual therapy of the spine fered by Prof. Mohammad Reza Nourbakhsh	Feb- Jul 2000	6 Months Course + 3 Years Residency

## Research Experiences (since 1999 up to present)

### 1. Publishing Articles

Title	Date	Journal	Status	as Author
Reliability of Measuring Lumbar Spine Rang of Motion in Patients with Chronic Non-specific Low Back Pain and Healthy People, Using Bubble Inclinator and Tape Meter			Submitted	Correspond
The effect of adding superficial Dry Needling to Physiotherapy in Knee pain			Submitted	Correspond
The effect of adding Kinesiotaping to Physiotherapy in Neck pain			Submitted	Correspond
The effect of adding Kinesiotaping to Physiotherapy in LBP			Accepted	Correspond
The effect of Shockwave therapy on fat thickness and the quality of skin at thigh			Accepted	Correspond
Comparing the effect of Radiofrequency Vs Shock wave on cellulite			Accepted	Correspond
Social Participation in elderly people			Accepted	Correspond
A structural equation model of the relation between socioeconomic status, health-related behavior, independence and health status in older Iranian people	2014	Arch. Gerontol. Geriatr.	Submitted	First & Correspond

The Long term Effect of Dry Needling on Myofascial Trigger Point in the Upper Trapezius Muscle: Two weeks and Three months follow up"	2014	J Manipulative Physiol Ther	Submitted	Co-Author
The effect of Shockwave therapy on fat and skin quality of women's thigh	2014	Journal of Physical Treatment	Accepted	Correspond
Meaning of Well-being among Iranian Women: A Phenomenological Descriptive Approach	2014	Iranian Journal of Nursing and Midwifery Research	Accepted	Co-Author
Test -Retest Reliability Of Acceleration Of upper trunk coordination When Walking On Level and Irregular Floor Surface using MTx sensor	2014	Iranian Rehabilitation Journal	Accepted	Co-Author
The myofascial mechanisms involved in occurrence and association of back and knee pain	2014	Journal of Physical Treatment	Submitted	Correspond
Reliability and validity of the Persian version evaluates habits of life (Short Form) in the elderly	2014	Iranian Journal of ageing	Accepted	Co-Author
Comparing the effect of Shockwave and Radiofrequency waves on cellulite	2014	Journal of Physical Treatment	Accepted	Correspond
Walking habits and health-related factors in 75-year-old Iranian women and men	2014	Archives of gerontology and geriatrics	Published	First & Correspond
A Review on the Methods of Dry Needling and the mechanisms involve in its effect on trigger points	2014	Rehabilitation Journal	Submitted	Correspond
Reliability of Rehabilitative Ultrasonography to Measure Transverse Abdominis and Multifidus Muscle Dimensions	2014	Iranian Journal of Radiology	Published	Co-Author
The Effect of Dry Needling Compared With Ischemic Pressure on Pain Intensity on Active Trigger Point in Upper Trapezius Muscle	2014	Journal of Rehabilitation 14 (2), 86-92	Published	Co-Author
The effect of Kineziotape plus routine physiotherapy on low back pain patients	2014	Journal of Physical Treatment	Submitted	Correspond
The effects of active trigger point of upper trapezius muscle on its electromyography activity and Maximal Isometric Contraction	2013	Journal of Rehabilitation 14 (4), 0-0	Published	Correspond

Force during scapular plane elevation (Scaption)				
Relationship between working with computer and forward head posture and neck pain among office workers	2013	Journal of Physical Treatment	Published	Correspond
Cross-cultural validation of the Falls Efficacy Scale International (FES-I) using self-report and interview-based questionnaires among Persian-speaking elderly adults	2013	Archives of gerontology and geriatrics 57 (3), 339-344	Published	Co-Author
Relationship between Spinal postural abnormalities and quality of life in nurses	2013	Journal of Physical Treatment	Published	Correspond
The effects of consecutive supervised functional lumbar stabilizing exercises on postural balance and functional disability in women with chronic non-specific low back pain	2013	Iranian Rehabilitation Journal	Published	Co-Author
Relationship between spinal abnormal deviations, low back pain and body mass index in female students	2013	Journal of Physical Treatment	Published	Correspond
The relationship between BMI and muscle strength in elderly people living in Tehran	2014	Journal of Physical Treatment	Accepted	Correspond
Life Style and Health of Iranian elderly people	2013	Disability	Accepted	Correspond
Comparing Dry Needling & Ischemic pressure in neck pain	2012	Journal of Rehabilitation	Published	Co-Author
Assessment of Spinal postural abnormalities and their association with quality of life in nurses		Journal of Physical Treatment	Accepted	Correspond
Health, physical activity and physical functioning in Swedish and Iranian 75-year-olds – a comparison.	2012	Arch.Gerontol. Geriatr.	Published	First & Correspond
Cross-cultural Validation of the Falls Efficacy Scale International Using Self-Report and Interview-Based Questionnaires among Persian-speaking Elderly Adults	2012	Arch.Gerontol. Geriatr.	Published	Co-Author
Reliability of Measuring Lumbar Range of Motion Using Modified-Modified Schober Test in Healthy Subjects		Journal of Rehabilitation	Published	Co-Author



Cross-cultural adaptation, reliability and validity of the Persian version of the modified Falls Efficacy Scale.	2011	Disabil Rehabil	Published	First & Correspond
The effect of two different exercise programs on pain and muscle thickness in non-specific chronic low back pain clients, a randomized clinical trial.	2012	Disabil Rehabil	Submitted	Correspond
Improvement in function and Range of motion in patients with non-specific chronic low back pain clients, a randomized clinical trial to compare two exercise regimens.	2012	Physical Treatment	Submitted	Correspond
Changes of torque in primary & secondary axes of back movement Biomedical Engineering Booklet	Oct 1999	Biomedical Engineering Booklet	Published	First & Correspond
Vestibular stimulation in treatment of cerebral paly.	1993	Shiraz Rehabilitation school Journal	Published	First & Correspond

## 2. Presenting Articles (lecture or poster) in Seminars, Congresses and Workshops

<b>Title</b>	<b>Date/ Place</b>	<b>Seminar/ Congress/ Workshop</b>
The Effect of Electro- Dry Needling on Trigger Points	Jun 2014 Tehran	Physiotherapy S.
	May 2014 Tehran	Iran Physiotherapy C.
The Role of Women in Disaster Management	5-7 Feb 2014 Tehran	6th International congress on health in emergencies and disasters
Using EMG-Biofeedback in managing Pelvic Floor Disfunctions	Nov 2013 Tehran	Iran Electrotherapy C.
-Cellulite induced pain on abdomen and pelvic regions in patients with chronic low back pain, management with Radiofrequency -Prevalence of low back pain associated with sciatica and disorders of pelvic muscle imbalance -Discopathy in hospital staff of Al Zahra, determinants and consequences -Case report on the use of FES and PNF Approach in patients with cervical spinal stenosis	Dec 2013 Tehran	14th Spine Specific Physiotherapy S.

-Shoulder Girdle muscular activation pattern in patients with active trigger points in the upper trapezius muscle		
-Manual therapy techniques in managing headaches -Comparing the efficacy of Manual therapy to other treatment strategies use in physiotherapy management of neck pain -Associated low back and knee pain -Lumbar & Neck muscle size in patients with low back pain	Oct 2013 Tehran	Iran 1st Manual therapy C.
Gifts or Disaster?	Jan 2013, Tehran	5th International Congress on Health & Crisis Management in Disasters
Prevalence of low back pain associated with sciatica problems, disorders of pelvic muscle Aymbalans-hay Risk factors for neck pain in clerks , therapeutic procedures Spine deviations and pain in association with body mass index in male students The effect of cupping technique on the release of myofascial tissues around spine Effects of massage techniques to reduce anxiety and increase mental concentration The effect of myofascial release on neck pain and headache Comparing the efficacy of physical therapy approaches in management of low back pain Comparing the prevalence of Neck pain in women and men office clerks of Semnan, Comparing risk factors and prevalence of musculoskeletal pain in different occupations Leading job related postures to neck pain in office clerks, preventive strategies Epidemiological study on neck pain in office workers, risk factors and consequences	2012	13th Spine Specific Physiotherapy S.
Sacro-coccygial Release and Lumbo-pelvic pain and dysfunction	28-29 Dec 2011 Tehran	The 12th seminar of specific spine physiotherapy
Craniosacral Manipulation.	2012 Yazd	A one-day Seminar & workshop
Aging and Rehabilitation.	2011 Shiraz	A one-day Seminar
Cranio-sacral therapy, a highly effective technique in Physiotherapy.	28-29 Dec 2011 Tehran	12th Spine Specific Physiotherapy S.

Falling, Vertebral Compression Fracture and Back Pain in the Elderly People Reliability of rehabilitative ultrasonography to measure Transverse abdominis and Multifidus muscle dimensions The effect of two different exercise programs on disability and range of motion in non-specific chronic low back pain clients, a randomized clinical trial	28-29 Dec 2011	The 12th.Seminar in Specific Spinal Physical Therapy
Sleep postures in students in relation to low back pain		The 2nd student's congress on rehabilitation:
The effect of two different exercise programs on pain and muscle thickness in non-specific chronic low back pain patients, a randomized clinical trial		International congress of Physiotherapy, Tehran, Iran (May 2012)
Developing models to understand the pelvic floor functioning The effectiveness of exercise therapy for low back pain Pre and post-partum low back pain	22-23 Dec 2010	The 11th.Seminar in Specific Spinal Physical Therapy
Reliability of the modified schober test" Modern Neuromuscular techniques Feldenkrais method Shiatsu, old and new sight to therapeutic techniques Reiki, universal life energy	2010	The 10th seminar of specific spine physiotherapy, Tehran, Iran 26-27 December 2009:
The Persian version of Fall Efficacy Scale.	May 2010 Tehran	Iran International congress of Physiotherapy,
Effectiveness of different techniques in physiotherapy management of pelvic floor pain and dysfunctions, case study report".	22-23 Dec 2010 Tehran	The 11nd Spine Specific Physiotherapy S.
Lumbo-pelvic problems in old people.	26-27 Dec 2009 Tehran	The 10th Spine Specific Physiotherapy S.
Physiotherapy and Medical Instruments to correct vertebral deformities of elderly people.	23-24 Dec 2009	The 9th Spine Specific Physiotherapy S.
Rehabilitation after disasters",	15-17 Dec 2009 Tehran	4th International Congress on Health & Crisis Management in Disasters
Key points, new treatment scheme, techniques and instruments in physiotherapy and rehabilitation of spinal cord injury,	29-30 Nov 2009 Tehran	The 1th seminar in spinal cord injury,
Cross-cultural adaptation, reliability and validity of the Persian version of the modified falls efficacy scale".	5-9 Jul 2009 Paris	The 19th IAGG world congress of gerontology and geriatrics,

Coccyx dysfunction: common problems, assessment and treatment methods, case study reports”.	24-25 Dec 2008 Tehran	The 9th Spine Specific Physiotherapy S.
A study on health, physical activity, functional performance and socioeconomic status of 75-year-olds, a comparison between Iran and Sweden.	11-13 Jun 2007 Tehran	The 16th international conference on safe communities,
Techniques for assessment and management of muscle imbalance “.	26-27 Dec 2006 Tehran	The 5th Spine Specific Physiotherapy S.
Is exercise beneficial for elderly people? The principle of exercise prescription for old people”.	7-8 Nov 2005 Tehran	The 1th bionnial conference on physical therapy in musculoskeletal impairment,
Back problems in Elderly,	24-26 Dec 2006, Tehran, Iran.	7th national Spine Specific Physiotherapy S.
Age-related changes in old people and Physiotherapy,	Oct 2006, Tehran, Iran.	1st national Conference on Musculoskeletal problems,
Management of Spine dysfunctions, A workshop for Physiotherapists.	2003	Shiraz University
Tension Myositis Syndrome (TMS), alternative views in assessment, treatment, and rehabilitation,	24-26 October 2003, Tehran	4th national Spine Specific Physiotherapy S.
Cervicogenic Headaches,	24-26 October 2002, Tehran	3rd national Spine Specific Physiotherapy S.
Biomechanical Risk Factors in job-related low back disorders,	February 2001, Tehran	Low back-Pain Conference, Shahid Beheshti University,
Assessment & Treatment of Cervical Spine Dysfunction,	24-26 October 2001, Tehran	2nd national Spine Specific Physiotherapy S.
Assessment & Treatment of Thoracic Spine Dysfunction, 1st International Conference on Spine Physical Therapy, 24-26 October 2000, Tehran.	2001	1st national Spine Specific Physiotherapy S.
The Relationship between range of Motion and Speed of Movement in Back sagital plan Movement, The 11th Congress of Iran Society of Physical Therapy, 16-18 May 2000, Tehran.	2001	11th International Iran Physiotherapy Congress
Changes of torque in primary & secondary axes of back movement, The9th Congress of Biomedical Engineering, October 1999, Elmosanat University, Tehran.	2000	Medical Engineering Congress

### 3. Being as a Member of Scientific and Executive Committees and Session Chief in Scientific Seminars and Congresses

- 7th International congress on health in emergencies and disasters, 6-8 January 2016
- ...International and ... national congress on Aging, 2015
- 6th International congress on health in emergencies and disasters, January 2015
- 5th International Congress on Health & Crisis Management in Disasters, 25 -27 January, 2012, Tehran, Iran
- The 12nd seminar in spinal cord injury, Tehran, Iran, 29-30 November 2010
- The 11th seminar in spinal cord injury, Tehran, Iran, 29-30 November 2010
- The 4th international congress on health, medication and management in disasters, Tehran, Iran, 15-17 Dec 2009
- The 11th seminar of specific spine physiotherapy, Tehran, Iran 26-27 December 2010
- The 10th seminar of specific spine physiotherapy, Tehran, Iran 23-24 December 2009
- The 9th seminar of specific spine physiotherapy, Tehran, Iran 24-25 December 2008

### 4. Research Projects

Title	Date	Role
A longitudinal study on Physical, Psychological & Social health of mother and child from before birth to age of 18		Research colleague
The effect of Transcranial direct current stimulation (tDCS) on the improvement of function of elderly people	2014	Research Director
The effect of adding Transcranial direct current stimulation (tDCS) on the improvement of patients with non-specific low back pain	2014	Research Director
Evaluate Joint dysfunctions during pregnancy	2014	Research Director
The effect of kinesiotaping to routine physical therapy intervention in managing mechanical neck dysfunction	2014	Supervisor
The effect of adding Shockwave therapy to Lymph drainage technique and Hot pack on the changes of cellulite at women's thigh	2013-14	Supervisor
The correlation between the muscle size of lumbar stabilizer , quadriceps femoris and tensor fascia lata in chronic non specific low back pain, using ultrasonography.	2013-14	Supervisor

The Effect Of Superficial Dry Needling On The QuadricepsFemuris Muscle Trigger points in Subjects With Patellao-Femoral Pain Syndrome	2013-14	Supervisor
The Effect of Adding Kinesio Taping Technique to Routin Physical Therapy in Management of Patients with Nonspecific Chronic Low Back Pain	2013-14	Supervisor
The effects of transitioning between regular and irregular floor surfaces on dynamic stability of upper body during gait in healthy young, faller and non-faller	2013-14	Supervisor
The effect of dry needling compared with ischemic pressure on active trigger point in upper trapezius muscle	2012	Supervisor
The effects of active trigger point of upper trapezius muscle on its activation pattern and Maximal Isometric Contraction Force during scapular plane elevation	2012	Supervisor
Evaluate the relationship between muscle size of lumbar and neck stabilizer muscles in patients with chronic neck pain, using ultrasonography	2012-13	Supervisor
Evaluate the relationship between muscle size of lumbar and neck stabilizer muscles in patients with nonspecific chronic low back pain, using uktrasonography	2012	Supervisor
Translation, and evaluation of cross-cultural validity and reliability of the Persian version of the questionnaire Iranian FES-I in elderly	2011	Supervisor
Evaluation of the abdominal muscle thickness change during abdominal hollowing and bracing and their correlation with pain and disability severity in women with non-specific chronic low back pain and healthy woman utilizing ultra sonography	2011-2012	Supervisor
Falling injury in elderly people living in Tehran	2011-2012	Research Colleague
Hand therapy, the expert and patients view points	2010-2011	Supervisor
Relationship between spinal abnormal deviations, low back pain and body mass index in female students	2010-2011	Supervisor
Investigate the relationship between lower extremity muscle strength and functional walking activity in older adults aged 65 and over living in Tehran	2010-2011	Supervisor
Quality of life of elderly people in the community compared to elderly people in care centers	2010-2011	Supervisor
Examine the relationship between BMI and muscle strength in older adults 65 years and older residing in Tehran	2010-2011	Supervisor
Evaluate abnormalities of the spine and its relationship to functional disability in women 18 to 40 years	2010-2011	Supervisor
Epidemiological study on chronic non-specific neck pain in official clerks	2010-2011	Supervisor
Spine deviations in male students and its relation to Body Mass Index	2010	Supervisor

The relation between Life style and health in old people living in Tehran	2010	Supervisor
The effect of physical activity and nutrition on physical fitness	2010	Supervisor
The effect of supervised stabilization exercise on quality of life and function of young women with spinal dysfunction	2010	Supervisor
Investigate the gender differences in life style of students in relation to their health status	2010	Supervisor
Comparison of the prevalence of chronic non-specific neck pain in female and male employees of welfare organization, determinants and consequences	2009	Supervisor
Investigate the prevalence of shoulder injury in body building athletes	2009	Supervisor
The prevalence of shoulder pain in office clerks	2009	Supervisor
Comparison the effect of electrical stimulation with and without voluntary abdominal muscle contraction on localized fat of abdominal area of in women	2009	Supervisor
Health status, and Physical activity pattern of 75-year-olds	2008	Research Director
Evaluation of secondary axes motions to intervene in the main axes of motion of the lumbar spine in the top three anatomical body	1999-2000	Research Director
The effect of electrical stimulation on acupuncture points for treatment of Tennis Elbow syndrome	1995	Supervisor
The effect of electrical stimulation on acupuncture points for treatment of Carpal Tunnel syndrome	1995	Supervisor
Comparison of routine and vestibular therapy in the treatment of children with cerebral palsy	1991	Research Director

## Membership in Scientific Associations (since 1992 up to present)

- Member of International Group of Spinal Cord Injury Rehabilitation
- Member of Iran Physiotherapy Association
- Member of Iran Medical Organization
- Member of Iran Pulmonary & Heart Rehabilitation

## Interests

- Biomechanical concepts especially related to spine and its adjacent structures
- Neuro-science & Neuro-rehabilitation
- Prevention & treatment of musculoskeletal disorders & dysfunction
- Spine manual therapy (mobilization, manipulation, MET, ...) & exercises program (stability, equilibrium, strengthening, ...) in management of spinal dysfunctions (lumbo-pelvic, thoracic, cervical, coccyx)
- Myofascial release techniques, (the whole body health & wellness)
- Evaluation and Management of Headache
- Cranio-sacral therapy and cranial manipulation
- Brain & neuromuscular behaviors related to spine dysfunction
- Mental concentration and self-body treatment
- Evaluation and Management of T.M.J. dysfunctions, the role of Physical therapy
- Woman health (preventing and/or decreasing accompanying symptoms with pregnancy
- Post-Delivery, post-menopausal, pelvic floor management & return to normal condition)
- Body conditioning (improving stability, strength, endurance, and aerobic capacity)
- Devising exercise programs for obesity, local fat, and body fitness
- Improving facial muscle status & its effects on facial wrinkles



# Awards

## Acknowledged By

The Chancellor as Superior Master, USWR, 2014

The Deputy of Education, USWR, 2014,13,12,11

The Incubator and Technology center of University, USWR, 2013, 12, 11, 10

The Deputy of Treatment & Rehabilitation, USWR, 2013

The Deputy of Official & Financial, USWR, 2005

Scholarship for PhD Program

The Chancellor & Deputy of Cultural and Student, USWR, 2004

The Deputy of Official & Financial, USWR, 2002

The Deputy of Treatment & Rehabilitation, USWR, 2001

Getting Qualified in Teaching Skills (highest rank), Tarbiat Modares University, 1999

# Some of My Expert Professors

- Professor Mohammad Reza Nourbakhsh, University of North Georgia, USA
- Professor Karin Hellström, Karolinska Institutet, Sweden
- Professor Mohamad Taghi Joghataie, Medical University of Iran
- Dr. Kerstin Frändin, Karolinska Institutet & Gutenberg University, Sweden
- Dr. Lena-Nilsson Wilkmar, Karolinska Institutet, Sweden
- Professor Mahyar Salavati, University of Social Welfare and Rehabilitation sciences
- Dr. Reza Mohammadi, Karolinska Institutet, Sweden

# Hobbies

- Reading books
- Exercise
- Handcraft arts