

CURRICULUM VITAE 2015

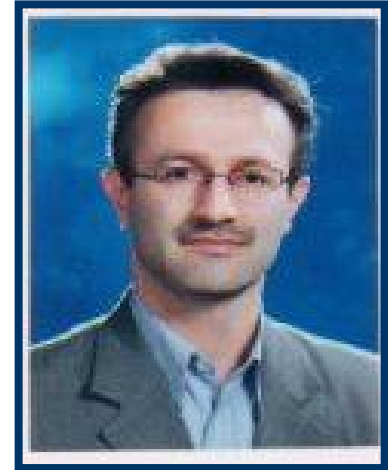
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EDUCATIONAL AND PROFESSIONAL QUALIFICATIONS

1998-2001, PhD in Physiotherapy, School of Occupational Therapy and Physiotherapy (Allied Health Professionals), University of East Anglia, Norwich, UK.

1997-1998, Postgraduate Student (9 months preliminary MSc courses), University of East Anglia, Norwich, UK.

1991-93, MSc in Physiotherapy, School of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, Iran.

1985-89, BSc in Physiotherapy, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran.

2004, Trainee Program in Healthcare Management and Facility Management (Course D), Karlsruhe University, Germany.

2004, Diploma in Strategic Management, Bristol Management Centre, Bristol, UK.

APPOINTMENTS

2012-Onwards, Professor, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2013-Onwards, Visiting Professor, University Institute of Physical Therapy, University of Lahore, Lahore, Pakistan.

2008-12, Associate Professor, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2007-2008, Associate Professor, School of Medicine, Mazandaran University of Medical Sciences, Sari, Iran.

2001-6, Assistant Professor, School of Medicine, Mazandaran University of Medical Sciences, Sari, Iran.

1993-97, Lecturer at the School of Medicine, Mazandaran University of Medical Sciences, Sari, Iran.

1989-97 and 2001 Onwards, Clinical Practice, Iran.

PUBLICATIONS

- 1) Ehsani F, Abdollahi I, **Mohseni-Bandpei MA**. Motor learning and movement performance: Aged versus younger adults. Journal of Basic and Clinical Neuroscience, **2015 (Accepted)**

- 2) Katoozian L, Tahan N, **Mohseni Bandpei MA**. Post Stroke Spasticity and Related Factors: A Systematic Review and Meta-analysis. **Journal of Mazandaran University of Medical Sciences, 2015;25(123):235-250**

- 3) Shadani A, Rahmani N, **Mohseni Bandpei MA**, Bassampour SAR. The prevalence and risk factors of spondylolysis and spondylolisthesis: A systematic review. **Journal of Babol University of Medical Sciences, 2015 (Accepted) (Corresponding author)**

- 4) Bagherzadeh Cham M, **Mohseni Bandpei MA**, Bahramizadeh M, Kalbasi S, Biglarian A. Reliability of Semmes-Weinstein Monofilaments and tuning fork on pressure and vibration sensation measurement in diabetic patients **Iranian Rehabilitation Journal, 2015 (Accepted) (Corresponding author)**

- 5) Bagherzadeh Cham M, **Mohseni Bandpei MA**, Bahramizadeh M, Kalbasi S, Biglarian A. The clinical and biomechanical effects of subthreshold random noise on the plantar surface of the foot in diabetic patients and elder people; A systematic review. **Prosthetics & Orthotics International , 2015 (In Press) (Corresponding author)**

- 6) Farmani F, **Mohseni Bandpei MA**, Bahramizadeh M, Aminian Gh, Nikoo MR, Sadeghi-goghari M. The effect of different shoes on functional mobility and energy expenditure in post-stroke hemiplegic patients using ankle foot orthosis. **Prosthetics & Orthotics International , 2015 (In Press) (Corresponding author)**

- 7) Rahmani R, **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, 2015; (In Press) (Corresponding author)**

- 8) Khademi J, **Mohseni Bandpei MA**, Abdollahi I, Arabloo AM, Darvishi H, Bahramian M. The effects of 12 weeks supervised stabilization exercise on pain, functional

disability and lumbar range of motion in patient with chronic low back pain: A single blinded randomized controlled trial. **Iranian Rehabilitation Journal, 2015 (Accepted) (Corresponding author)**

9) Farmani F, **Mohseni Bandpei MA**, Bahramizadeh M, Aminian Gh, Nikoo MR, Sadeghi-goghari M. The effect of rocker bar ankle foot orthosis on functional mobility in post-stroke hemiplegic patients: Timed Up and Go and gait speed assessments. **Iranian Rehabilitation Journal, 2015 (Accepted) (Corresponding author)**

10) Khademi J, **Mohseni Bandpei MA**, Abdollahi I, Arabloo AM, Darvishi H, Aghamiri SS. Measurement of abdominal muscles thickness using ultrasound: A reliability study on patients with non-specific chronic low back pain. **Journal of Mazandaran University of Medical Sciences, 2015;25(122):265-273 (Corresponding author)**

11) Javanshir K, Amiri M, **Mohseni-Bandpei MA**, Fernández-de-las-Peñas C, Rezasoltani A. The effect of different exercise programs on cervical flexor muscles dimensions in patients with chronic neck pain. **Journal of Back and Musculoskeletal Rehabilitation, 2015 (In Press) (Corresponding author)**

12) **Mohseni-Bandpei MA**, Ehsani F, Behtash H, Ghanipour M. Occupational low back pain in Iranian teachers; Prevalence and risk factors. **Journal of Manipulative and Physiological Therapeutics, 2014;37:702-708**

13) Nabavi N, Mosallanejad Z, Haghhighatkhah HR, **Mohseni-Bandpei MA**. Reliability of rehabilitative ultrasonography to measure transverse abdominis and multifidus muscle dimensions. **Iranian Journal of Radiology, 2014;11(3): 1-4.**

14) **Mohseni-Bandpei MA**, Rahmani N, Majdaleslami B, Abdollahi I, Shah Ali Sh, Ashfaq A. Reliability of surface electromyography in the assessment of para spinal muscles fatigue: An updated systematic review. **Journal of Manipulative and Physiological Therapeutics, 2014;37:510-521**

- 15) **Mohseni-Bandpei MA**, Nakhaee M, Mousavi ME, Shakourirad A, Safari MR, Kashani MV. Application of ultrasound in the assessment of plantar fascia in patients with plantar fasciitis: A systematic review. **Journal of Ultrasound in Medicine and Biology**, 2014; 40(8):1737-1754.
- 16) 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**, 2013;14(3):124-131 (Corresponding author)
- 17) Ehasni F, **Mohseni Bandpei MA**, Shanbehzadeh S. The effect of stabilization exercises on objective outcome measures in patients with non-specific chronic low back pain: A systematic review with particular emphasis on randomized controlled clinical trial. **Journal of Rehabilitation**, 2013;14(2):8-21 (Corresponding author)
- 18) 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**, 2013;23(100):11-19 (Corresponding author)
- 19) Ghaderi F, Asghari Jafarabadi M, **Mohseni-Bandpei MA**. Prevalence of Musculoskeletal Pain and Associated Factors with Low Back Pain during Pregnancy. **Iranian Journal of Obstetrics and Gynecology and Infertility**, 2013;1(41): 9-16
- 20) Abdollahi I, **Mohseni-Bandpei MA**, Firozi S. The Prevalence of shoulder pain in Physiotherapists of Tehran city. **Journal of Rehabilitation**, 2011;12(6): 48-54 (Corresponding author)
- 21) Ehsani F, Abdollahi I, **Mohseni-Bandpei MA**. A comparison of explicit learning and knowledge effects for implicit motor learning between young and elder adults Using

Serial Reaction Time Task. **Salmand-University of Social Welfare and Rehabilitation Sciences, 2012;7(25):68-74**

- 22) Shayesteh Azar M, Karimi Nassab MH, Sajjadi Saravi M, Shafiei SE, Daneshpour SMM, **Mohseni-Bandpei MA**. Relationship between pain and disability levels of patients with knee osteoarthritis with muscle weakness, deformity and radiographic changes. **Medical Journal of the Mazandaran University of Medical Sciences, 2012;22(86):95-101.**
- 23) Ehsani F, Abdollahi I, **Mohseni-Bandpei MA**. A comparison of sequential motor learning between adults and elderly. **Vandad Physiotherapy Journal, 2012; 2(1): 9-16.**
- 24) Garmabi S, **Mohseni-Bandpei MA**, Abdollahi I, Tabatabaei SS. Reliability of measuring lumbar lordosis, flexion and extension using Dual Inclinator in healthy subjects and patients with non-specific chronic low back pain. **Journal of Rehabilitation, 2012;13(3) 8-17 (Corresponding author)**
- 25) **Mohseni-Bandpei MA**, Keshavarz R, Minoonejad H, Ebrahimi-Varkiani M, Samadi H, Latfi S. Shoulder pain and functional disability in Iranian premier league volleyball players. **Medical Journal of Mazandaran University of Medical Sciences. 2012;22(90): 95-103**
- 26) Zandi S, **Mohseni-Bandpei MA**, Rahmani N. Ultrasonographic Assessment of Transverse Abdominis in Healthy Subjects and Patients with Low Back Pain: A Systematic Review of the Literature. **Medical Journal of Gorgan University of Medical Sciences, 2013;14(4):1-9. (Corresponding author)**
- 27) 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, 2013;26(1):9-15.**

- 28) Ehsani F, Abdollahi I, **Mohseni-Bandpei MA**. The effects of explicit learning and knowledge on motor learning in elder adults. **Journal of Rehabilitation**, 2012;13(3):56-63.
- 29) 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. **Medical Journal of the Mazandaran University of Medical Sciences**, 2012;22(Supple 1): 335-345 (Corresponding author)
- 30) Nabavi N, **Mohseni-Bandpei MA**, Mosallanejad Z, Rahgozar M. Reliability of measuring lumbar flexion and extension using Modified-Modified Shober's Test in healthy subjects. **Journal of Rehabilitation**, 2011;12(3): 16-23. (Corresponding author)
- 31) Fakhri M, Yaghobian M, **Mohseni-Bandpei MA**, Enayati AA, Ahmad-Shirvani M, Fakheri H. Reliability of students' feedback in the evaluation of instructors at the Mazandaran University of Medical Sciences. **Medical Journal of the Mazandaran University of Medical Sciences**, 2012;21(86):45-54 (Corresponding author)
- 32) **Mohseni-Bandpei MA**, Keshavarz R, Minoonejad H, Mohsenifar H, Shakeri H. Shoulder pain in Iranian athletes: Prevalence and risk factors. **Journal of Manipulative and Physiological Therapeutics**, 2012;35(7):541-548
- 33) **Mohseni-Bandpei MA**, Ahmad-Shirvani M, Golbabaie N, Behtash H, Shahinfar Z, Fernandez-de-las-penas C. Prevalence and risk factors associated with low back pain in Iranian surgeons. **Journal of Manipulative and Physiological Therapeutics**, 2011 34 (6);362-370

- 34) Tahan N, **Mohseni-Bandpei MA**. Co-activation of abdominal and pelvic floor muscles: A systematic review of the literature. **Medical Journal of the Mazandaran University of Medical Sciences**, 2011;21(81):90-101 (Corresponding author)
- 35) Ghamkhar L, Emami M, **Mohseni-Bandpei MA**, H Behtash. "Application of Rehabilitative Ultrasound in the Assessment of Low Back pain: A Literature Review". **Journal of Bodywork and Movement Therapies**, 2011;15(4):465-477 (Corresponding author)
- 36) 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**, 2011;15(2):209-214 (Corresponding author)
- 37) Khani S, Ahmad-Shirvani M, **Mohseni-Bandpei MA**. Mohammadpour-Tahmtan RA. "A comparison of abdominal palpation, Johnson's technique and ultrasound in the estimation of fetal weight in Northern Iran". **Midwifery**, 2011;27(1):99-103 (Corresponding author)
- 38) **Mohseni-Bandpei MA**, Rahmani N, H Behtash, Karimloo M. The effect of pelvic floor muscles exercise on women with chronic non-specific low back pain. **Journal of Bodywork and Movement Therapies**, 2011;15(1):75-81.
- 39) Shayesteh Azar M, Kowsarian SAS, **Mohseni Bandpei MA**, Hadian A. Kienbock's disease in a child. **Iranian Journal of Medical Science**, 2011;36(2):133-135.
- 40) Javanshir Kh, **Mohseni-Bandpei MA**. Rezasoltani A, Amiri M. Reliability of ultrasonography for the longus colli muscle size measurement in healthy subjects and patients with chronic neck pain. **Journal of Bodywork and Movement Therapies**, 2011;15(1):50-56 (Corresponding author)
- 41) 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 the Mazandaran University of Medical Sciences,, 2010 20(78):2-10 (Corresponding author)**

42) 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 the Mazandaran University of Medical Sciences,, 2010; 20(77):9-17**

43) Javanshir K, Amiri M, **Mohseni-Bandpei MA**. Rezasoltani A, Fernández-de-las-Peñas C. Ultrasonography of the cervical muscles: A critical review of the literature. **Journal of Manipulative and Physiological Therapeutics, 2010;33 (8):630-637**

44) Javanshir K, Ortega-Santiago R, **Mohseni Bandpei MA**, Miangolarra-Page JC; Fernández-de-las-Peñas C. Exploration of somatosensory impairments in subjects with mechanical idiopathic pain: A preliminary study. **Journal of Manipulative and Physiological Therapeutics, 2010;33(7):493-499**

45) Javanshir, K; Rezasoltani, A, **Mohseni-Bandpei, M. A**, Amiri, M, Ortega-Santiago, R, Fernández-de-las-Peñas, C. Ultrasound assessment of longus colli muscle in subjects with chronic bilateral neck pain. **American Journal of Physical Medicine and Rehabilitation 2011;90:293-301(Corresponding author)**

46) Javanshir Kh, **Mohseni-Bandpei MA**, Amiri M, Rezasoltani A. The comparison of Longus Colli muscle size and shape ratio between healthy subjects and chronic neck pain patients using ultrasonography. **Medical Journal of the Gorgan University of Medical Sciences,, 2010;12(1):33-37**

47) Mohseni-Bandpei MA, Fakhri M, Ahmad-Shirvani M, Bagheri Nessami M, Khalilian AR, Shayesteh Azar M, Mohseni-Bandpei, H. "Low Back Pain in 1100 Iranian Pregnant Women: Prevalence and Risk Factors". **The Spine Journal, 2009; 9(10): 795-872**

- 48) Sajedi F, Vamegi R, **Mohseni-Bandpei MA**, Alizad V, Hadian-Jazni MR. Motor developmental delay in 7500 Iranian infants: Prevalence and risk factors. **Iranian Journal of Child Neurology**, 2009;3(3)-43-50 (Corresponding author)
- 49) **Mohseni-Bandpei MA**, Bagheri Nessami M, Shayesteh Azar M. "Nonspecific Low Back Pain in 5000 Iranian School age Children". **Journal of Pediatric Orthopaedics**, 2007; 27(2): 126-129
- 50) **Mohseni-Bandpei MA**, Fakhri M, Shirvani M, Bagheri-Nesami M, Khalilian AR “A comparative evaluation of an exercise program and ergonomic advices in the treatment of low back pain: A randomised controlled clinical trial in nursing population at Mazandaran province”. **Medical Journal of the Guilan University of Medical Sciences**, 2007;16(62):58-66
- 51) Bagheri Nessami M, **Mohseni-Bandpei MA**. Characteristics and Disability of Low Back Pain in Secondary Schoolchildren Aged 11-14 Years. **Medical Journal of the Kermanshah University of Medical Sciences (Behbood)**, 2007 Spring; 11(1): 1-9. (Corresponding author)
- 52) Bagheri Nessami M, **Mohseni-Bandpei MA**, Haghani H. The assessment of the effects of verbal and performance education on Nurses' skill in the use of metered dose inhaler. **Medical Journal of the Mazandaran University of Medical Sciences**, 2007;16(56):29-36..
- 53) **Mohseni-Bandpei MA**, Fakhri M, Shirvani M, Bagheri-Nesami M, Khalilian AR, Shayesteh-Azar M. “Occupational low back pain in Iranian nurses: An epidemiological study”. **British Journal of Nursing**, 2006; 15(17): 914-917

- 54) Bagheri Nessami M, **Mohseni-Bandpei MA**, Shayesteh Azar M. "The effect of Benson Relaxation Technique on Rheumatoid Arthritis patients". **International Journal of Nursing Practice**, 2006; 12: 214-219
- 55) **Mohseni-Bandpei MA**, Shayesteh Azar M, Sajjadi Saravi M. "Reliability of measuring lumbar flexion and extension with the Modified-Modified Schober's technique. **MJM, Medical Journal of Mazandaran** , 2006;1(1):9-15
- 56) **Mohseni-Bandpei MA**, Critchley J, Staunton T, Richardson B. "A prospective randomised controlled trial of spinal manipulation and ultrasound in the treatment of chronic low back pain". **Physiotherapy**, 2006 March; 92: 34-42
- 57) **Mohseni-Bandpei MA**, Fakhri M, Shirvani M, Bagheri-Nesami M, Khalilian AR "Risk factors for low back pain in Nurses". **Medical Journal of the Mazandaran University of Medical Sciences**, 2005 Winter, 16(50); 118-124.
- 58) **Mohseni-Bandpei MA**, Fakhri M, Shirvani M, Bagheri-Nesami M, Khalilian AR "Prevalence and Risk Factors of Low Back Pain in Schoolchildren Age 11-14 Years". **Medical Journal of the Gorgan University of Medical Sciences**, 2005 Spring and Summer, 7(1); 79-83.
- 59) **Mohseni-Bandpei MA**, Fakhri M, Shirvani M, Bagheri-Nesami M, Khalilian AR "Epidemiological aspects of low back pain in nurses." **Medical Journal of the Babol University of Medical Sciences**, 2005 Spring, 7(2); 35-40.
- 60) **Mohseni-Bandpei MA**, Fakhri M, Shirvani M, Bagheri-Nesami M. "Low back pain in pregnancy, A systematic review of the literature." **Medical Journal of the Mazandaran University of Medical Sciences**, 2004 Autumn, 15(44); 94-105.

- 61) **Mohseni-Bandpei MA** Richardson B. "The effect of spinal manipulation versus ultrasound in chronic low back pain using surface electromyography", **Medical Journal of the Mazandaran University of Medical Sciences**, 2003; 13(39): 1-13.
- 62) **Mohseni-Bandpei MA**, Critchley J, Richardson B. "Low Back Pain: the case for PT". **Therapy Weekly**, 2001; September 13: 4.
- 63) **Mohseni-Bandpei MA**, Watson M. Electromyographic power spectral analysis of the paraspinal muscle: A reliability study. **Physiotherapy**, 2001; 87: 470-478.
- 64) **Mohseni-Bandpei MA**, Watson MJ, Richardson B. "Application of surface electromyography in the assessment of low back pain: a review article". **Physical Therapy Reviews Journal**, 2000; 5: 89-101.
- 65) **Mohseni-Bandpei MA**, Richardson B, Critchley J. "Effects of spinal manipulation therapy in the treatment of chronic low back pain: A randomised clinical trial". **Physiotherapy**, 2000; 86(7): 379.
- 66) **Mohseni-Bandpei MA**, Stephenson R, Richardson B. "Spinal manipulation in the Treatment of Low Back Pain: A review of the literature with a particular emphasis on randomised clinical trials". **Physical Therapy Reviews Journal**, 1998; 3: 185-194.
- 67) **Mohseni-Bandpei MA and** Ashayeri H. "The effects of Laser on peripheral sensory nerve latency". **Medical Journal of Iran University of Medical Sciences**, 1997; 14: 39-44.
- 68) **Mohseni-Bandpei MA**. "The effects of transcutaneous electrical nerve stimulation (TENS) on labour pain". **Medical Journal of Mashad University of Medical Sciences**, 1996; 39: 105-109.

- 69) **Mohseni-Bandpei MA.** “Pain and its relief mechanism with laser”, **Journal of Mazandaran University of Medical Sciences, 1995; 8(2): 8-12.**
- 70) **Mohseni-Bandpei MA.** “Low Power Laser and Its Applications in Physiotherapy”, **Iranian Physiotherapy Association Publications, 1992, Tehran, Iran.**

BOOKS

1. Pourahmadi MR, **Mohseni Bandpei MA**, Mohseni Far H, Rahmani N. Movement Impairment Syndromes of Lumbar Spine. University of Social Welfare and Rehabilitation Sciences, 2013, Tehran, Iran (IN REVIEW).
2. 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, **2011**, Tehran, Iran.
3. **Mohseni Bandpei MA**, English for the Students of Physiotherapy, Setayesh Hasti Publications Institute, **2011**, Tehran, Iran.
4. **Mohseni Bandpei MA**, Mohseni Far H. Kinesiology of the Musculoskeletal System: A Physical Therapy Perspective, WRIST. Translation, Setayesh Hasti Publications Institute, **2011**, Tehran Iran.
5. **Mohseni Bandpei MA, et al.** Massage Techniques for Holistic Therapists, **2008**, Tehran, Iran
6. **Mohseni Bandpei MA**, Bagheri Nessami M. Nursing Assessment and Management in Musculoskeletal Disorders. Teimorzadeh Publications Institute, **2006**, Tehran, Iran.

7. **Mohseni Bandpei MA**, Mojra E. 100 Cases in Clinical Medicine, Translation, Teimorzadeh Publications Institute, **2005**. Tehran, Iran

CONDUCTING WORKSHOPS

Conducting different national and international workshops on the following topics:

- 1) Dry Needling for Myofascial Trigger Points
- 2) Neurodynamic Techniques
- 3) Scientific Writing
- 4) Evidence Based Practice and Systematic Review
- 5) Research Priorities

PRESENTATIONS AT ACADEMIC CONFERENCES

- 1) **2014**, "The 25th Iranian Annual Physiotherapy Congress, 7-9 May, Tehran, **Iran**
- 2) **2013**, "The 14th Seminar on Specific Spine Physical Therapy, 25-26 December, Tehran, **Iran** (Two papers).
- 3) **2012**, "The 13th Seminar on Specific Spine Physical Therapy, 26-27 December, Tehran, **Iran** (Two papers).
- 4) **2011**, "The 51st Annual International Congress of Iranian Dental Association, July, Tehran, **Iran**.

- 5) **2010**, "The Iranian Spine Society Seminar, Failed Back Surgery Syndrome, 10-13 May, Tehran, **Iran**.
- 6) **2009**, "The 8th International Congress of Obstetrics and Gynaecology, Iran University of Medical Sciences, 6-9 November, Tehran, **Iran** (Two papers).
- 7) **2007**, "The Annual European Congress of Rheumatology (EULAR-2007)", 13-16 June, Barcelona, **Spain**.
- 8) **2006**, "The Annual European Congress of Rheumatology (EULAR-2006)", 21-24 June, Amsterdam, **The Netherlands** (Two papers).
- 9) **2005**, "The 9th International Interdisciplinary Congress on Women" 19-24 June, Seoul, **South Korea** (Two papers).
- 10) **2004**, "The 5th Interdisciplinary World Congress on Low Back & Pelvic Pain" 10-13 November, Melbourne, **Australia** (Two papers).
- 11) **2004**, "The 7th World Conference on Safety Promotion and Injury Prevention", 6-9 June, Vienna, **Austria**.
- 12) **2003**, "The 14th International World Confederation for Physical Therapy (WCPT) Congress", 7-12 June, Barcelona, **Spain**.
- 13) **2002**, "The 1st Congress on Mechanical Low Back Pain" 28-29 May, Tabriz, **Iran**.
- 14) **2001**, "The 4th Interdisciplinary World Congress on Low Back & Pelvic Pain" 8-10 November, Montreal, **Canada**.

- 15) **2000**, "East Anglian Spinal Surgeons' Meeting", October the 13th , BUPA Hospital, Norwich, **United Kingdom**.

- 16) **2000**, "The 8th European Conference on Pain Research, joint with the 19th European Society of Regional Anaesthesia (ESRA) Conference" 20-23 September, Rome, **Italy**.

- 17) **2000**, "The 5th Nordic Research Symposium in Physiotherapy, Evidence Based Physiotherapy, Bridging Research and Clinical Practice" 22-24 June, Reykjavik, **Iceland** (Two papers)

- 18) **2000**, "The 7th Annual Seminar of Iranian Students in Europe" 20-21 May, Manchester, **UK**.

- 19) **2000**, "Physiotherapy Research Society Conference" Chartered Society of Physiotherapy, 6th April, Brighton, **UK**.

- 20) **1998**, "The 5th Annual Seminar of Iranian Students in Europe", 4-5 July, London, **UK**.

- 21) **1997**, "Biomechanics and Low Back Pain", Work Medicine Conference, Mazandaran. University of Medical Sciences, Sari, **Iran**.

- 22) **1996**, "The Effects of TENS on Labour Pain", 7th Physiotherapy Annual Congress, Iranian Physiotherapy Association, Tehran, **Iran**.

- 23) **1994**, "The Effects of Laser on Peripheral Nerve Latency", 5th Physiotherapy Annual Congress, Iranian Physiotherapy Association, Tehran, **Iran**.

- 24) **1993**, "The Effects of Low Level Laser on Skin Diseases", 2nd International Congress of Laser and Its Applications, Iran Atomic Energy Organisation, Tehran, **Iran**.

- 25) 1992, "Physiological Effects of Low Power Laser on Human Tissue", 11th Physiology & Pharmacology Congress, Iranian Physiology & Pharmacology Association, Tabriz, **Iran.**
- 26) 1992, "The Effects of Combined Infra Red and He-Ne Laser on Bed Sore", 3rd Physiotherapy Annual Congress, Iranian Physiotherapy Association, Tehran, **Iran.**
- 27) 1991, "Low Level LASER in Physiotherapy", 2nd Physiotherapy Annual Congress, Iranian Physiotherapy Association, Tehran, **Iran.**

EDITORIAL BOARDS

- 1) 2015-2018, "**World Journal of Orthopedics**", **Baishideng Publishing Group Inc**, 8226 Regency Drive, Pleasanton, CA 94588, USA and Baishideng Publishing Group Co., Limited, Flat C, 23/F., Lucky Plaza, 315-321 Lockhart Road, Wan Chai, Hong Kong, China
- 2) 2010-Onwards, "**Medical Journal of Mazandaran University of Medical Sciences**", Sari, Mazandaran, Iran
- 3) 2011-Onwards, **Editor-In-Chief**, "**Journal of Rehabilitation**" University of Social Welfare and Rehabilitation Sciences, Tehran, Iran
- 4) 2012-Onwards, **Associate Editor**, "**Iranian Rehabilitation Journal (IRJ) (English Journal)**", University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- 5) 2012-Onwards, "**Journal of Modern Physiotherapy**", Toronto, Canada
- 6) **Reviewer for the following national and international journals:**
 - a. Journal of Manipulative and Physiological Therapeutics
 - b. Asian Journal of Sports Medicine

- c. Journal of Back and Musculoskeletal Rehabilitation
- d. PLoS ONE
- e. Osteoporosis International
- f. World Journal of Orthopedics
- g. Journal of Modern Physiotherapy
- h. Iranian Journal of Rehabilitation
- i. Journal of Rehabilitation
- j. Medical Journal of Mazandaran University of Medical Sciences
- k. Medical Journal of Babol University of Medical Sciences
- l. Medical Journal of Gorgan University of Medical Sciences
- m. Medical Journal of Shahid Sadoghi University of Medical Sciences
- n.

PROFESSIONAL MEMBERSHIP

- 1) **2014-Onwards, Member of Iranian Research Centre on Aging, University of Social Welfare and Rehabilitation Sciences (Part-time).**
- 2) **2013-2014, Member of Neuropediatric Rehabilitation Research Centre. University of Social Welfare and Rehabilitation Sciences (Part-time).**
- 3) **2012-Onwards, "North American Spine Society (NASS)"**
- 4) **2001-Onwards, "Medical Council of Islamic Republic of Iran"**
- 5) **1999-Onwards, "International Association for the Study of Pain (IASP)"**
- 6) **1992-Onwards, "Iranian Physiotherapy Association (IPA)".**

ATTENDANCE AT ACADEMIC CONFERENCES

2002, "The 1st Middle East Conference on Healthcare Informatics" 21-22 October, Dubai, **UAE**.

1999, "The Society for Back Pain Research, Annual Conference", British Orthopaedic Association, 11-12 November, Cardiff International Arena, **UK**.

1998, "Physiotherapy Management of Low Back Pain" 3rd International Congress of WCPT, 13-14 November, Paris, **France**.

PRESENTATIONS TO LOCAL CLINICIANS

1. **2014**, "Critical Appraisal", February, Iranian Spine Surgeons Society, Tehran **Iran**
2. **2009**, "Occupational Low Back Pain in Nurses Workshop, February, Mazandaran Imam Khomeini Hospital, Fereidonkenah, **Iran**
3. **2006**, "Occupational Medicine for General Practitioners Seminar, November Mazandaran University of Medical Sciences, Noshahr, **Iran**
4. **2005**, "Occupational Health and Injury in two days seminar on Crisis Management in Unforeseen Events for General Practitioners, Specialists and other health professions. 20-21 June, Basij Medical Society in cooperation with Mazandaran University of Medical Sciences, Sari, **Iran**
5. **2004**, "Strategic Management in Healthcare Services" Quarterly Meeting for General Directors of Health Centres and Hospitals, August 2004, Mazandaran University of Medical Sciences, Sari, **Iran**
6. **2004**, "Low Back Pain in Athletes, One day Seminar for Women Athletes, June, Chalous Physical Education Office, Mazandaran, Chalous, **Iran**
7. **2004**, "Pain, Inflammation and Treatment Seminar, May 2004, Mazandaran University of Medical Sciences, Sari, **Iran**

8. **2002**, "Occupational Medicine for General Practitioners Seminar, May 2002, Mazandaran University of Medical Sciences, Sari, **Iran**
9. **2000**, "East Anglia Spinal Surgeons' Meeting", October the 13th, BUPA Hospital, Norwich, **UK**.
10. **1999**, "East Anglia Musculoskeletal Research Meeting", October the 1st, University of East Anglia, **UK**.

ADMINISTRATION DUTIES

2014, Vice-Chancellor for International Affairs, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2014-2018, Member of Board of Trustee, Pardissan Institute of Higher Education, Fereidonkenar, Mazandaran, Iran).

2013, Scientific Secretary, The 14th National & the 1st International Seminar on Physical Therapy in Spine. (25-26 Dec., University of Social Welfare and Rehabilitation Sciences, Tehran, Iran).

2013-Onwards, Member of Board of Directors, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2013-Onwards, Member of Physiotherapy and Technical Orthopedics Exam and Administrating Board, Ministry of Health and Medical Education, Tehran, Iran.

2013-Onwards, Head of International Branch, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2012-Onwards, Associate Editor, Iranian Rehabilitation Journal-IRJ (English Journal), University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2011-Onwards, Editor-In-Chief, Journal of Rehabilitation, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2010-Onwards, Member of Scholarship Council, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2010-Onwards, Member of Student Research Committee, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

2002-2006, Vice-Chancellor for Financial and Administrative Affairs, Mazandaran University of Medical Sciences, Sari, Iran

2003-2006, Director of the Productivity Committee, Mazandaran University of Medical Sciences, Sari, Iran

2003-2006, Director of the Strategic Planning Committee of the University, Mazandaran University of Medical Sciences, Sari, Iran

2002-2004, Member of University Council, Mazandaran University of Medical Sciences, Sari, Iran

1997-2001, Member of Musculoskeletal Disorders Research Committee, School of Occupational Therapy and Physiotherapy, University of East Anglia, Norwich, UK.

1996-97, Head of Rehabilitation Department, School of Medicine, Mazandaran University of Medical Sciences.

1995-97, Member of Research Committee, Mazandaran University of Medical Sciences.

1994-97, Registrar, Education Deputy, Mazandaran University of Medical Sciences.

1994-97, Assistant and Programme Organiser of Education Committee, Mazandaran University of Medical Sciences.

1994-97, Member of Educational Development Centre, Mazandaran University Medical Sciences.

1993-97, Member of Basic Sciences Committee of the School of Medicine, Mazandaran University of Medical Sciences.

1990-Onwards, Member of Iranian Physiotherapy Association, Tehran, Iran

GRANTS AND AWARDS

1. **2014**, Iran National Science Foundation Research Grant to perform a research project under title of "Designing, Developing and Evaluating Immediate Effects of Medical-Vibrating Insole on Touch Sensation, Dynamic Plantar Pressure Distribution and Postural Control in Patients with Diabetic Neuropathy" in Tehran, **Iran**.
2. **2007**, The Annual European Congress of Rheumatology (EULAR-2007) scholarship awards to present a paper in Barcelona, **Spain**.
3. **2006**, The Annual European Congress of Rheumatology (EULAR-2006) scholarship awards to present two papers in Amsterdam, **The Netherlands**.

4. **2004**, Iran Ministry of Health and Medical Education Award funded by the World Bank to study for Diploma in Healthcare Management, Karlsruhe, **Germany**.
5. **2004**, Iran Ministry of Health and Medical Education Award funded by the World Bank to study for Diploma in Strategic Management, Bristol, **UK**.
6. **2004**, The 7th World Conference on Injury Prevention and Safety Promotion scholarship awards to present a paper in Vienna, **Austria**
7. **2000**, Arthritis Research Campaign Educational Travel Bursary to present a paper at the 8th European Conference of Pain Research, in Rome, **Italy**
8. **2000**, The Wellcome Trust Awards to present two papers at the 5th Nordic Research symposium in Physiotherapy, in Reykjavik, **Iceland**
9. **2000**, British Geriatrics Travel Awards to present two papers at the 5th Nordic Research Symposium in Physiotherapy, in Reykjavik, **Iceland**
10. **2000**, Joint winner in the Bicentennial awards for research projects at the Norfolk and Norwich Hospital, Norwich, **UK**
11. **2000**, Norfolk and Norwich Hospital travel award, **UK**.
12. **2000**, Sir Philip Reckitt Educational travel award, **UK**.
13. **1997**, Iran Ministry of Health and Medical Education fund to study for PhD degree in Physiotherapy, **Iran**

SUPERVISORY RESEARCH ACTIVITIES

- 1) **2014-15**, Supervisor, Ashfaq Ahmad (PhD Student in Physiotherapy). The effects of Exercise Therapy with and without Low Level Laser Therapy in the treatment of patients with partial tear of supraspinatus tendon: A randomised controlled clinical trial (**University of Lahore, Pakistan**)
- 2) **2014-15**, Supervisor, Muhammad Nazim Farooq (PhD Student in Physiotherapy). The effects of mobilization and routine physiotherapy compared with routine physiotherapy alone on pain, disability, range of motion and neck muscles endurance in patients with chronic mechanical neck pain; a double blinded randomized controlled clinical trial. (**University of Lahore, Pakistan**)
- 3) **2014-15**, Supervisor, A. Shadani (MSc Student in Physiotherapy). A comparison of Multifidus and abdominal muscles size between healthy subjects and patients with spondylolisthesis using Ultrasonography
- 4) **2014-15**, Supervisor, A. Karimian (MSc Student in Physiotherapy). A comparison of Multifidus and abdominal muscles size between patients with lumbar scoliosis and healthy subjects using Ultrasonography
- 5) **2014-15**, Supervisor, A. Kiani (MSc Student in Physiotherapy). A comparison of Multifidus muscle size between healthy high school students and matched students with chronic low back pain using Ultrasonography
- 6) **2014-15**, Supervisor, F. Farmani (PhD Student in Orthosis & Prothesis). The effectiveness of Rocker Bar Ankle Foot Orthosis on Plantar Pressures, Functional Mobility, Time Characteristics and Velocity of Gait in Hemiplegic subjects: A Randomized Controlled Clinical Trial

- 7) **2012-14**, Supervisor, M. Bagherzadeh (PhD Student in Orthosis & Prothesis). Designing, developing and evaluating the immediate effects of Medical-Vibrating Insole on pressure and vibration sensation, dynamic plantar pressure distribution and postural control in patients with mild and moderate diabetic neuropathy.
- 8) **2012-13**, Supervisor, N. Rahmani (PhD Student in Physiotherapy). A comparison of abdominal (TrA, IO and EO) muscles size between healthy high school students and matched students with chronic low back pain using Ultrasonography.
- 9) **2012-13**, Supervisor, M. Nakhaei (PhD Student in Technical Orthopedics). The effect of newly designed orthosis with night splint and currently used medications on pain, functional ability, quality of life, dynamic plantar pressure distribution and plantar fascia thickness with ultrasonography in patient with chronic plantar fasciitis: A randomized controlled trail.
- 10) **2012-13**, Adviser, H. Saadati (PhD Student in Physiotherapy). The Effect of high and low frequency rTMS and rehabilitation compared with rehabilitation alone on hand motor function and brain corticomotor excitability in men with acute stroke.
- 11) **2012-13**, Supervisor, J. Khademi (PhD Student in Physiotherapy). The Effect of 12 weeks supervised stabilization exercises in the treatment of patients with chronic low back pain using Ultrasonography: A Randomized controlled clinical trial.
- 12) **2011-12**, Advisor, A. Dehghani Firouzabadi, (MD, Resident in Sports Medicine). Ultrasound assessment of bilateral neck muscles in subjects with unilateral cervical radiculopathy referred to sports medicine clinic. Tehran University of Medical Science.
- 13) **2011-12**, -Supervisor, S. Garmabi (MSc Student in Physiotherapy). Assessment of Lumbar Multifius's Size in Neutral, Flexion and Extension of Lumbar Spine with and

without Upper Limb Extremity Movement in Healthy Women and Women with Nonspecific Low Back Pain

- 14) **2010-11**, -Advisor, F. Ehsani (MSc Student in Physiotherapy). A Comparative Study on Explicit and Implicit Serial Reaction Time Task Learning in Young, Middle Age and Older Individuals
- 15) **2008-09**, -Advisor, K. Javanshir (PhD Student in Physiotherapy). The Effect of Stabilization Exercises in the Treatment of Chronic Neck Pain.
- 16) **2008-09**, -Supervisor, N. Nabavi (MSc Student in Physiotherapy). The Effect of Stabilization Exercises in the Treatment of Chronic Low Back Pain using Ultrasonography.
- 17) **2008-09**, -Advisor, N. Rahmani (MSc Student in Physiotherapy). The Effect of Pelvic Floor Muscle Exercise in the Treatment of Chronic Low Back Pain.
- 18) **2007-08**, -Supervisor, N. Golbabei (Medical Student). Prevalence and risk factors for musculoskeletal disorders in Dentists.
- 19) **2007-08**, -Supervisor, F. Halimi (Medical Student). Prevalence and risk factors for musculoskeletal disorders in Surgeons.
- 20) **2006-07**, -Supervisor, B. Nayyeri (Medical Student); Designing a Software for Heart Rate Variability Analysis using Graphical Mapping of Chaos Game Representation of Its Time Series. No. 928.
- 21) **2006-07**, -Supervisor, I. Tavasoli (Medical Student): Fractal Analysis of mtDNA Using Iterated Function Systems and Chaos Game Representation for Comparison of

Fractal Dimension of its Nucleotide Sequences in the Phylogenetic Tree of 15 Species. No. 856. Letter 6547/17.8.84

- 22) **2004-05**, -Supervisor, F. Nematı (Medical Student): Prevalence and risk factors for low back pain in school children aged 11-14 years.

RESEARCH PROJECTS

1. **2014**, Multifidus and Abdominal Muscles size measurements in healthy subjects and patients with chronic low back pain using Ultrasonography and assessing the relationship between muscles size and pain, functional disability in patients with chronic non-specific low back pain. University of Social Welfare and Rehabilitation Sciences. (In process)
2. **2014**, A comparison between the effect of routine physiotherapy and supervised stabilization exercises compared with spine surgeons' routine treatment on pain, functional disability, lumbar range of motion and abdominal and lumbar muscle size in patients with failed back surgery syndrome. University of Social Welfare and Rehabilitation Sciences. (In process)
3. **2013**, The prevalence and risk factors of low back pain in Teachers. University of Social Welfare and Rehabilitation Sciences (grant no., 419-30.2.92).
4. **2011**, The prevalence and risk factors of shoulder pain in Iranian adult athletes. University of Social Welfare and Rehabilitation Sciences (grant no., 21274-19.11.89).
5. **2007**, The Effect of Low Power Laser in the Treatment of Chronic Low Back Pain. Mazandaran University of Medical Sciences, Sari, Iran
6. **2007**, Epidemiological study of musculoskeletal disorders in General Surgeons, Neuro-surgeons, Orthopaedic Surgeons and Gynecologists of Mazandaran Province

and the effect of an Exercise program & Ergonomic advices in a randomized clinical trial (in 2007). Mazandaran University of Medical Sciences, Sari, Iran (87-72, 1/8/87).

7. **2006**, Epidemiological study of musculoskeletal disorders in dentists (in 2006) and the effect of an Exercise program and Ergonomic advices in a randomized clinical trial. Mazandaran University of Medical Sciences, Sari, Iran (86-32, 13/4/86).
8. **2006**, The Assessment of Nurses and Patients Skill in the Use of Metered Dose Inhaler (MDI) and the Effect of Verbal and Performance Education on Nurses Skill in the Use of MDI. Mazandaran University of Medical Sciences, Sari, Iran
9. **2003**, Prevalence and risk factors for low back pain in school children aged 11-14 years. Mazandaran University of Medical Sciences, Sari, Iran
10. **2003**, “A prospective longitudinal study on low back pain and related risk factors during pregnancy with one year follow up: The effect of exercise in prevention of Low back pain in a Randomised Controlled Trial” Mazandaran University of Medical Sciences, Sari, Iran (82-102, 15/11/82)
11. **2002**, A comparative epidemiological study of low back pain in nurses: The effect of exercise and Ergonomic advices in a randomized controlled clinical trial. Mazandaran University of Medical Sciences AND Mazandaran Management and Planning Organization, Sari, Iran
12. **1998**, “Chronic Low Back Pain: A Randomised Controlled Clinical Trial of Spinal Manipulation Measuring Pain, Functional Disability, Lumbar Movements and Muscle Endurance Using Surface Electromyography”, School of Occupational Therapy and Physiotherapy, University of East Anglia, Norwich, UK

13. **1995**, “The effects of transcutaneous electrical nerve stimulation (TENS) on labour pain”. Mazandaran University of Medical Sciences, Sari, Iran
14. **1993**, “The Effect of Infra-Red Low Power Laser on Peripheral Sensory Nerve Latency Using Electromyography”, School of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, Iran
15. **1990**, “Laser in Physiotherapy”, BSc Thesis, Faculty of Rehabilitation, Shiraz University of Medical Sciences, Shiraz, Iran

EDUCATIONAL ACTIVITIES

I was involved in teaching activities on relevant subjects at different schools affiliated to the Mazandaran University of Medical Sciences since 1991 to 2007. From 2007 onwards teaching was continued at the Department of Physiotherapy of the University of Social Welfare and Rehabilitation Sciences. The brief outlines are as follows:

1. **Medical Physics** for Medical Students (1 unit)
2. **Biophysics** (1 unit) for Students of General Health, Students of Laboratory Sciences and Theatre Technicians. Including:
 - a. High Frequency Currents and its Application in Medicine;
 - b. Ultrasound and the Therapeutic Effects of US;
 - c. Heat, Physical and Physiological Effects of Heat and its application in Medicine;
 - d. LASER in Medicine;
 - e. Biomechanics;
 - f. Molecular Mechanisms of Muscle Contraction;
 - g. etc.

3. **Rehabilitation in Rheumatic Diseases** for Medical Students (0.25 unit)
4. **Physical Medicine** for the Students of General Health (2 units).
5. **Principles of Rehabilitation** for the Students of General Health, Family Health and for the Students of Diseases Control (1 unit each).
6. **Professional English Language 1 and 2** for the Students of Medicine (3 units each).
7. **Professional English Language** for Nursing Students (2 units).
8. **Electrotherapy** for Physiotherapy Students
9. **Kinesiology and Biomechanics of Spine** for Physiotherapy Students
10. **Orthopaedics** for Physiotherapy Students
11. **Electromyography** for Physiotherapy Students (MSc)
12. **Professional English Language** for Physiotherapy Students
13. **Professional English Language** for the Students of Midwifery (2 units).
14. **Research Method** for Physiotherapy Students (MSc)
15. **Physiotherapy in Musculoskeletal Disorders** for Physiotherapy Students (PhD)
16. **Principles of Physiotherapy** for Technical Orthopedic Students
17. **Biomechanics of Spine** for Physiotherapy Students (MSc)

18. **Principles of Rehabilitation** for Rehabilitation Management Students (MSc)

19. **Electrophysiology** for Physiotherapy Students (PhD)

20. **Sports Injuries and Rehabilitation** for Physiotherapy Students (PhD)

FIELDS OF CLINICAL RESEARCH INTEREST

Pain (Low Back Pain and Neck pain in particular), Musculoskeletal disorders, Randomized Controlled Trial, Spinal Manipulative Therapy, Exercise Therapy, Stabilization Exercises, Electrotherapy, Low Power Laser, Rehabilitative Ultrasound, Surface Electromyography.

REFREES

1. Dr. Barbara Richardson

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3. Dr. Martin Watson

Senior Lecturer, School of Allied Health Professionals, University of East Anglia, Norwich NR4 7TJ, UK.

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4. Dr. Jackie Critchley

Superintendent Physiotherapist, Outpatient Physiotherapy Department,
Norfolk and Norwich Hospital, Norwich, UK.
Tel: +44 1603 286990/1, Fax: +44 1603 287369