

Department of Physical Therapy
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PhD, PT

Associate Professor of Physical Therapy

Educations

Tehran University of Medical Sciences, Tehran, Iran

PhD in Physical Therapy, February 2013

Thesis: Effect of the application of Whole-Body vibration on the balance of type 2 diabetes patients with peripheral neuropathy

Tarbiat Modares University, Tehran, Iran

MSc. In Physical Therapy, September 2002

Thesis: Evaluation of H-reflex signal recruitment curve following the application of vibrator on bulk and tendon of soleus muscle

Shiraz University of Medical Sciences, Shiraz, Iran

BSc. In Physical Therapy, September 2000

Thesis: Evaluating knee alignment alterations in seven to eleven years old primary school students of Shiraz

Publications:

- 1- Amin kordi Yoosefinejad, Giti Torkaman, Seyed Mohammad Firoozabadi. Effect of tendon and bulk vibration of the soleus muscle on the threshold and positive slope of the H-reflex recruitment curve, Turkish journal of physical medicine & rehabilitation, 2014.
- 2- Amin Kordi Yoosefinejad, Fatemeh Jabari, Mahnaz Setooni. Stabilization and balance exercise benefits in amyotrophic lateral sclerosis, JRSR, 2014.

- 3- A. K. Yoosefinejad, R. Ghalamghash. The evaluation and prevalence of foot problems among Iranian students using alfoots company scanner, Health science journal, 2014.
- 4- Amin Kordi Yoosefinejad, Azadeh Shadmehr, et al. The effectiveness of a single session of whole-body vibration in improving the balance and strength in type 2 diabetic patients with mild to moderate degree of peripheral neuropathy: a pilot study. Journal of Body work and Movement Therapies, 2014.
- 5- Amin Kordi Yoosefinejad, Azadeh Shadmehr, et al. Short-term effects of the whole-body vibration on the balance and muscle strength of type 2 diabetic patients with peripheral neuropathy: a quasi-randomized-controlled trial study, Journal of Diabetes & Metabolic Disorders, 2015.
- 6- Amin kordi Yoosefinejad, Farideh Siravani. Semont and Epley maneuvers alleviated vertigo in a patient with multiple sclerosis, Health science journal, 2015.
- 7- NN Ansari, RJ Feise, S Naghdi, S Ebadi, AK Yoosefinejad. The functional rating index: reliability and validity of the Persian language version in patients with low back pain. Spine 36 (24), E1573-E1577. 2011.
- 8- F Emami, AK Yoosefinejad, M Razeghi. Correlations between core muscle geometry, pain intensity, functional disability and postural balance in patients with nonspecific mechanical low back pain. Medical engineering & physics 60, 39-46, 2018.
- 9- F Foroughi, S Sobhani, AK Yoosefinejad, A Motealleh. Added value of isolated core postural control training on knee pain and function in women with patellofemoral pain syndrome: a randomized controlled trial. Archives of physical medicine and rehabilitation 100 (2), 220-229. 2019.
- 10- AK Yoosefinejad, S Talebian, A Shadmehr, G Olyaei, H Bagheri, Effect of Whole-Body Vibration on EMG root mean square signal in a diabetic type 2 patient with peripheral neuropathy, Health Science Journal 7 (1), 109. 2013.
- 11- SS Najafi, S Nazaribin, M Momennasab, AK Yoosefinejad. The effect of manual acupressure (Point BL32) on pain associated with intramuscular injections of magnesium sulfate Journal of acupuncture and meridian studies 12 (2), 67-72. 2019.
- 12- F Emami, A Kordi Yoosefinejad, A Motealleh. Comparison of static and dynamic balance during early follicular and ovulation phases in healthy women, using simple, clinical tests: a cross sectional study. Gynecological Endocrinology 35 (3), 257-260. 2019.

- 13- A Motealleh, AK Yoosefinejad, M Ghoddosi, N Azhdari, S Pirouzi. Trunk postural control during unstable sitting differs between patients with patellofemoral pain syndrome and healthy people: a cross-sectional study, *The Knee* 26 (1), 26-32. 2019.
- 14- AK Yoosefinejad, A Motealleh, S Khademi, SF Hosseini. Lower endurance and strength of core muscles in patients with multiple sclerosis. *International Journal of MS Care* 19 (2), 100-104. 2017.
- 15- M Abbasi, AK Yoosefinejad, M Poursadeghfard, FP Jahromi, et al. Whole-body vibration improves core muscle strength and endurance in ambulant individuals with multiple sclerosis: A randomized clinical trial *Multiple sclerosis and related disorders* 32, 88-93. 2019.
- 16- S Sobhani, E Sinaei, A Motealleh, F Hooshyar, NS Kashkooli, Amin Kordi Yoosefinejad. Combined effects of whole-body vibration and unstable shoes on balance measures in older adults: a randomized clinical trial. *Archives of gerontology and geriatrics* 78, 30-37. 2018.
- 17- AK Yoosefinejad, A Motealleh, M Babakhani. Evaluation of validity and reliability of the Persian version of the functional index of hand osteoarthritis. *Rheumatology international* 37 (5), 719-725. 2017.
- 18- MR Farazdaghi, A Mansoori, O Vosoughi, AK Yoosefinejad. Evaluation of the reliability and validity of the Persian version of Patient-Rated Elbow Evaluation questionnaire *Rheumatology international* 37 (5), 743-750. 2017.
- 19- AK Yoosefinejad, M Hadadi, P Eslamloo. Evaluating the responsiveness of the fullerton advanced balance scale in patients with lymphedema secondary to breast cancer surgery *Lymphology* 52 (2), 61-70. 2019.
- 20- AK Yoosefinejad, A Motealleh, S Abbasalipur, M Shahroei, S Sobhani. Can inhibitory and facilitatory kinesiotaping techniques affect motor neuron excitability? A randomized cross-over trial *Journal of bodywork and movement therapies* 21 (2), 234-239. 2017.
- 21- F Ghasemi, AK Yoosefinejad, S Pirouzi, H Ghaem. Evaluating the cross-cultural adaptation, reliability, and validity of the Persian versions of the Copenhagen neck function disability scale and neck Bournemouth questionnaire. *Spine* 44 (2), E126-E132. 2019.
- 22- D Didehdar, F Kamali, AK Yoosefinejad, M Lotfi. The effect of spinal manipulation on brain neurometabolites in chronic nonspecific low back pain patients: a randomized clinical trial *Irish Journal of Medical Science (1971-)* 189 (2), 543-550. 2020.

- 23- A Kordi yoosefinejad, F Moslemi Haghighi. Evaluation of knee proprioception and kinesthesia in patients with type 2 diabetes mellitus. *Nigerian Journal of Medical Rehabilitation* 17 (1), 1-12. 2014.
- 24- FM Haghighi, AK Yoosefinejad, M Razeghi, A Shariat, Z Bagheri, et al. The Effect of High-Frequency Repetitive Transcranial Magnetic Stimulation on Functional Indices of Affected Upper Limb in Patients with Subacute Stroke. *Journal of Biomedical Physics & Engineering* 11 (2), 175. 2021.
- 25- S Behrangrad, AK Yoosefinejad. Comparison of the Psychometric Properties of Three Fatigue Scales in Persian-Speaking Patients with Multiple Sclerosis. *International Journal of MS Care* 23 (1), 8-15. 2021.
- 26- F Karjalian, M Momennasab, AK Yoosefinejad, SE Jahromi. The Effect of Acupressure on the Severity of Pruritus and Laboratory Parameters in Patients Undergoing Hemodialysis: A Randomized Clinical Trial. *Journal of Acupuncture and Meridian Studies* 13 (4), 117-123. 2020.
- 27- S Behrangrad, A Kordi Yoosefinejad. Validity and reliability of the multidimensional assessment of fatigue scale in Iranian patients with relapsing-remitting subtype of multiple sclerosis. *Disability and rehabilitation* 40 (6), 673-677. 2018.
- 28- S Behrangrad, M Abbaszadeh-Amirdehi, A Kordi Yoosefinejad, Comparison of dry needling and ischaemic compression techniques on pain and function in patients with patellofemoral pain syndrome: A randomised clinical trial. *Acupuncture in Medicine* 38 (6), 371-379. 2020.
- 29- A Kordi Yoosefinejad, F Ghaffarinejad, M Hemati, N Jamshidi. Comparison of grip and pinch strength in young women with and without hyperkyphosis: a cross-sectional study *Journal of back and musculoskeletal rehabilitation* 32 (1), 21-26. 2019.
- 30- A Kordi Yoosefinejad, R Ghalamghash, A Hosseini. Prevalence of Musculoskeletal Pain Disorders in Mothers with Disabled Children in Iran. *J Pharm Biomed Sci* 24 (24), 74-76. 2012.
- 31- R Ghalamghash, YA KORDI, A HOSSEINI. Job Satisfaction of Iranian Physiotherapists In 1387. *JOURNAL OF MEDICAL COUNCIL OF IRI* 30 (3), 245-249. 2012.
- 32- AK Yoosefinejad, F Karjalian, M Momennasab, SE Jahromi. Reliability and validity of the Persian version of 5-D itching scale among patients with chronic kidney disease. *BMC nephrology* 22 (1), 1-8. 2021.

- 33- K Rezaei, M Nami, E Sinaei, Z Bagheri, AK Yoosefinejad. A Comparison between Effects of Neurofeedback and Balance Exercise on Balance of Healthy Older Adults. *Journal of Biomedical Physics & Engineering* 11 (6), 713. 2021.
- 34- SS Najafi, H Ghorbani, AK Yoosefinejad, MN Kalyani. The Effect of Acupressure on Fasting Blood Glucose and Glycosylated Hemoglobin Levels in Diabetic Patients: A Randomized Controlled Trial. *International Journal of Community Based Nursing and Midwifery* 9 (2), 152. 2021.
- 35- B Khoram, AK Yoosefinejad, M Rivaz, SS Najafi. Investigating the Effect of Acupressure on the Patients' Anxiety Before Open-Heart Surgery: A Randomized Clinical Trial. *Journal of Acupuncture and Meridian Studies* 13 (6), 169-173. 2020.
- 36- M Samani, A Kordi Yoosefinejad, MH Campos, CAB de Lira, A Motealleh. Changes in Knee Vastii Muscle Activity in Women with Patellofemoral Pain Syndrome During the Menstrual Cycle. *Pm&r* 12 (4), 382-390. 2020.
- 37- F Ghaffarinejad, A Kordi Yoosefinejad, S Pirouzi, AR Shakibafar, EMG analysis of trunk muscle recruitment patterns of anticipatory postural adjustments during unilateral arm flexion in chronic neck pain patients. *Journal of Biomedical Physics and Engineering*. 2018.
- 38- AK Yoosefinejad, A Motealleh, K Abbasnia. The immediate effects of lidocaine iontophoresis using interferential current on pressure sense threshold and tactile sensation Therapeutic delivery 7 (3), 163-169. 2016.
- 39- N Ebrahimi, Z Rojhani-Shirazi, AK Yoosefinejad, M Nami. The effects of virtual reality training on clinical indices and brain mapping of women with patellofemoral pain: a randomized clinical trial. *BMC Musculoskeletal Disorders* 22 (1), 1-10. 2021.
- 40- E Sinaei, V Foroozantabar, AK Yoosefinejad, S Sobhani, A Motealleh. Electromyographic comparison of vastus medialis obliquus facilitatory versus vastus lateralis inhibitory kinesio taping in athletes with patellofemoral pain: A randomized ...*Journal of Bodywork and Movement Therapies* 28, 157-163. 2021.
- 41- E Sinaei, DJ Rose, S Javadpour, AK Yoosefinejad. Reliability and fall-risk predictability of the short form of the Fullerton advanced balance scale in Iranian older adults. *Journal of aging and physical activity* 1 (aop), 1-8. 2021.
- 42- AK Yoosefinejad, S Khademi, AR Vosoughi. Consequences of extensile lateral approach to the calcaneal fractures on balance and isokinetic strength of muscle groups crossing the ankle joint. *Foot and Ankle Surgery*. 2021.

- 43- AK Yoosefinejad, MM Zarshenas, JS Mazidi, M Tahmasbi. Phonophoresis of semisolid formulation of Zingiber officinale Roscoe hydroalcoholic extract improves quality of life in patients with moderate knee osteoarthritis: A randomized ... Journal of Herbal Medicine, 100464. 2021.
- 44- S Molaeifar, F Yazdani, AK Yoosefinejad, MT Karimi. Correlation between craniovertebral angle in the sagittal plane and angles and indices measured in the frontal plane at the moment of inducing forward head posture. Work, 1-7. 2021.
- 45- AK Yoosefinejad, M Samani, F Jabarifard, M Setooni, R Mirsalari, ... Comparison of the prevalence of myofascial trigger points of muscles acting on knee between patients with moderate degree of knee osteoarthritis and healthy matched people. Journal of Bodywork and Movement Therapies 25, 113-118. 2021.
- 46- AK Yoosefinejad, S Shabakhti, T Salehi. Evaluating the Skidding Incidence During the Application of Different Parameters of Whole-Body Vibration in Healthy Subjects with Normal Body Mass Index: A Preliminary Study. Physikalische Medizin, ehabilitationsmedizin, Kurortmedizin 27 (05), 285-289. 2017.
- 47- A Kordi Yoosefinejad, R Ghalamghash. Effects of Extracorporeal Shock Wave Therapy on Numerical Rating Scale of Pain in Patients with Chronic Plantar Fasciitis. MYOPAIN 23 (3-4), 100-103. 2015.

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Course Participations:

- Physical Therapy in orthopedic disorders
- Physical Therapy in cardio-respiratory disorders
- Physical Therapy in general surgery
- Physical Therapy in neurological disorders
- Physical Therapy in hemiplegic patients
- Physical Therapy in cerebral palsy and other pediatric disorders
- Orthoses & prosthesis

- Neurological disorders
- Electrotherapy courses (theory and practical)
- Manual muscle testing courses (theory and practical)
- Principles of rehabilitation (ICF model)
- Massage and mobilization (positional release techniques, myofascial release, muscle energy techniques)
- Kinesiology & biomechanics
- Practical courses in different physical therapy sections and rehabilitation hospitals for about 10 years in different fields including orthopedics rehabilitation and neurological rehabilitation.

- **COURSES FOR MSc. STUDENTS:**

- Biomechanics of gait
- Pathology and biomechanics in sports
- Biomechanics in sport
- Pathology of tissues

- **COURSES FOR PhD STUDENTS:**

- Principles of advanced physiology
- Motor control
- Pharmacology
- Diagnostic imaging (MRI courses)