

## *Curriculum Vitae (CV)*

**Name:** Sedigheh Sadat Naimi

**Education:** BSc. PT, MSc. PT., PhD. Physiotherapy

**Scientific Degree:** Associate Professor in Department of Physiotherapy, School of Rehabilitation, Shahid Beheshti University of Medical Sciences, Tehran, IRAN( 1990 up to now)



**Research Affiliation:** Physiotherapy Research Center, School of Rehabilitation, Shahid Beheshti University of Medical Sciences, Tehran, IRAN.

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### **Educational Details:**

1986-1990 B.Sc. in Physiotherapy, Tehran University of medical sciences, Tehran, Iran.

1991-1994 M.Sc. in Physiotherapy, Tehran University of medical sciences, Tehran, Iran.

1999-2004 PhD. in Physiotherapy, Tarbiat Modares University, Tehran, Iran.

### **Employment place:**

School of Rehabilitation, Shahid Beheshti University of Medical Sciences, Tehran, IRAN

### **Experience:**

- Lecturer in Department of Physiotherapy, School of Rehabilitation Shahid Beheshti University of Medical Sciences from 1993 up to now
- Head of Research Office in School Rehabilitation Shahid Beheshti University of Medical Sciences from 1994- 1996
- Researcher in Physiotherapy Research Centre Shahid Beheshti University of Medical Sciences from 2005 up to now
- Responsible for Development Office (EDO) School of Rehabilitation Shahid Beheshti University of Medical Sciences from 2005 until now
- Head of Education Office in School Rehabilitation Shahid Beheshti University of Medical Sciences from 2016

**Publication:**

*Some Significant Articles are:*

- 1- Shadmehr, A.,Hadian, M.R.,Naiemi, S.S.,Jalaie, S.Hamstring flexibility in young women following passive stretch and muscle energy technique.2009.Journal of Back and Musculoskeletal Rehabilitation(scopus indexed)
- 2- Bita, V.,Naeimi, S.S.,Khademi Kalantari, K.,Rahimi, A.,Sarmadi, A.Evaluation of the effect of external load activation of periarticular shoulder muscles .2010.Scientific Journal of Kurdistan University of Medical Sciences(scopus indexed)
- 3- Bazrafshan A.R, Okhovatiyan F, Naeemi S.S, Soltani A.R, Khademi kalantari K, Ghorbani M, Lashgari R, Mehrabi N, Bagheri HTo. Investigate the relationship between sensory receptors of index finger with leg muscles activity. Modern Rehabilitation. 2010, 4(2,3):1-9
- 4- Forouhideh, F.,Naeimi, S.,Kalantari, K.K.,Rahimi, A.,Farhadi, A. The short term effects of one-session of whole body vibration training on isokinetic strength of rotator cuff and shoulder proprioception in young healthy subjects. 2011.Scientific Journal of Kurdistan University of Medical Sciences(scopus indexed)
- 5- Okhovatian, F.,Mehdikhani, R.,Naimi, S.S.Comparison between the immediate effect of manual pressure release and strain/counterstrain techniques on latent trigger point of upper trapezius muscle.2012.Clinical Chiropractic(scopus indexed)
- 6- Vaseghi, B.,Jaberzadeh, S.,Kalantari, K.K.,Naimi, S.S.The impact of load and base of support on electromyographic onset in the shoulder muscle during push-up exercises .2013.Journal of Bodywork and Movement Therapies(scopus indexed)
- 7- Somayeh Mahmoodi Aghdam, Khosro Khademi Kalantari, Ali Reza Akbarzadeh Baghban, Mehdi Rezayi, Abbas Rahimi , Sedigheh Sadat Naimee. Effect of sustained traction on physical improvements of patients with severe knee osteoarthritis. Journal of Modern Rehabilitation, 2013; 7(3); 24-32.
- 8- Fatemeh Maleki Sedigheh Sadat Naimi, Khosro Khademi-Kalantari, Azadeh Shadmehr, Alireza Akbarzadeh Baghban The Immediate Effects of Whole Body Vibration on Maximum Isometric Strength of Elbow Flexor Muscles in non-athletes and young Individuals. Journal of Rehabilitation Medicine, 2013; 2(1): 23- 33
- 9- Khademi-Kalantari Khosro, Mahmoodi Aghdam S., Akbarzadeh Baghban A., Rezayi M., Rahimi A., Naimi S.S. Effects of non-surgical joint distraction in the treatment of severe knee osteoarthritis. Journal of Body work & Movement Therapies. 2014, Feb. DOI: 10.1016/j.jbmt.2013.12.001
- 10- Amin Norouzi Fashkhami; Abbas Rahimi, Khosro Khademi Kalantari,. Alireza Akbarzadeh Baghban, Sedigheh Sadat Naimi, Sohrab Keyhani,. The Functional Abilities and Maximal Vertical Jumping Height in Coper and Non-coper Anterior Cruciate Ligament-Deficient Knee. Iranian Rehabilitation Journal, 2014 12(20): 28-33.

- 11-Soltani N, Rahimi A, Naimi SS, Khademi KK, Saeedi H *Studying the Balance of the Coper and Non-Coper ACL-Deficient Knee Subjects. Asian Journal of Sports Medicine.* June 2014; 5(2):91-98
- 12- Soltani N, Rahimi A, Naimi SS, Khademi KK, Saeedi H. *An investigation into the vertical ground reaction force status in the coper and non-coper ACL-deficient knee subjects during walking on level ground. Modern rehabilitation journal* 2014 8(4): 37-45.
- 13- Hosein Kouhzad Mohammadi<sup>1</sup>, Khosro Khademi Kalantari, Sedighe Sadat Naeimi, Alireza Akbarzadeh Baghban, Navid Taheri and Mohammad Pouretzad *Comparison of Lower Limb Muscle Activation Patterns in Different Foot Structures using Voluntary Response Index: A Study Protocol .International Journal of Orthopedics and Rehabilitation, 2014, 1, 49-53*
- 14- Mohammadi, H.K., Kalantari, K.K., Naeimi, S.S., (...), Dastjerdi, M., Kardooni, L. *Immediate and delayed effects of forearm Kinesio taping on grip strength .2014. Iranian Red Crescent Medical Journal (scopus indexed)*
- 15- Kouhkan S., Rahimi A., Ghasemi M., Naimi SS., Akbarzadeh A. *Postural Changes During Pregnancy. British Journal of Medicine & Medical Research.* 2015. . 7(9): 744-753.
- 16- Yeganeh Lari, A., Okhovatian, F., Naimi, S.S., Baghban, A.A. *The effect of the combination of dry needling and MET on latent trigger point upper trapezius in females .2016. Manual Therapy (scopus indexed)*
- 17- Bokaee, F., Rezasoltani, A., Manshadi, F.D., Naimi, S.S., Akbarzadeh Baghban, A.A. *A new device for measuring isometric force of the craniocervical flexor and extensor muscles and its reliability .2016. Cranio - Journal of Craniomandibular Practice . Article in Press (scopus indexed)*
- 18- Bokaee, F., Rezasoltani, A., Manshadi, F.D., (...), Baghban, A.A., Azimi, H. *Comparison of isometric force of the craniocervical flexor and extensor muscles between women with and without forward head posture . 2016. Cranio - Journal of Craniomandibular Practice (scopus indexed)*
- 19- Hossein Rafsanjani-Dehghazi, Khosro Khademi Kalantari, Asghar Rezasoltani, Sedighe Sadat Naimi, Alireza Akbarzadeh Baghban, Sadegh Tavakoli, Sima Zarghami. *The Acute Effect of Common Proneal Nerve Electrical Stimulation on Maximum Capacity of Quadriceps Activation in Patients with Knee Osteoarthritis. J Rehab Med.* 2016; 5(2): 61-68.
- 20- Rafsanjani, H. Khademi-Kalantari, K. Rezasoltani, A. Naimi, S.S. Ghasemi, M. Jaberzadeh, S. *Immediate effect of common peroneal nerve electrical stimulation on quadriceps muscle arthrogenic inhibition in patients with knee osteoarthritis. Journal of Bodywork and Movement Therapies.* 2017, 21( 4) : 879-883
- 21- Bokaee, F. Rezasoltani, A. Manshadi, F.D. Naimi, S.S. Akbarzadeh Baghban, A. *A new device for measuring isometric force of the craniocervical flexor and extensor muscles and its reliability. Cranio - Journal of Craniomandibular Practice* 2017, 35( 4) : 238-243

- 22- Rahbar, S. Naimi, S.S. Soltani, A.R. Rahimi, A Akbarzadeh Baghban, A. Rashedi, V. Tavakkoli, H.M. *Improvement in biochemical parameters in patients with type 2 diabetes after twenty-four sessions of aerobic exercise: A randomized controlled trial. Iranian Red Crescent Medical Journal* 2017, 19( 7) .Article number e13931, 9p
- 23- Bokae, F. Rezasoltani, A. Manshadi, F.D. Naimi, S.S. Baghban, A.A. Azimi, H. *Comparison of cervical muscle thickness between asymptomatic women with and without forward head posture. Brazilian Journal of Physical Therapy .* 2017, 21(3) : 206-211
- 24- Ebrahimabadi, Z. Naimi, S.S. Rahimi, A. Sadeghi, H. ,Hosseini, S.M. ,Baghban, A.A,Arsalan, S.A., *The alteration of neuromuscular control strategies during gait initiation in individuals with chronic ankle instability. Iranian Red Crescent Medical Journal* 2017, 19(3) ,Article number e44534
- 25- Mohammadi, H.K. Mehravar, M. Kalantari, K.K. Naimi, S.S. Baghban, A.A. Okhovatian, F. Rezasoltani, A. Mohseni Bandpei, M.A. Taheri, N. *A comparison of foot kinetic parameters between pronated and normal foot structures during forward jump landing. Journal of Bodywork and Movement Therapies.* 2018, 22(3) : 661-665
- 26- Salami, A. Roostayi, M.M. Naimi, S.S. Shadmehr, A. Baghban, A.A. *The immediate effects of whole body vibration on cervical joint position sense in subjects with forward head posture. Muscles, Ligaments and Tendons Journal.* 2018. 8( 2): 255-260
- 27- Nahayatbin, M. Ghasemi, M. Rahimi, A. Khademi-Kalantari, K. Naimi, S. S. Tabatabaee, S.-M. Zarein-Dolab, S. *The effects of routine physiotherapy alone and in combination with either Tai Chi or closed kinetic chain exercises on knee osteoarthritis: A comparative clinical trial study. Iranian Red Crescent Medical Journal .* 2018, 20( 4) . Article number e62600
- 28- Rahbar, S. Naimi, S.S. RezaSoltani, A. Rahimi, A. Baghban, A.A. Noori, A. Rashedi, V. *Changes in vascular structure in diabetic patients after 8 weeks aerobic physical exercise: a randomized controlled trial. International Journal of Diabetes in Developing Countries.* 2018, 38( 2 ) 202-208
- 29- Kouhzad Mohammadi, H. Mehravar, M. Khademi Kalantari, K. Naimi, S.S. Akbarzadeh Baghban, A. Okhovatian, F. Rezasoltani, A. Mohseni Bandpei, M.A. Taheri, N. *A comparison of lower limb muscle activation pattern using voluntary response index between pronated and normal foot structures during forward jump landing. Journal of Bodywork and Movement Therapies.* 2018, 22( 2): 379-384
- 30- Rahbar, S. Naimi, S.S. Soltani, A.R. Rahimi, A. Akbarzadeh Baghban, A. Khorami, N. *Are twenty-four sessions of aerobic exercise sufficient for improving cardiac parameters in diabetes mellitus? A randomized controlled trial. Journal of Tehran University Heart Center.* 2018, 13( 2) :43-51
- 31- Ebrahimabadi, Z. Naimi, S.S. Rahimi, A. Sadeghi, H. Hosseini, S.M. Baghban, A.A., Arslan, S.A. *Investigating the anticipatory postural adjustment phase of gait initiation in different directions in chronic ankle instability patients. Journal of Bodywork and Movement Therapies.* 2018, 22( 1): 40-45

- 32- Mohammadi, S. Roostayi, M.M. Naimi, S.S., Baghban, A.A. *The effects of cupping therapy as a new approach in the hysiotherapeutic management of carpal tunnel syndrome. Physiotherapy Research International* . 2019. 24( 3), Article number e1770
- 33- Doroudian, A. Roostayi, M.M. Naimi, S.S. Rahimi, A. Baghban, A.A. *Effect of using the Flexi-Bar tool on erector spinae muscle activation under different standing weight-bearing conditions. Journal of Back and Musculoskeletal Rehabilitation* . 2019. 32( 3) : 505-509

**Books:**

- 1- *Scientific physiotherapy Words English to Persian Dictionary* .2005 first edition and 2010 second edition
- 2- *Basic electromyography*. 2012 first edition and 2015 second edition ( in Persian language)

**Awards and Honors:**

- 1- *Top Teacher in School of Rehabilitation, Shahid Beheshti University of Medical Sciences, Tehran, IRAN in 1999 , 2006 and 2014*
- 2- *Iranian Top Teacher in Educational Festival Shahid Motahhari, Mashhad,IRAN. 2010*

**Cooperation with International Presentation and Posters congresses:**

- 1- Vaseghi B., Naeemi SS., Khademi KK, Sarmadi, Rahimi A. *Shoulder muscles activation during ascending and descending phases of push up exercise with external load. Physiotherapy Volume 97: Supplement S1. June 2011.*
- 2- Foroohideh F, Naeemi SS, Khademi KK., Rahimi A., Farhadi A. *Acute effects of one-session of whole body vibration training on isokinetic strength of rotator cuff and shoulder proprioception. Physiotherapy Volume 97: Supplement S1. June 2011.*
- 3- Naimi SS, Rahimi A, Jamshidian M, Kamali Z, Sasedghi SH. *Iranian Women's knowledge and preventive practice about the osteoporosis. IOF World Congres on Osteoprosis, (P645SA) Dec. 2008, Bangkok, Thailand.*
- 4- Naimi SS, Khademi Kalantari K, Rahimi A. *Iranian physiotherapist's knowledge and practice about osteoporosis: A questionnaire survey. IOF World Congress on Osteoporosis, (P645SA) Dec. 2008, Bangkok, Thailand.*

**Cooperation with International Journals as reviewer:**

- *American Journal of Physical Medicine & Rehabilitation*
- *Spine Journal*
- *Journal of Research in Rehabilitation Sciences*

- *Iranian Red Crescent Medical Journal*
- *Journal of Physical Education and Sport Management*
- *BMJ*

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