

# **CURRICULUM VITA**

## **PERSONAL INFORMATION**

Name: Nahid Rahmani

Gender: Female

Date & Place of Birth: 26 Sept 1980, Iran

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## **ACADEMIC QUALIFICATIONS**

**Bachelor of Science (BSc.) 2002:** Physiotherapy; Faculty of Rehabilitation Sciences, Shiraz University of Medical Sciences and health services, Shiraz, Iran.

**Master of Science (MSc.) 2009:** Physiotherapy; Department of Physical Therapy, University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.

**PhD 2015:** Physiotherapy; Department of Physical Therapy, University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.

**Assistant professor of Paediatrics Neuro-rehabilitation Research Centre 2015:** University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.

## **PUBLICATIONS**

- 1) 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. 2019; 28-37.**
- 2) 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. 2019; 35 (2):130-138.**
- 3) **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. 2018 (under review).**
- 4) 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. 2018; 32: 301-307.**
- 5) **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. 2018; 37: 905-912.**

- 6) **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. 2018 (Published)**
  
- 7) 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, 2018; 19 (2).**
  
- 8) **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. 2017; 1-5.**
  
- 9) **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. 2017.**
  
- 10) **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. 2017 (Published).**
  
- 11) 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. 2017;33(2):280-284.**
  
- 12) **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. 2016 (published)**

- 13) 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** 2016. **26(137); 235-246.**
  
- 14) 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** 2015. **26 (135).**
  
- 15) **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**, 2015. **41; 2275-2283.**
  
- 16) 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** 2015; **25 (130): 191-199.**
  
- 17) 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; 17(8); Aug 2015; PP: 55-62.**
  
- 18) 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**, 2014;**37:510-521**
  
- 19) **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

- 20) **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.
- 21) 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**. 2013; 14 (4): 1-8.
- 22) 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
- 23) **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**. 2012; 22(Supple 1): 335-345
- 24) **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.
- 25) 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**. 2011; 15 (1): 75-81.

26) 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. 2010; 20(77): 9-17**

27) 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. 2010; 20(78): 2-10**

### **EDUCATIONAL ACTIVITIES:**

- 1) "Musculo-skeletal disorders" for DPT Students, January 2020 to July 2020, Pediatric neurorehabilitation research center, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- 2) "Research method" for DPT Students, September 2019 to December 2019, Pediatric neurorehabilitation research center, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- 3) "Pediatrics & Gender Health Care in Physical Therapy" for DPT Students, February 2016 to July 2016, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- 4) "Orthopedics" for Students of Physiotherapy (1 Units), February 2014 to July 2014, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

- 5) "Physiotherapy and Movement Therapy in Rehabilitation" for MSc students (3 Units), February 2016 to July 2017, Department of Medical Engineering, Azad University of Sciences and Researches, Tehran, Iran.
- 6) "Electrotherapy in Rehabilitation" for MSc students (3 Units), September 2017 to December 2017, Department of Medical Engineering, Azad University of Sciences and Researches, Tehran, Iran.
- 7) "Electromyography" for PhD students (1 Units), September 2015 to December 2015, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.
- 8) "Clinical Training Course for Students of Physiotherapy" (8 Units), February 2012 to July 2012, Tavanyab Rehabilitation Center, Tehran, Iran.
- 9) "Clinical Training Course for Students of Physiotherapy" (4 Units), September 2012 to January 2013, Tavanyab Rehabilitation Center, Tehran, Iran.

## **SUPERVISORY RESEARCH ACTIVITIES**

- 1) **2018-2020**, Supervisor, A. Ravarian (MSc Student in Occupational Therapy)
- 2) **2017-2019**, Supervisor, G. Yasari (MSc Student in Medical Engineering)
- 3) **2017-2019**, Supervisor, A. Mohajeri (MSc Student in Medical Engineering)
- 4) **2017-2019**, Supervisor, Mafi (MSc Student in Medical Engineering)
- 5) **2017-2019**, Supervisor, Araghi (MSc Student in Medical Engineering)
- 6) **2017-2019**, Advisor, M. Parsa (MSc Student in Medical Engineering)
- 7) **2016-2019**, Advisor, M. Emami (PhD Student in Physiotherapy).

- 8) **2016-2018**, Advisor, N. Naghdi (MSc Student in Physiotherapy).
- 9) **2014-16**, Advisor, A. Shadani (MSc Student in Physiotherapy).
- 10) **2014-16**, Advisor, A. Karimian (MSc Student in Physiotherapy).
- 11) **2014-16**, Advisor, A. Kiani (MSc Student in Physiotherapy).

### **ADMINISTRATIVES:**

- 1) **2013**, "Administrative Secretary for The 14<sup>th</sup> National and the 1<sup>st</sup> International Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. 25-26 December 2013, Tehran, **Iran**.
- 2) **2015-2019**, "General Director of Educational Committee/Council of Pediatric Neurorehabilitation Research Center".

### **PRESENTATIONS AT CONGRESSES:**

- **2018**, The Second International and 29<sup>th</sup> National Congress of Physiotherapy, Iranian Physiotherapy Association. 2018, Tehran, **Iran**.
- **2017**, The First International and 28<sup>th</sup> National Congress of Physiotherapy, Iranian Physiotherapy Association. 2017, Tehran, **Iran**.
- **2016**, The International Congress of Joint Replacement (ICJR). 2016, **Dubai**.
- **2016**, The Congress of Geriatric. 2016, Rasht, **Iran**.
- **2016**, The International Congress of Pediatrics. 2016, Tehran, **Iran**.
- **2016**, The 27th Congress of Physiotherapy, Iranian Physiotherapy Association. 2016, Tehran, **Iran**.
- **2016**, The 19th annual Iranian congress of physical medicine, rehabilitation & electrodiagnosis. 2016, Tehran, **Iran**.
- **2016**, "The 4<sup>th</sup> Seminar of Electrotherapy. Iranian Physiotherapy Association 2016, Tehran, **Iran**.



- **2015**, "The 16<sup>th</sup> Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. 26-27 December 2015, Tehran, **Iran**.
- **2013**, "The 14<sup>th</sup> Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. 26-27 December 2012, Tehran, **Iran**.
- **2012**, "The 13<sup>th</sup> Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. 26-27 December 2012, Tehran, **Iran**.
- **2012**, The 23<sup>rd</sup> Congress of Physiotherapy, Iranian Physiotherapy Association. May 2012, Shiraz, **Iran**.
- **2011**, "The 12<sup>th</sup> Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. 22-23 December 2011, Tehran, **Iran**.
- **2010**, "The 11<sup>th</sup> Seminar of Specific Physical Therapy for the Spine. University of Social Welfare and Rehabilitation Sciences. 22-23 December 2010, Tehran, **Iran**.
- **2010**, "The 21<sup>st</sup> International Congress of Physiotherapy, Iranian Physiotherapy Association. May 2010, Tehran, **Iran**.

### **DEVELOPING STANDARDIZATION OF PRACTICE**

- Collection/Standardization of Constant Practice/Exercise Equipment: Standard Code: 10423-4 and 10423-5

### **RESEARCH PROJECTS**

**2010-** The Effect of Pelvic Floor Muscle Exercise on Women with Chronic Non-Specific Low Back Pain. March 2009, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2011-** The Prevalence and Risk Factors of Neck Pain in Dentists. Feb 2011-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2011-** The Prevalence and Risk Factors of Low Back Pain in Dentists. Feb 2011-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2012-** Eligibility of Magnetic Resonance Imaging Technique in Determining Articular Cartilage Lesions in Patients with Knee Osteoarthritis; A Systematic Review of the Literature Feb 2012-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2012-** Changes in paraspinal muscle fatigue following intervention in patients with chronic low back pain using surface electromyography: A systematic review of the Literature Feb 2012-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2012-** Reliability of surface electromyography in the assessment of paraspinal muscles fatigue: A systematic review of the Literature Feb 2012-Student Research Committee, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2016-** 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 -2016- Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2018-** To investigate the reliability and validity of KOOS-CHILD questionnaire. 2018- Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

**2018-** To investigate the association between abdominal muscles size and factors related to quality of life in adolescents with low back pain- 2018- Pediatric Neurorehabilitation Research Center, University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

## **BOOKS**

1. 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.

## **WORKSHOP SPEAKER**

1. **2013-** "APS Therapy" Latest Developments in Electrotherapy Seminar, Tehran, Iran
2. **2013-** "APS Therapy" Isfahan Physiotherapy Association, Isfahan, Iran
3. **2013-** "APS Therapy" 24<sup>th</sup> Physiotherapy Congress, Tehran, Iran
4. **2013-** "APS Therapy" Ahvaz Physiotherapy Association, Ahvaz, Iran
5. **2013-** "APS Therapy" Gilan Physiotherapy Association, Rasht, Iran
6. **2012-** "APS Therapy" Yazd Physiotherapy Association, Yazd, Iran

## **WORKSHOP ATTENDANCE**

1. **2015-** "Diagnosis and manual therapy of lumbo-pelvic disorders" Tehran-Iran.
2. **2013-** "Systematic Review & Evidence Based Practice" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.
3. **2012-** "Introduction to Scientific Writing" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.
4. **2012-** "Authorship & Title in Scientific Paper" University of Social Welfare and Rehabilitation Sciences- Tehran-Iran.

5. **2011-** "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 2010- Onwards- Perspolis Volleyball Team, Physiotherapy  
Centre, Enghelab Sport Complexity- Tehran-Iran.

**Clinical Experience:** March 2009- Onwards- Physiotherapy Clinic, No 184, Mirdamad-  
Tehran-Iran.

**Clinical Experience:** Jan 2008- March 2009- Behrad Physiotherapy Clinic, Ashrafi  
Esfahani Blvd.- Tehran-Iran.

## **REFREES**

### **1. Prof. Mohammad A Mohseni-Bandpei**

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### **2. Prof. Roshanak Vameghi**

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