



ZAUMS Curriculum Vita

| Personal information | |
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| First name / Surname | Mohammad Hosseinifar |
| Address | School of Rehabilitation Sciences, Zahedan University of Medical Sciences, Zahedan, Iran |
| Telephone | +985433295835 |
| Cell Phone | 09153404359 |
| Fax | +985433295835 |
| E-mail | fardash_s@yahoo.com |
| Nationality | Iranian |
| Date of birth | 23 /DECEMBER / 1974 |
| Gender | Male |
| Marital Status | Married |
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| Occupational Field | |
| <p>Assistant Professor, Dept. of Physical Therapy, Zahedan University of Medical Sciences. Member of Iranian Physical Therapy Association. Member of Medical Council of I.R. IRAN. Currently Educational Assistant of school of rehabilitation Sciences, Zahedan University of Medical Sciences.</p> | |
| Education and Training | |
| Title of qualification awarded | <p>Feb 2009- Jan 2013: PhD Student, Physical Therapy, Physical Therapy Dept., School of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, IRAN.</p> <p>Sep 2000- May 2003: MSc, Physical Therapy, Physical Therapy Dept., University of Welfare and Rehabilitation Sciences, Tehran, IRAN.</p> <p>Sep 1994- Jan 1998: BSc, Physical Therapy, Physical Therapy Dept., Paramedical School, Zahedan University of Medical Sciences, Zahedan, IRAN.</p> <p>Sep 1990- May 1994: Diploma in Natural Sciences, Farabi high school, Zahak, Zabol, IRAN.</p> |
| Dates (start – end) | |
| Principal subjects/occupational skills covered | |
| Name and type of organisation providing education and training | |
| Level in national or international classification | |

| National Conferences / Seminars | |
|--|--|
| | <ol style="list-style-type: none"> 1. Hosienifar M (2003). Oral presentation “Effective Factors in Ankle Joint Functional Instability”. Iran, Tehran, The 2nd Iranian Physiotherapy Student’s Seminar. P.6. 2. Hosienifar M, Ebrahimi E, Salavati M (2004). Oral presentation “The Relationship Between Ankle Joint Mobility and Position Sense in Healthy Men and Women.” Iran, Tehran, The 15th Physiotherapy Congress of Iran. P.77-78. 3. Hosienifar M (2004). Oral presentation “Craniosacral Therapy: Treatment of Musculoskeletal Disorders”. Iran, Zahedan, The 1st Congress of Cranial, Cervical and Temporomandibular Joint Disorders. p. 47. 4. Hosienifar M, Ebrahimi E, Salavati M (2006). Poster presentation “The Relationship between Knee Joint Range of Motion and Position Sense in Healthy Subjects”. Iran, Tehran, The 17th Physiotherapy Congress of Iran. 5. Hosienifar M, Gharaipoor A, Shabani J (2006).Oral presentation “The Relationship between Thoracic and Lumbar Curve Disorders with Body Mass Index and Low Back Pain in Students of Zahedan University of Medical Sciences”. Iran, Tehran, The 1st Biennial Conference of Physical Therapy in Musculoskeletal Impairment. p. 19. 6. Hosienifar M, Salavati M (2006). Oral presentation “Comparison of Shoulder Joint Position Sense in 18-50 Years Old Men and Women”. Iran, Tehran, The 1st Biennial Conference of Physical Therapy in Musculoskeletal Impairment. p. 23. 7. Hosienifar M, Bazghndi R, Azimi Z, Khodadadi Bohlouli B, Effectiveness of neck myofascial release techniques and exercise therapy on pain intensity and disability in patients with chronic tension-type headache. 16th.seminar in specific spinal physical therapy 23-24 dec.2015 |
| International Conferences / Seminars | |
| <ol style="list-style-type: none"> 1. 2. 3. | |

| National Publications / Articles | |
|---------------------------------------|---|
| | <ol style="list-style-type: none"> 1. Akbari A, Afshari Pour R, Hossieni Far M, Ghiaci F. The effects of plyometric and strengthening exercises on the quadriceps muscle strength in girl students in Zahedan University of Medical Sciences in 2005. <i>Tabib-e-Shrgh</i>. 2006; 8(3): 219-225. 2. Hossienifar M, Akbari A, Sanchouli T, Kalim-Shastan A, Ghiasi F. The Effect of Functional and Strengthening Exercises on Improvement of Upper Extremity Function in Patients with Hemiparesis Following Stroke. <i>Tabib-e-Shargh</i>. 2008; 10(3): 163-173. 3. Akbari A, Hosseiniifar M, Khairabadi N, Jahanshahi Javaran P. Comparison of the Effect of Exercise Therapy with Transcutaneous Electrical Nerve Stimulation on Improvement of Pain and Function in Patients with Patellofemoral Pain Syndrome. <i>Armaghan-e-Danesh</i>. 2008; 13(1): 15-26. 4. Hossienifar M, Gheesi F, Akbari A, Mahmoudi S. The effect of stretching and nerve mobilization exercises on improvement of pain and upper extremity function in subjects with thoracic outlet syndrome. <i>Ofogh-e-Danesh GMUHS Journal</i>. 2008; 14(1): 37-46. 5. Hosseiniifar M, Akbari A, Shahrakinasab A. The Effects of McKenzie and Lumbar Stabilization Exercises on the Improvement of Function and Pain in Patients with Chronic Low Back Pain. <i>Shahrecord University Medical Sciences</i>. 2009; 11(1): 1-9. 6. Hosseiniifar M, Mojahed Z, Mir Mohammad Sadeghi M, Azadeh H. The effects of two positions of gleno-humeral joint (zero and 90 degree of abduction) during bypass of coronary artery on the upper extremity nerve conduction velocity in diabetic patients. <i>Journal of Isfahan Medical School</i>. 2016; 373(34): 190-196 |
| International Publications / Articles | |

1. Hosienifar M, Ebrahimi E, Salavati M. The Relationship Between Ankle Joint Range of Motion and Position Sense in 18-50 Years Old Healthy Subjects in Zahedan. *J. Med. Sci* 2006; 6(4): 670-673.
2. Hosienifar M, Ghiasi F, Akbari A. The Relationship Between Lumbar and Thoracic Curves with Body Mass Index and Low Back Pain in Student of Zahedan University of Medical Sciences. *J. Med. Sci* 2007; 7(6): 984-990.
3. Hosseinifar M, Akbari M, Behtash H, Amiri M, Sarrafzadeh J. A Comparison between the Effects of Stabilization and Mckenzie's Exercises on the Pain, Disability, and Lumbo-Pelvic Stability in Patients with Non-Specific Chronic Low Back Pain. *Life Science Journal*. 2013; 10(10s).
4. Hosseinifar M, Akbari M, Behtash H, Amiri M, Sarrafzadeh J. The Effects of Stabilization and Mckenzie Exercises on Transverse Abdominis and Multifidus Muscle Thickness, Pain, and Disability: A Randomized Controlled Trial in NonSpecific Chronic Low Back Pain. *J Phys Ther Sci*. 2013; 25(12):1208.
5. Hosseinifar M, Akbari A, Ghiasi F. Intra-Rater Reliability of Rehabilitative Ultrasound Imaging for Multifidus Muscles Thickness and Cross Section Area in Healthy Subjects. *Global Journal of Health Science*. 2015; 7(6): 354-361.
6. Akbari A, Ghiasi F, Mir M, Hosseinifar M. The Effects of Balance Training on Static and Dynamic Postural Stability Indices After Acute ACL Reconstruction *Global Journal of Health Science*. 2016; 8(4): 68-81.
7. Hosseinifar M, Akbari M, Akbari A, Ghiasi F. **Comparison of Lumbo-Pelvic Stability between Patients with Chronic Low Back Pain and Healthy Subjects.** *International journal of medical research & health sciences*, 2016,5,10:122-127
8. Hosseinifar M, Akbari M, Akbari A, Ghiasi F, Shamsaldini N, Shahraki R. **The Effects of Proprioceptive Neuromuscular Facilitation Exercises on Pain, Function, Lumbar Mobility, and Lumbar Lordosis in Patients with Non-Specific Chronic Low Back Pain.** *International Journal of Pharmaceutical research & Allied Sciences*, 2016; 5(4): 250-261
9. Noorollahzadeh K, Akbari A, Hosseinifar M, Sargolzaie N, Ghiasi F, Askari Ashtianiy A.R. **The effect of motor control exercises versus back muscle endurance training with kinesio taping on the balance indices in patients with nonspecific chronic low back Pain.** *International journal of advanced biotechnology and research(IJBR)*, 2016; 2-april: 984-995
10. Teymuri Z, Hosseinifar M, Ansari-Moghaddam A.R, Askari Ashtianiy A.R, Ghiasi F, Akbari A. **Intra-rater and inter-rater reliability of rehabilitative ultrasound imaging of multifidus muscle thickness, cross section area and bladder wall displacement in multiparous women.** *International journal of advanced biotechnology and research(IJBR)*, 2016; 2-april:910-599
11. Namvar H, Olyaei GH.R, Attarbashi Moghadam B, Hosseinifar M. **Effect of myofascial release technique on pain, disability, maximum isometric contraction of the extensor muscles, and pressure pain threshold in patients with chronic nonspecific neck pain : double blinded randomized clirical trial.** *International journal of medical research & health sciences*, 2016; 5,7s: 500-506

12. Hatamvand S, Ghiasi F, Askari Ashtianiy A.R, Akbari A, Hosseiniifar M. **Intra-rater reliability of cervical sensory motor function and cervical reconstruction test in healthy subjects.** International journal of medical research & health sciences, 2016; 5,7s: 598-603
13. Ghadiri Harati P, Askari Ashtianiy A.R, Hosseiniifar M, Akbari A, Rahnama L, Ghiasi F. **Investigating the effect of stabilization exercise and proprioceptive neuromuscular facilitation exercises on cross-sectional area of deep cervical flexor muscles in patients with chronic non-specific neck pain.** International journal of medical research & health sciences, 2016; 5,11: 502-508
14. Hosseiniifar M, Bazghandi R, Azimi Z, Khodadadi Bohlouli B. **Effectiveness of neck myofascial release techniques and exercise therapy on pain intensity and disability in patients with chronic tension-type headache.** Global journal of health sciences, 2017; vol. 9, no. 6
15. Rahmati M, Hosseiniifar M, Akbari A, Ansari-Moghaddam A, Sanei Sistani S, Ghiasi F, , Askari Ashtianiy A.R. **Comparing the life quality of female students with and without primary dysmenorrhea in Zahedan university of medical sciences in 2016,** World family medicine/middle journal of family medicin, 2017; volume 15 issue 10 :265-271
16. Hosseiniifar M, Akbari A, Mahdavi M, Rahmati M. **Comparison of balance and stabilizing trainings on balance indices in patients suffering from nonspecific chronic low back pain,** Advanced Pharmaceutical Technology & Research, 2018; Vol.9, Issue.2.
17. Namvar H, Rahmati M, Akbari A, Hosseiniifar M, Ansari Moghaddam A.R. **Comparison of Anxiety and Depression in Female Students With Primary Dysmenorrhea and Without Dysmenorrhea in Zahedan University Medical Sciences in 2017,** Journal of research in medical and dental science. 2018 Mar 8;6(2):140-147.
18. Jahantigh Akbari, N, Hosseiniifar, M., Akbari, A., Ghiasi, F. and AskaryAshtiani, A.R., **THE EFFECT OF SAHRMANN'S EXERCISES ON LUMBO-PELVIC MOTOR CONTROL IN CHRONIC LOW BACK PAIN PATIENTS WITH ROTATION-EXTENSION SYNDROME.** Journal of pharmacophore, 8(6s) 2017, e-1173809, page6, Issn 2229-4042.
19. Jahantigh Akbari, N, shamso deni F, Hosseiniifar, M, Rakhshani M, Damani E, **effect of physicl therapy interventions on bone mineral density muscle strength and quality of life in women whith osteoporosis, systematic review and meta analyze,** Journal of pharmacophore, 8(6s) 2017, e-1173295, page8, Issn 2229-4042
20. Teymuri Z, Hosseiniifar M, Sirousi M. **The Effect off Stabilization Exercises on Pain,Disability, and Pelvic Floor Muscle Function in Function in Postpartum Lumbopelvic Pain.** American journal of physical medicine & rehabilitation, 97(12), pp.885-891.
21. Khodadadi Bohlouli B, Asgari Ashtiani AR, Ghiasi F, Mohammadi M, Akbari A, Hosseiniifar M, **Effectiveness of Proprioceptive Neuromuscular Facilitation Patterns In Comparison With General Physicl Therapy In Knee Osteoarthritis,** Annals of tropical Medicine & Public Health-Special issue Apr, 2018 Vol 12
22. Khaleghdadi H, Akbari A, Ghiasi F, Hosseiniifar M, Askari Ashtiani AH, **Comparison of the effect of thoracic and Lumbar Stability Exercises on the Pain and Disability of Women With Non-Specific Chronic Low Back Pain,** j Biochem Tech (2019) Special Issue (2):167-173

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|---|---|
| Work Experience / Memberships | |
| <p>Dates</p> <p>Occupation or position held</p> <p>Main activities and responsibilities</p> <p>Name and address of employer</p> <p>Type of business or sector</p> | <p>Add separate entries for each relevant post occupied, starting from the most recent.</p> |
| Personal Skills and Competences | |
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Social skills and competences

From May 2003 till January 2014 as lecturer in physical therapy, Zahedan University of medical sciences, and during this period have taught following courses to students of physical therapy.

1. Kinesiology and Biomechanic (Principles and Upper Limb)
2. Exercises Therapy (Principles of Exercises Therapy)
3. Exercises Therapy (proprioceptive neuromuscular facilitation)
4. The Principles of Massage Therapy and Mobilization of Joints
5. Orthopedic rehabilitation
6. Clinical education for PT students
7. Acting as supervision for different groups of PT students
8. Supervision of B.Sc students for their theses (10 theses)
9. Principles of Rehabilitation
10. Heart and Respiratory System Rehabilitation
11. The Principles of Fractures and Orthopedics Diseases
12. Heart and Respiratory System Disease
13. Muscle Testing and Function

From January 2014 till now as assistant professor and involved in academic activities including:

1. The Principles of Massage Therapy and Mobilization of Joints
2. Orthopedic Rehabilitation
3. Principles of Rehabilitation
4. Muscle Testing and Function

Teaching following courses to Master of Sciences students of physical therapy:

1. Manual therapy
2. Motor control and learning
3. Introduction to Physical therapy Laboratory Equipment
4. Research Seminar
5. Research Project
6. Clinical education for MSc. PT students
7. Acting as supervision of MSc. PT students
8. Supervision of MSc PT students for their theses

Organisational skills and competences

Technical skills and competences

Computer skills and competences

Other skills and competences

| Honors / Awards | |
|------------------------|--|
| 1. | رتبه اول پذیرفته شده آزمون ورودی دوره دکتری تخصصی سال تحصیلی ۸۸-۸۷ دانشگاه‌های علوم پزشکی کشور |
| Additional information | |
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