

Department of Physical Therapy
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Assistant Professor of physiotherapy

Educations

1. *BSc of physiotherapy at Shiraz University of Medical Sciences*
2. *MSc of physiotherapy at Shiraz University of Medical Sciences*
3. *PhD of physiotherapy at Shiraz University of Medical Sciences*

Awards & Grants

Publications

- 1- The effect of trigger point management by positional release therapy on tension type headache. *Neurorehabilitation* 2012; 30: 333-339.
- 2- Tension-Type-Headache treated by Positional Release Therapy: A case report. *Manual Therapy* 2012; 17:456-458.
- 3- Comparing Hold Relax – Proprioceptive Neuromuscular Facilitation and Static Stretching Techniques in Management of Hamstring Tightness. *Indian Journal of Physiotherapy & Occupational Therapy* 2013; 7(1): 126-129.
- 4- The Comparison of Neurodevelopmental-Bobath Approach with Occupational Therapy Home Program on Gross Motor Function of Children with Cerebral Palsy. *Journal of Rehabilitation Sciences & Research* 2014; 1(1): 21-24.

- 5- Migraine responds better to a combination of medical therapy and trigger point management than routine medical therapy alone. *Neurorehabilitation* 2015; 37(1):157-163.
- 6- Treatment of Myofascial Trigger points of Pelvic Floor with physiotherapeutic Package: A Case Report. *Journal of Rehabilitation Sciences & Research* 2015; 2(1): 20-22.
- 7- The Effect of Transcutaneous Electrical Nerve Stimulation of Sympathetic Ganglions and Acupuncture Points on Distal Blood Flow. *Journal of Acupuncture and Meridian Studies* 2017; 10(2): 120-124.
- 8- Friction massage versus kinesiotaping for short-term management of latent trigger points in the upper trapezius: a randomized controlled trial. *Chiropractic & Manual therapies* 2017; 25:25.
- 9- Can muscle relaxation affect balance in patients with tension type headache? A pre-post study. *Journal of Rehabilitation Sciences & Research* 2017; 4(3): 84-87.
- 10- Dry needling versus friction massage to treat tension type headache: A randomized clinical trial. *Journal of Bodywork & Movement Therapies* 2018.
- 11- Effect of core neuromuscular training on pain, balance and functional performance in women with patellofemoral pain syndrome: A clinical trial. *Journal of Chiropractic Medicine* 2018.
- 12- Proton magnetic resonance spectroscopy to detect correlations between clinical symptoms and brain metabolite levels in patients with tension-type headache. *Journal of Biomedical physics & Engineering* 2020; 10(5).
- 13- Can the positional release technique affect central sensitization in patients with chronic tension-type headache? A randomized clinical trial. *Archives of Physical Medicine and Rehabilitation* 2020; 101:1696-703.
- 14- Proposing a set of ethical guidelines for Iranian physiotherapists: results of a modified Delphi technique. *Indian Journal of Medical Ethics* 2021; 13.
- 15- Are Tension-type Headaches Associated with Flexible Flat Feet? A Cross-sectional Study. *Journal of Rehabilitation Sciences & Research* 2023; 10: 55-60.
- 16- Lumbopelvic manipulation alone versus combined with dry needling in physically active patients with patellofemoral pain syndrome: A randomized clinical trial. *Journal of Bodywork & Movement Therapies* 2024; 37: 220–225.
- 17- Comparison of tactile acuity between patients with chronic patellofemoral pain with central sensitization and healthy persons: A cross-sectional study. *Physiotherapy Theory and Practice* 2024.
- 18- Assessing Physiotherapists' Knowledge of Professional Ethics Codes in Shiraz: A Cross-Sectional Study. *Journal of Rehabilitation Sciences & Research* 11 (2024) 70-75.
- 19- How effective is proprioception exercise on pain, grip force, dexterity and proprioception of elbow joint in patients with tennis elbow? A randomized controlled trial. *Journal of Bodywork & Movement Therapies* 2024; 40: 1821–1827.

Editorial Board of

Reviewer of

- 1- Journal of Rehabilitation Sciences and Research
- 2- Journal of Bodywork and Movement Therapies

Congress Presentations

- 1- Investigating the effect of sacroiliac joint manipulation on some electrophysiological parameters in healthy female students aged 18 to 30 years of Shiraz University of Medical Sciences. The 22nd Iranian Physiotherapy Congress, May 13-15, 2018.
- 2- Comparison of the effect of treatment of trigger points in the neck area with postural release technique and common drug therapy in patients with tension headache referred to Imam Reza (AS) and Shahid Faqihi clinics in Shiraz. The 7th annual research conference of students of medical sciences universities in the east of the country, November 25 to 27, 2018.
- 3- Report of a case of improvement of idiopathic scoliosis during adolescence with the help of manual therapy in a young woman. The 12th Spine Specialized Physiotherapy Seminar, January 7-8, 2018.
- 4- Comparison of the effect of two treatment methods manipulation and mobilization in the treatment of patients with headaches of cervical origin. The first student conference of new horizons in rehabilitation sciences, March 17-18, 2018.
- 5- Comparison of range of motion and muscle endurance of neck region in patients with tension headache and healthy people. The 23rd Iran Physiotherapy Congress, May 27-29, 2011.
- 6- Report of a case of improvement of tension headache with the help of treatment of trigger points in the neck area in a 47-year-old woman. The 13th Spine Specialized Physiotherapy Seminar, January 6-7, 2011.

- 7- Effectiveness of a treatment package for myofascial trigger point of pelvic floor with referral pain to the anus. Second students' congress on New Horizons in Rehabilitation Sciences. 6 to 7 March 2013.
- 8- Investigating the relationship between flat feet and tension headache in patients with tension headache. The third student conference of new horizons in rehabilitation sciences, March 14-15, 2012.
- 9- Comparison of the effect of two treatment methods manipulation and mobilization in the treatment of patients with cervicogenic headache. The third student conference of new horizons in rehabilitation sciences, March 14-15, 2012.
- 10- Repeated Sprint Ability (RSA) correlation with quadriceps endurance and strength in soccer players. Fourth students' congress on New Horizons in Rehabilitation Sciences. 5 to 7 March 2015.
- 11- Investigating the relationship between flat feet and tension headache in patients with tension headache. The fourth student conference of new horizons in rehabilitation sciences, March 15 to 17, 2013.
- 12- Dry needling versus friction massage in treatment of tension type headache. Sixth students' congress on New Horizons in Rehabilitation Sciences. 25 to 26 February 2017.
- 13- Friction massage versus kinesio-tape in management of latent trigger points of upper trapezius: a randomized controlled trial. Sixth students' congress on New Horizons in Rehabilitation Sciences. 25 to 26 February 2017.
- 14- Can muscle relaxation affect balance in patients with tension type headache? 6th neuroscience congress. 20 to 22 December 2017.
- 15- Determining the relationship between the level of brain metabolites and clinical symptoms in patients with tension headaches. The 7th Student Conference of New Horizons in Rehabilitation Sciences, March 9-10, 2016.
- 16- Comparing the principles of professional ethics of the World Confederation of Physiotherapy with the principles of Islamic culture. The 7th Student Conference of New Horizons in Rehabilitation Sciences, March 9-10, 2016.
- 17- Complexity and Diversity of Professional Ethics - A Global Perspective. World Physiotherapy Congress 2023. 2 to 4 June 2023.

Course Participations

- 1- Manual therapy training workshop in 2013
- 2- Dry needling training workshop in 2015
- 3- Dry needling training workshop in 2016
- 4- Dry needling training workshop in 2017
- 5- Dry needling training workshop in 2018
- 6- Manual assessment and treatment workshop for neck disorders and headaches in 2018
- 7- National symposium on physiotherapy in cervicogenic headache and headache caused by temporomandibular joint disorders in 1400
- 8- National symposium on physiotherapy in tension headache, migraine and cranial neuralgia in 1400
- 9- Webinar on rehabilitation in palliative medicine (1) for nurses and general practitioners in 1400
- 10- Webinar on rehabilitation in palliative medicine (2) for specialist and subspecialist doctors in 1400
- 11- National webinar on new methods of rehabilitation in multiple sclerosis in 1401
- 12- National webinar on professional ethics in providing rehabilitation care in 1402
- 13- National webinar on professional ethics in providing rehabilitation care in 1403
- 14- Dry needling training workshop in 1403

Membership & Associations

Iranian Physiotherapy Association