




ITA		
Name: Leila	Specialty /Ph.D. Physiotherapy	
Surname: Rahnama		
Title/Degree: Assistant Professor/ Ph.D.	Department of : Physiotherapy	
Research Interests: Ultrasonographic study of neck and back muscles functions Indirect Exercise therapy development for neck and low back pain Imaging in Physical Therapy Neuro-rehabilitation Postural Control Mechanisms, Dual Task Paradigms,		
Scopus Profile: http://www.scopus.com/authid/detail.url?authorId=35792279000		Updated: 2016/12/6
Google Scholar Profile: https://scholar.google.com/citations?user=0zRGRRoAAAAJ&hl=en&oi=ao		
Personal Information	Nationality: Iranian	
Office address: Department of Physiotherapy University of Social Welfare & Rehabilitation Sciences Kudakyar St., Daneshjo Blvd., Evin, Tehran, Iran Tel: (21)22180039	E-mail: l.rahnama@uswr.ac.ir Home Page: http://..... University URL: http://www.uswr.ac.ir	

Fax: (21)22180078					
Education					
Date	Degree	Duration	Institution	Country/City	Major
2014	Ph.D	Sep 2009- Jan 2014	Shahid Beheshti University of Medical Sciences	Iran/Tehran	Physiotherapy
2008	MS.C	Sep 2005- Jul 2008	University of Social Welfare and Rehabilitation Sciences	Iran/Tehran	Physiotherapy
2001	BS.C	Sep 1997- Jul 2001	Shiraz University of Medical Sciences	Iran/Shiraz	Physiotherapy
Faculty member					
Year	Position	Duration	Institution/Course	Location	
2014	Assistant Professor	Feb 2014- Present	University of Social Welfare and Rehabilitation Sciences	Iran/Tehran	
2009	Lecturer	Sep 2008-Jul 2009	Shiraz University of Medical Sciences	Iran/Shiraz	
Field of Specialization					
<ul style="list-style-type: none"> - Musculoskeletal Physiotherapy - Neurological Physiotherapy - Rehabilitative Ultrasonography 					
Language Ability					
-Persian- English					
Teaching Experience					
Physiotherapy in Neurological Conditions					
Physiotherapy in Sport Injuries					
Manual Muscle Testing					
Clinical Internship					
Kinesiology					

Symposia/Programs/Workshops				
Year	Position	Duration	Institution/Course	Location
2015	Instructor	2 days	Treatment based classification for back and pelvic pain (Part 2)	Bushehr
2015	Instructor	1 day	Treatment based classification for back pain	Tehran
2015	Instructor	1 day	Musculoskeletal Ultrasonography	Tehran
2014	Instructor	2 days	Treatment based classification for back pain	Bushehr
2014	Instructor	1 day	Common Sport Injuries	Shiraz
2014	Instructor	1 day	Musculoskeletal Ultrasonography	Tehran
2014	Instructor	1 day	Assessment and Rehabilitation for Spinal Cord Injury	Tehran
2014	Participants	2 days	Manual Therapy for Neck and Thoracic Pain	Isfahan
2013	Participants	3 days	Manual Therapy for Low Back Pain	Isfahan
2012	Participants	3 days	Dry needling in Physical Therapy	Isfahan
2012	Participants	1 day	Writing Article in English	Tehran
2011	Participants	1 day	An Introduction to Surface Electromyography	Tehran
2011	Participants		Dry needling in Physical Therapy	Isfahan
2010	Participants	1 day	Cervical Spine Manipulation	Tehran
2009	Participants	1 day	Myofascial Release	Tehran
2009	Participants	1 day	Craniosacral therapy	Tehran
2009	Participants	1 day	Pelvic floor therapy	Tehran

2009	Participants	1 day	Future planning and Decision Making	Tehran
2009	Participants	1 day	Lisrel Models	Tehran
2009	Participants	1 day	Scientific Search Engines	Tehran
2008	Participants	1 day	Manual therapy in lumbopelvic Girdle	Tehran
2008	Participants	1 day	Muscle Imbalance	Tehran
2008	Participants	1 day	Lumbar Mobilization	Tehran
2007	Participants	1 day	Stability Exercises for Neck Muscles	Tehran
2007	Participants	1 day	Time Management	Tehran
2007	Participants	1 day	Neck Mobilization	Tehran
2007	Participants	1 day	Motor Control	Tehran
2007	Participants	1 day	Impairment Syndrome	Tehran
2007	Participants	1 day	MRI and CT Scan Findings in Vertebral column Pathologies	Tehran
2004	Participants	1 day	Soft Tissue & Sport Injury	Shiraz
2004	Participants	1 day	Pelvic Mobilization	Shiraz
2004	Participants	3 days	Massage: Clinical Practice & theory	Tehran
2004	Participants	1 day	LASER Therapy	Shiraz
2002	Participants	1 day	Evidenced Based Practice	Tehran

Research Experience

Year	Position	Institution/Course	Location
2013		Effects of isometric contraction of shoulder muscles on cervical multifidus dimension in healthy males and patients with chronic neck pain.	Tehran
2013		Effects of isometric contraction of shoulder muscles on cervical multifidus	

		dimension in healthy subjects	
2008		Effects of heel height on dynamic postural stability	Tehran
2008		Effects of physical therapy on Diabetic's patients quality of life	Tehran
2008		Educational software of vertebral column	Tehran
2007		The Relationship between Heel Height and Vertebral Column Length	Tehran
Administrative Responsibilities			
Year	Position	Institution/Event	Location
2014-present	Vice President	Sport Medicine Federation	Fars/Marvdasht
2006	Executive committee	1 st Biennial Conference Physical Therapy in Musculoskeletal Impairment	Tehran
Academic and Scientific Responsibilities			
Year	Responsibility		
October 2016-present	Research Committee, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences		
March 2014-present	Educational Committee, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences		
Sep 2014-Present	Consultant Educational Professor, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences		
2014-July 2015	Scientific president, Department of Physiotherapy, Asma Rehabilitation Clinic		
2003	Translator of Massage Therapy workshop		
Advisory Thesis			
Year/Degree/student	Thesis Title		
2016/MSC/Toluee	Effects of Unihemispheric dual side TDCS on upper limb function in patients with subacute stroke		
2016/MSC/Eshaghi	Effects of forward head posture on cross-section of deep flexor muscles		
2015/MSC/Khazaeli	The immediate effect of kinesiotaping on position sense of cervical spine in forward head posture		
2015/MSC/Panahinasab	Ultrasound comparison of cervical extensor muscles during unilateral and bilateral movements of upper limb with different stability levels in participants with chronic non-specific cervical pain and healthy subjects.		

2015/MSC/Zargush	An Investigation into the relationship between cross sectional area and rate of contraction of the deep neck flexor muscles in subject with and without chronic non-specific neck pain.
2015/MSC/Akberov	Effects of Segmental traction on herniation size in patients with acute low back pain
2015/MSC/Baghi	Differences of cervical extensor muscles thickness in females with chronic non specific neck pain and healthy during upper extremity task by ultrasonography
2015/MSC/Goodarzi	Differences in cervical extensor muscles thickness in subjects with normal head posture and forward head posture; an ultrasonography study

Scientific Membership

Year	Association, Society	Location
2010	Foot and Ankle Biomechanics Community	USA

Publications

1. Journals

Year	Journal name	Article title	Vol. & Page
2016	PM&R	Differential Activation of the Dorsal Neck Muscles During a Light Arm-Elevation Task in Patients With Chronic Nonspecific Neck Pain and Asymptomatic Controls: An Ultrasonographic Study	
2016	Physical Treatment	The Test-Retest Reliability and Minimal Detectable Change of the Fugl-Meyer Assessment of the Upper Extremity and 9-Hole Pegboard Test in Individuals With Subacute Stroke	5, 225-30
2016	Journal of Back and Musculoskeletal Rehabilitation	Effects of segmental traction therapy on lumbar disc herniation in patients with acute low back pain measured by magnetic	1-7

		resonance imaging: A single arm clinical trial	
2016	Manual Therapy	Ultrasonographic analysis of dorsal neck muscles thickness changes induced by isometric contraction of shoulder muscles: A comparison between patients with chronic neck pain and healthy controls	22, 174-8
2015	Journal of Rehabilitation Sciences and Research	Effects of Adding Segmental Traction Therapy to Routine Physiotherapy on Pain and Functional Ability of Patients with Acute Low Back Pain	(2), 37-40
2015	Journal of Rehabilitation Sciences and Research	Differences in Cervical Extensor Muscles Thickness on Subjects with Normal Head Posture and Forward Head Posture; an Ultrasonography Study	(2),23-6
2015	Brazilian Journal of Physical Therapy	Reliability of a new software in measuringcervical multifidus dimensions and shoulder muscle strength in a synchronized way; an ultrasonography study	19 (4), 279-85
2015	Journal of Rehabilitation Sciences and Research	Effects of Tempreture on wrist muscle endurance	(1), 97-9
2015	Journal of Manipulative and Physiological Therapeutics	Differences Differences in cervical multifidus muscle thickness during isometric contraction of shoulder muscles between patients with chronic neck pain and healthy controls	38 (3),210-7
2014	Journal of BodyWork and Movement Therapy	The effects of isometric contraction of shoulder muscles on cervical multifidus muscle	18 (3), 383-9

		dimensions in healthy office workers	
2012	Physical Treatments	The intra-rater reliability of isometric shoulder muscles strength measurement in different direction of shoulder movement	2
2012	Journal of Babol University of Medical sciences	The effect of two exercise Therapy Programs (proprioceptive and endurance Training) to Treat Patients with Chronic Non-specific Neck Pain	14(1), 77-81
2010	The Journal of Orthopedic and Sports Physical therapy	Attentional Demands and Postural Control in Athletes with and without Functional Ankle Instability	40(3),180-7
2008	Rehabilitation Journal	Comparative study of Attentional Demands and Postural Control in Athletes with and without Functional Ankle Instability	9 (3,4), 38-42
Journal Reviews / Editorial Board			
From	Journal Title	Location	
Sept 2015	Journal of imaging and interventional radiology	USA	
Research Paper Presented in Conferences / Seminars			
Year	Conference/Seminar	Paper title	Location
2015	23 rd Iranian Orthopedic Association Congress	Effects of Segmental Traction Therapy on Acute LBP	Tehran
2015	World Confederation for Physical Therapy Congress	Is there altered activity of dorsal neck muscles during isometric contraction of arm muscles in individuals with chronic neck pain?	Singapore
2014	22 nd Iranian Orthopedic Association Congress	Effects of resisted arm contraction on dorsal neck muscle thickness in patients with neck pain and healthy subjects	Tehran

2014	International Congress of Radiology	Cervical multifidus thickness changed in isometric contraction of shoulder muscles in healthy participants and patients with neck pain	Dubai
2013	The 14 th Seminar in Spinal Physical Therapy	The different behavior of the activity of cervical multifidus muscle between healthy subjects and patients with chronic neck pain	Tehran
2013	17 th Iranian Congress of Physical Medicine	The intra-tester reliability of a new custom made chair to measure isometric strength of shoulder muscles	Tehran
2013	Eurospine 2013	Cervical Multifidus contraction is associated with isometric contraction of shoulder muscles	United Kingdom
2013	The 9 th Iran Sport Medicine Conference	Effects of isometric contraction of shoulder muscles on neck muscles activity	Tehran
2012	The 13 th Seminar in Spinal Physical Therapy	Cervical multifidus dimensions during isometric contraction of shoulder muscles in healthy subjects	Tehran
2012	23 th Iran Physical Therapy Congress	Ultrasonographic evaluation of cervical multifidus dimensions in females with unilateral neck pain and healthy ones	Tehran
2011	The 12 th Seminar in Spinal Physical Therapy	The comparison of the Effects of Different Therapeutic Exercises on lumbar Multifidus Function: A review of literature	Tehran
2010	2 nd International Conference of Foot and Ankle Biomechanics Community	Attentional demands of dynamic postural control in healthy Athletes and with functional ankle instable Ones	USA
2010	The 10 th Annual meeting of Iranian Pain Society	Neck pain	Tehran
2009	10 th Seminar Specific Spinal Physical Therapy	Stability exercises for back muscles	Tehran
2009	1 st Seminar in Spinal Cord Injury	Physical therapy remedies for chronic pain induced by Spinal Cord Injury	Tehran
2008	11 th Asian Congress of sport medicine	Attentional demands of postural control In functional unstable ankles and healthy athletes	Tehran
2008	11 th Iranian congress of physical medicine and electrodiagnosis	Attentional demands of postural control in functional unstable ankles and healthy athletes	Tehran
2007	8 th Seminar Specific Spinal Physical Therapy	Effects of motor control exercises on Low back Pain	Tehran
2006	7 th Seminar Specific Spinal Physical Therapy	Effects of Non specific Low Back Pain on Trunk-Pelvis Coordination	Tehran

2006	7 th Seminar Specific Spinal Physical Therapy	The Relationship Between Conective Tissue and chronic Low Back Pain	Tehran
2006	1st Biennial Conference Physical Therapy in Musculoskeletal Impairment	Sex Differences In Muscle Fatigue	Tehran
2006	17 th Physiotherapy Congress of Iran	Hip Disorders Therapeutic Exercises Software	Tehran
2006	17 th Physiotherapy Congress of Iran	The Relationship between Physical Therapist's Job and Their Children's' Gender	Tehran
2006	Preventive medicine	Prevention From Congenital defects by General Education	Najafabad
2005	6 th Seminar Specific Spinal Physical Therapy	The Relationship Between Heel Height and Vertebral Column Length	Tehran
2005	6 th Seminar Specific Spinal Physical Therapy	Laser Effectiveness on Non Specific Low Back Pain	Tehran
Awards			
Patent No 85808			
The awarded Physiotherapist, Fars, Iran			
Top Student/ MSC/University of Social Welfare and Rehabilitation Sciences			