Department of Rehabilitation
Shiraz University of Medical Sciences
Shiraz, Fars
Islamic Republic of Iran

motealleh@sums.ac.ir
Phone: +98-71-36261081
Fax: +98 ////

Updated on 11.5.2024

Alireza Motealleh

Professor of physiotherapy

Educations

1. ***Physiotherapy , Ph.D.***

   Iran university of Medical Sciences, Tehran, Iran (2005-2010)
2. ***Physiotherapy, M.Sc.***

   Shiraz University of Medical Sciences, Shiraz, Iran (2000-2002)
3. ***Physiotherapy , B.Sc.***

   Shiraz University of Medical Sciences, Shiraz, Iran (1994-1998)

Awards & Grants

1. Ranked 1st in research**,** Presented by the Chancellor of Shiraz University of Medical Sciences. (2022)
2. Participation in writing a chapter of **Award-winning book of the year in Iran,** "Essentials of ergonomics and human factors engineering". (2022)
3. Excellence in Practice Plaque, Iranian physiotherapy association. (2021)
4. Ranked 1st in research, Presented by the Chancellor of Shiraz University of Medical Sciences. (2016)
5. Excellence in Practice Plaque, Iranian physiotherapy association. (2016)

6. Excellence in Teaching Plaque, Presented by the Chancellor of Shiraz University of Medical Sciences. (2013)
7. Top student in Ph.D.PT. (2010)
8. Excellence in Practice Plaque, Iranian physiotherapy association. (2005)
9. Excellence in Practice Plaque, Iranian physiotherapy association. (2004)
10. Excellence in Practice Plaque, Iranian physiotherapy association. (2003)
11. 2023: Grant Number 28734 for research project Entitled: The effect of core muscles functional fatigue on time to stabilization and the joints angles of the lower limb during single leg drop jump landing in healthy basketball athletes.
12. 2023: Grant Number 29149 for research project Entitled: Evaluation of added value of Shockwave therapy to exercise training on pain and function in patients with traumatic knee meniscal injury.
13. 2023: Grant Number 28734 for research project Entitled: The effects of Blood Flow Restriction training on Quadriceps Femoris and Hamstring isokinetic muscles strength, pain, function and proprioception in patients with knee osteoarthritis after Total Knee Arthroplasty.
14. 2022: Grant Number *26446* for Research Project Entitled: The evaluation of the priming effect of transcranial direct current stimulation over primary motor cortex and primary somatosensory cortices on the effect of exercise training on pain, function, balance, Kinesiophobia and quality of life in patients with knee osteoarthritis a multi session tDCS study.
15. 2022: Grant Number *26395* for Research Project Entitled: Evaluation and comparison of trunk neuromuscular control between patients with multiple sclerosis and healthy individuals using an unstable seat.
16. 2022: Grant Number *25653* for Research Project Entitled: Evaluation of the effect of changes gluteus Medius muscle strength on patellofemoral joint stress during stair descent by modeling in patients with patellofemoral pain syndrome compared to healthy people.

17. 2022: Grant Number *25207* for Research Project Entitled: Comparison of the effects of transcranial direct current stimulation (tDCS) plus exercises with exercises alone on pain, function and balance in patellofemoral pain.
18. 2019: Grant Number *19483* for Research Project Entitled: Comparison of unstable seated core postural control training with hip and knee strength training on pain, function and proprioception in patients with patellofemoral pain
19. 2019: Grant Number *18343* for Research Project Entitled: Comparing proprioception weighting changes between healthy and Patellofemoral pain syndrome patients
20. 2019: Grant Number *17816* for Research Project Entitled: Investigation the effect of valgus unloading knee brace on gait harmonic ratio in patients with medial compartment knee osteoarthritis
21. 2018: Grant Number *16238* for Research Project Entitled: Comparison of Effectiveness Sensorimotor Training Exercise versus Hip ،Knee & Trunk Strengthening Exercise on the Improvement Pain & Function Patients with Patellofemoral Pain Syndrome – A Randomized Control Trial
22. 2018: Grant Number *15331* for Research Project Entitled: The simultaneous assessment and comparison of lower extremity, pelvis and trunk inter segmental coordination, coordination variability and kinematic characteristics in patellofemoral pain and normal subjects during walking and running
23. 2018: Grant Number *14034* for Research Project Entitled: The comparison of the prevalence of iliosacral dysfunction sacroiliac joint dysfunction between females with and without stress urinary incontinence
24. 2018: Grant Number *13919* for Research Project Entitled: Evaluating the Validity and reliability of the Persian version - cross cultural adaptation - of Physical Activity Scale for the Elderly (PASE)
25. 2018: Grant Number *13894* for Research Project Entitled: Comparison of the combined gluteus Medius and quadratus lumborum dry needling & exercise with exercise alone on knee joint pain and function in female athletes with patellofemoral pain syndrome

26. 2017: Grant Number *13401* for Research Project Entitled: The evaluation of subgroups derived from statistical clustering using PAM method with subgroups of knee movement impairment syndrome classification in patients with knee pain
27. 2017: Grant Number *13037* for Research Project Entitled: The effect of dry needling of trigger point around knee and hip on pain, function and proprioception in patient with knee OA
28. 2017: Grant Number *12080* for Research Project Entitled: Comparing the effects of vibrational exposure to lumbar/ankle muscles and exercise with flexible pole on COP displacement and trunk and lower extremity muscular activity between healthy & non-specific chronic low back pain subjects. Shiraz University of Medical Sciences, Shiraz, Iran.
29. 2017: Grant Number *11351* for Research Project Entitled: Investigating the effects of phonophoresis of aloe vera gel on pain and function in patients with knee osteoarthritis (grade 1-3 Kellgren-Lawrence). Shiraz University of Medical Sciences, Shiraz, Iran.
30. 2016: Grant Number *8476* for Research Project Entitled: comparison of Core muscle strength in the frontal plane and sagittal between healthy subjects and patients with patellofemoral pain syndrome. Shiraz University of Medical Sciences, Shiraz, Iran.
31. 2016: Grant Number *8872* for Research Project Entitled: The effect of postural control training using unstable sitting on knee joint pain and function in patients with patellofemoral pain syndrome. Shiraz University of Medical Sciences, Shiraz, Iran.
32. 2015: Grant Number *8326* for Research Project Entitled: Evaluation and comparison of the knee joint position sense measurement reliability and validity using image capture technique and isokinetic dynamometry in healthy athletes. Shiraz University of Medical Sciences, Shiraz, Iran.
33. 2015: Grant Number *8247* for Research Project Entitled: Comparison of muscle activation pattern of frontal plane stabilizers of the pelvic in response to an external perturbation between patients with patellofemoral pain syndrome and healthy subjects. Shiraz University of Medical Sciences, Shiraz, Iran.
34. 2014: Grant Number *6419* for Research Project Entitled: the effects of dry needling of trigger points around hip and knee on pain ،function and balance in patients with knee OA. Shiraz University of Medical Sciences, Shiraz, Iran.

35. 2014: Grant Number *4816* for Research Project Entitled: Evaluation of the effectiveness of periscapular trigger points deactivation on pain and disability in patients with carpal tunnel syndrome. Shiraz University of Medical Sciences, Shiraz, Iran.
36. 2013: Grant Number *3762* for Research Project Entitled: The evaluation of the effects of core stability exercises on balance, performance and pain in individuals with patellofemoral pain syndrome. Shiraz University of Medical Sciences, Shiraz, Iran.
37. 2012: Grant Number *2813* for Research Project Entitled: Comparison of balance before and after of manual therapy in patient with Sacroiliac joint dysfunction. Shiraz University of Medical Sciences, Shiraz, Iran.
38. 2012: Grant Number *2615* for Research Project Entitled: Evaluation of the effect of myofascial release technique on reducing pain and disability in patients with chronic lumbar disc bulging and protrusion. Shiraz University of Medical Sciences, Shiraz, Iran.
39. 2012: Grant Number *2538* for Research Project Entitled: evaluation of the effect of the shoulder-rotators strengthening exercises on grip strength and pain reduction in patients with tennis elbow. Shiraz University of Medical Sciences, Shiraz, Iran.

Publications

1. Haghighat F, Rezaie MR, Ebrahimi S, Shokuhian MR, Motealleh A, Salehi R, Parnianpour M. The Correlation between Intersegmental Coordination Variability and Frontal Plane Hip Kinematics during Running in Persons with Patellofemoral Pain. Journal of Biomedical Physics and Engineering. 2021; 14(1)*:89-98.*
2. Kaedi S, Yoosefinejad AK, **Motealleh A**, Sobhani S. The Immediate Effects of Spiral Kinesio Taping on In-toeing Gait Pattern in Children with Spastic Diplegic Cerebral Palsy. Journal of Advances in Medical and Biomedical Research.2023;31(147):323-329.
3. Shokri E, Razeghi M, Shahraki HR, Jalli R, **Motealleh A**. The Use of Cluster Analysis by Partitioning around Medoids (PAM) to Examine the Heterogeneity of Patients with Low Back Pain within Subgroups of The Treatment Based Classification System. Journal of Biomedical Physics and Engineering. 2023; 13(1): 89-98*.*
4. Khademi S, Yoosefinejad AK, **Motealleh A**, Rezaei I, Abbasi L, Jalli R. The Sono-elastography evaluation of the immediate effects of neurodynamic mobilization

technique on median neve stiffness in patients with carpal tunnel syndrome. Journal of Bodywork and Movement Therapies. 2023; 36:62-68.

5. Bervis S, Kahrizi S, Parnianpour M, Amirmoezzi Y, Shokouhyan MR, **Motealleh A**. Amplitude of Electromyographic Activity of Trunk and Lower Extremity Muscles during Oscillatory Forces of Flexi-Bar on Stable and Unstable Surfaces in People with Nonspecific Low Back Pain. J Biomed Phys Eng. 2022; 5:421-534.
6. Haghighat F, Arjomand S, Ghasemi S, Afkhami E, Montaseri H, **Motealleh A**. Effects of phonophoresis of Aloe vera gel and ultrasound on knee osteoarthritis: A randomized controlled trial. Journal of Herbal Medicine.2022;36:100606
7. Ramezani M, Yoosefinejad A, **Motealleh A**, Ghofrani M. Comparison of flexion relaxation phenomenon between female yogis and matched non-athlete group. BMC Sports Science, Medicine and Rehabilitation. 2022; 14(1):1-7.
8. Yoosefinejad A, Mazaheri M, Sobhani S, **Motealleh A**. Electromyographic Onset and Activity Level of Medial and Lateral Hamstrings, Vastus Medialis Obliquus, and Vastus Lateralis in Women with Patellofemoral Pain During Stair Descent. Journal of Rehabilitation Sciences and Research.2022; 9(3):128-133
9. Abbasi L, Rojhani Z, Roshdi G, Razeghi M, **Motealleh A**. Spinal adaptation following exercise training: narrative Review. Journal of Rehabilitation Sciences and Research. 2022; 9(2):55-59.
10. Sinaei E, Foroozantabar V, Yoosefinejad A, Sobhani S, **Motealleh A**. Electromyographic comparison of vastus medialis obliquus facilitatory versus vastus lateralis inhibitory Kinesiotaping in athletes with patellofemoral pain: A randomized clinical trial. Journal of Bodywork and Movement Therapies. 2021; 28: 157-163.
11. Javadpour S, Sinaei E, Salehi R, Zahednejad S, **Motealleh A**. Comparing the effects of single-task versus dual-task balance training on gait smoothness and functional balance in community-dwelling older adults: a randomized controlled trial. Journal of Aging and Physical Activity. 2021; 27: 1-8.
12. Haghighat F, Ebrahimi S, Rezaie MR, Shafiee E, Shokouhyan MR, **Motealleh A**, Parnianpour M.Trunk, Pelvis, and Knee Kinematics during Running in Females with and without Patellofemoral Pain. Gait & posture. 2021; 89: 80-85.

13. Farazdaghi MR, Yoosefinejad AK, Abdollahian n, Rahimi M, **Motealleh A**. Dry needling trigger points around knee and hip joints improves function in patients with mild to moderate knee osteoarthritis. Journal of Bodywork and Movement Therapies. 2021; 27: 597-604.
14. Haghighat F, Rezaie M, Ebrahimi S, Shokouhyan M, **Motealleh A**, Parnianpour M. Coordination Variability During Walking and Running in Individuals with and Without Patellofemoral Pain Part 2: Proximal Segments Coordination Variability. Journal of Medical and Biological Engineering. 2021; 41: 305-313.
15. Haghighat F, Rezaie M, Ebrahimi S, Shokouhyan M, **Motealleh A**, Parnianpour M. Coordination variability during walking and running in individuals with and without patellofemoral pain Part 1: Lower limb intersegmental coordination variability. Journal of Medical and Biological Engineering. 2021; 41: 295-304.
16. **Motealleh A**, Sinaei E, Nouraddinifard E, Rezaei I. Comparison of postural control in older adults under different dual-task conditions: A cross-sectional study. Journal of Bodywork and Movement Therapies.2021; 26: 443-447.
17. Gholami M, Kamali F, Mirzeai M, **Motealleh A**, Shamsi M. Effects of kinesio tape on kinesiophobia, balance and functional performance of athletes with post anterior cruciate ligament reconstruction: a pilot clinical trial. BMC Sports Sci Med Rehabil. 2020; 14;12: 57.
18. Farazdaghi MR, Razeghi M, Sobhani S, Raeisi Shahraki H, **Motealleh A.** A new clustering method for knee movement impairments using partitioning around medoids model. Iran J Med Sci. 2020 Nov;45(6):451-462.
19. Heydari Armaki R, Abbasnia K, **Motealleh A.** Comparison of Trunk Flexion Proprioception Between Healthy Athletes and Athletes with Patellofemoral Pain. J Sport Rehabil. 2020; 12;1 7.
20. **Motealleh A,** Barzegar A, Abbasi L The immediate effect of lumbopelvic manipulation on knee pain, knee position sense, and balance in patients with patellofemoral pain: A randomized controlled trial. J Bodyw Mov Ther. 2020;24(3):71-77.

21. Samani M, Yoosefinejad A, Campos M, Lira A, **Motealleh A.** Changes in Knee Vastii Muscle Activity in Women with Patellofemoral Pain Syndrome During the Menstrual Cycle. PM R. 2020 Apr;12(4):382-390.
22. Taghizadeh Sh, Pirouzi S, Zamani A, **Motealleh A,** Bagheri Z. Does Muscle Fatigue Alter EEG Bands of Brain Hemispheres? J Biomed Phys Eng. 2020;10(2):187-196.
23. Zarei H, Bervis S, Piroozi S, **Motealleh A**. Added value of gluteus medius and quadratus lumborum dry needling in improving knee pain and function in female athletes with patellofemoral pain syndrome: A Randomized Clinical Trial. Arch Phys Med Rehabil.2020 ;101(2):265274.
24. Abbasi M, Yoosefinejad A, Poursadeghfard M, ParsaeiJahromi F, **Motealleh A**, Sobhani S. Whole body vibration improves core muscle strength and endurance in ambulant individuals with multiple sclerosis: A randomized clinical trial. Multiple sclerosis and related disorders. 2019; 32:88-93.
25. Emami F, Yoosefinejad A, **Motealleh A**. Comparison of static and dynamic balance during early follicular and ovulation phases in healthy women, using simple, clinical tests: a cross sectional study. Gynecol Endocrinol. 2019 Mar;35(3):257-260.
26. **Motealleh A**, Mohamadi M, Biabani Moghadam M, Nejati N, Arjang N, Ebrahimi N. Effects of Core Neuromuscular Training on Pain, Balance, and Functional Performance in Women with Patellofemoral Pain Syndrome: A Clinical Trial. J Chiropr Med. 2019 Mar;18(1):9-18.
27. Foroughi F, Sobhani S, Yoosefinejad A, **Motealleh A**. Added value of isolated core postural control training on knee pain and function in women with patellofemoral pain syndrome: a randomized controlled trial. Arch Phys Med Rehabil. 2019;100(2):220-229.
28. **Motealleh A**, Yoosefinejad A, Ghoddosi M, Azhdari N, Pirouzi S. Trunk postural control during unstable sitting differs between patients with patellofemoral pain syndrome and healthy people: A cross-sectional study. Knee. 2019; 26(1):26-32.
29. Sobhani S, Sinaei E, **Motealleh A**, Hooshyar F, Sami Kashkooli N, Kordi Yoosefinejad A. Combined effects of whole-body vibration and unstable shoes on balance measures in older adults: A randomized clinical trial. Arch Gerontol Geriatr. 2018; 78:30-37.

30. Ebrahimian M, Razeghi M, Zamani A, Bagheri Z, Rastegar K, **Motealleh A**. Does High Frequency Transcutaneous Electrical Nerve Stimulation (TENS) Affect EEG Gamma Band Activity? J Biomed Phys Eng. 2018 Sep; 8(3): 271–280.
31. Sahranavard M, Aghayari A, **Motealleh A**, Farhadi A. The effect of core stability exercises on pain and performance of athletes with chronic ankle instability. Journal of North Khorasan University of Medical Sciences.2018; 10 (1), 98-104.
32. Samani M, **Motealleh A**, Yazdani S, Abbasi L. Effects of Myofascial Release Technique on Pain and Disability in Patients with Chronic Lumbar Disc Herniation: A Randomized Trial. Phys Med Rehab Kuror.2017; 27(04): 218-225.
33. Farazdaghi M, **Motealleh A**, Abtahi F, Andrej Panjan A, Šarabon N, Ghaffarinejad F. Effect of sacroiliac manipulation on postural sway in quiet standing: a randomized controlled trial. Brazilian Journal of Physical Therapy. 2018;22(2):120-126.
34. Yoosefinejad AK, **Motealleh A**, Babakhani M. Evaluation of validity and reliability in the Persian version of the Functional Index of Hand Osteoarthritis. Rheumatology international. 2017 May;37(5):719-725.
35. Yoosefinejad AK**, Motealleh A**, Abbasnia K. The immediate effects of lidocaine iontophoresis using interferential current on pressure sense threshold and tactile sensation. Therapeutic delivery. 2016;7(3):163-9.
36. **Motealleh A**, Gheysari E, Shokri E, Sobhani S. The immediate effect of lumbopelvic manipulation on EMG of vasti and gluteus medius in athletes with patellofemoral pain syndrome: A randomized controlled trial. Manual therapy. 2016; 22:16-21.
37. Yoosefinejad AK, **Motealleh A**, Abbasalipur S, Shahroei M, Sobhani S. Can inhibitory and facilitatory kinesiotaping techniques affect motor neuron excitability? A randomized cross-over trial. Journal of Bodywork and Movement Therapies. 2017; 21(2):234-239.
38. Biabanimoghadam M, **Motealleh A**, Cowan SM. Core muscle recruitment pattern during voluntary heel raises is different between patients with patellofemoral pain and healthy individuals. The Knee. 2016;23(3):382-6.
39. Yoosefinejad AK, **Motealleh A**, Khademi S, Hosseini SF. Lower Endurance and Strength of Core Muscles in Patients with Multiple Sclerosis. International Journal of MS Care. 2017;19(2):100104.

40. Rezaeian N, Motealleh A, Etemadi Y. Effect of Color on Grip Strength and Fatigue in College Students. International Journal of Public Health Research.2015; 3 (5), 300-303.
41. **Motealleh A**, Maroufi N, Sarrafzadeh J, Sanjari MA, Salehi N. Comparative Evaluation of Core and Knee Extensor Mechanism Muscle Activation Patterns in a Stair Stepping Task in Healthy Controls and Patellofemoral Pain Patients. Journal of Rehabilitation Sciences and Research.2014;1(4), 8491.
42. Rojhani Shirazi Z, Biabani Moghaddam M, **Motealleh** A. Comparative evaluation of core muscles recruitment pattern in response to sudden external perturbations in patients with patellofemoral pain syndrome and healthy subjects. Arch Phys Med Rehabil. 2014; 95(7):1383-9.
43. Pirouzi, S., **Motealleh, A.**, Fallahzadeh, F., Fallahzadeh, M A. Effectiveness of Treadmill Training on Balance Control in Elderly People: A Randomized Controlled Clinical Trial. IJMS.2014; 39(6):565.
44. Biabani Moghaddam M, Rojhani Shirazi Z, **Motealleh** A. Core and lower extremity muscle recruitment pattern in response to an unexpected external perturbation in patients with patellofemoral pain syndrome and healthy individuals. Gait & Posture.2013; 38: S51.
45. Ebrahimi, S., Abbasnia K., **Motealleh A.**, Kooroshfard N., Kamali F. and Ghaffarinezhad F. Effect of lidocaine phonophoresis on sensory blockade: pulsed or continuous mode of therapeutic ultrasound? Physiotherapy.2012; 98 (1):57-63.
46. **Motealleh, A.**, Maroufi, N., Sarrafzadeh, J. and Sanjari, M.A.The test-retest reliability of the onset of core and vasti electromyographic activity while ascending and descending stairs in healthy controls and patellofemoral pain patients. MJIRI. 2011; 24(4): 221-231.
47. **Motealleh, A.** Comparison of the effects of three types of endurance exercises, coordination exercises and their combinations on improvement of pain and disability of chronic low back pain. Scientific journal of Hamadan university of medical sciences.2005; 12(2):58-63.
48. Kamali, F., **Motealleh, A.** Prevalence of forward head posture and its relationship with activity of trigger points of shoulder region in high school students of Shiraz. Urmia Medical J. 2003; 13(4): 281-288.

49. **Motealleh, A.**, Posture. Scientific Quarterly Journal of Physical therapy of Rehabilitation College, Shiraz University of Medical Sciences 2003, 20:39-48.
50. **Motealleh, A.**, Plyometric exercise. Scientific Quarterly Journ College, Shiraz University of Medical Sciences 2001, 17:3-13

Editorial Board of

- Editor-in-Chief: Journal of Rehabilitation Sciencesand Research. (2012-2017)
- Editorial board of Journal of Rehabilitation Sciences and Research. (2012 to present)

Congress Presentations

1. Taghizadeh, Sh. and **Motealleh, A.** Evaluation of the effect of foot reflexology on pain and disability of women with chronic low back pain, in 6th seminar in specific spinal physical therapy. 2005: Tehran, Iran.
2. **Motealleh, A.**, Maroufi, N. and Akhbari, B. Tai Chi and LBP rehabilitation, in 7th seminar in specific spinal physical therapy. 2005: Tehran, Iran.
3. Kamali, F., **Motealleh, A.** and Darabi, M., Evaluation of the prevalence of forward head posture and its effect on activity of shoulder girdle trigger points in Shiraz high school students, in 10th physiotherapy congress of Iran.1999: Tehran, Iran

Membership & Associations

- Iranian Physiotherapy Association
- Iranian Medical Council