

Pardis Noormohammadpour
normohammadpour@tums.ac.ir

PUBLICATIONS LIST

- **Noormohammadpour P**, Taeef F, Selk-Ghaffari M, Taeef F, Mansournia MA, Kordi R. Effectiveness of an individualized internet-based physical activity program: a randomized controlled trial. *European Journal of Integrative Medicine* 2021;101356.
- Tavakol Z, Ghannadi S, Tabesh MR, Halabchi F, **Noormohammadpour P**, Akbarpour S, et al. Relationship between physical activity, healthy lifestyle and COVID-19 disease severity; a cross-sectional study. *Journal of Public Health*. 2021
- Tavakol Z, Shariat A, Ansari NN, Ghannadi S, Honarpishe R, Dommerholt J, **Noormohammadpour P**, Ingle L. A Double-blind Randomized Controlled Trial for the Effects of Dry Needling on Upper Limb Dysfunction in Patients with Stroke. *Acupuncture & Electro-Therapeutics Research* 2021;45:115-24.
- **Noormohammadpour P**, Abolhasani M. Besides other Signs, Can a 6-min Walk Test be Applied as a Criterion for Going to the Hospital with a Diagnosis of COVID-19? 2020. *Adv J Emerg Med* 2020;4:e42-e.
- **Noormohammadpour P**, Aghaei-Afshar M, Mansournia MA, Mirzashahi B, Akbari-Fakhrabadi M, Linek P, et al. The relationship between low back pain incidence and ultrasound assessment of trunk muscles in adult soccer players: a cohort study. *Asian J Sports Med* 2020;11:e102810.
- **Noormohammadpour P**, Khosravi F. A Suggested Fellowship of Spine in Sports Medicine. *Asian J Sports Med* 2020;11:e100192.
- Linek P, **Noormohammadpour P**, Mansournia MA, Wolny T, Sikora D. Morphological changes of the lateral abdominal muscles in adolescent soccer players with low back pain: A prospective cohort study. *J Sport Health Sci* 2020;9:614-9
- Ghannadi S, Shariat A, Ansari N, Tavakol Z, Honarpishe R, Hakakzadeh A, Dommerholt J, **Noormohammadpour P**, Ingle L. The Effect of Dry Needling on Lower Limb Dysfunction in Post-Stroke Survivors. *J Stroke Cerebrovasc Dis*. 2020;29:104814.
- Moghadam N, Ghaffari MS, **Noormohammadpour P**, Rostami M, Zarei M, Moosavi M, et al. Comparison of the recruitment of transverse abdominis through drawing-in and bracing in different core stability training positions. *J Exerc Rehabil* 2019;15:819-25.
- Hakakzadeh A, Shariat A, Moradi V, Ingle L, Honarpishe R, **Noormohammadpour P**, et al. Multimodal Impact of Acupuncture, Exercise Therapy, And Concurrent Functional Electrical Stimulation On Osteoarthritis of the Knee: a Case Report. *Acupuncture & Electro-Therapeutics Research* 2019;44:135-45.
- **Noormohammadpour P**, Borghei A, Mirzaei S, Mansournia MA, Ghayour-Najafabadi M, Kordi M et al. The Risk Factors of Low Back Pain in Female High School Students. *Spine (Phila Pa 1976)* 2019;44:E357-E65.
- **Noormohammadpour P**, Halabchi F, Mazaheri R, Mansournia MA, Alizadeh Z, Seif Barghi T et al. Designing and implementing a curriculum for Sports and Exercise Medicine elective course for undergraduate medical students of Tehran University of Medical Sciences. *Br J Sports Med* 2019;53:601-4.
- **Noormohammadpour P**, Mirzaei S, Moghadam N, Mansournia MA, Kordi R. Comparison of lateral abdominal muscle thickness in young male soccer players with and without low back pain. *Int J Sports Phys Ther* 2019;14:273-81.
- **Noormohammadpour P**, Mazaheri R, Abarashi M, Halabchi F, Barghi T, Alizadeh Z. Body Composition and Dietary Pattern of Iranian Male Soccer Players, a Large National Study. *Asian J Sports Med* 2019;10:e83684.
- **Noormohammadpour P**, Moghadam N. The Use of Musculoskeletal Ultrasonography for Spinal Pains Among Athletes, Gaps in the Knowledge. *Asian J Sports Med* 2019;10:e96114.
- Sahebkar M, Heidarian Miri H, **Noormohammadpour P**, Tiyyuri A, Pakzad R, Mansournia N et al. Geographical Patterning of Physical Activity Prevalence in Iran: Spatial Analysis of 4 Pooled National Health Surveys Among 119,560 Adults. *J Phys Act Health* 2019:1-7
- Tavakol Z, Shariat A, Ghannadi S, **Noormohammadpour P**, Honarpishe R, Cleland JA et al. The effect of dry needling on upper and lower limb spasticity in a patient with a brain tumor. *Acupunct Med* 2019;37:133-5.
- Farahbakhsh F, Rostami M, **Noormohammadpour P**, Mehraki Zade A, Hassanmirzaei B, Faghih Jouibari M et al. Prevalence of low back pain among athletes: A systematic review. *J Back Musculoskelet Rehabil* 2018;31:901-16.

- **Noormohammadpour P**, Farahbakhsh F, Farahbakhsh F, Rostami M, Kordi R. Prevalence of Neck Pain among Athletes: A Systematic Review. *Asian Spine J* 2018;12:1146-53.
- **Noormohammadpour P**, Tavana B, Mansournia MA, Zeinalizadeh M, Mirzashahi B, Rostami M et al. Translation, Cross-cultural Adaptation and Validation of the Farsi Version of NIH Task Force's Recommended Multidimensional Minimal Dataset for Research on Chronic Low Back Pain. *Spine (Phila Pa 1976)* 2018;43:E537-E44.
- **Noormohammadpour P**, Kordi M, Mansournia MA, Akbari-Fakhrabadi M, Kordi R. The Role of a Multi-Step Core Stability Exercise Program in the Treatment of Nurses with Chronic Low Back Pain: A Single-Blinded Randomized Controlled Trial. *Asian Spine J* 2018;12:490-502.
- **Noormohammadpour P**, Hosseini Khezri A, Farahbakhsh F, Mansournia MA, Smuck M, Kordi R. Reliability and Validity of Athletes Disability Index Questionnaire. *Clin J Sport Med* 2018;28:159-67.
- **Noormohammadpour P**, Moghadam N. Sports and exercise courses for medical students, time for propagation. *Asian J Sports Med* 2018;9:e85016.
- Shariat A, Ansari NN, Cleland J, Najafabadi MG, Memari A, Kordi R, Kargarfard M, **Noormohammadpour P**, Naghdi S. Cycling with/without functional electrical stimulation improves lower limbs disability in patients post-stroke: A systematic review with meta-analysis. *Ann Phys Rehabil Med* 2018;61:e390-e1.(Conference paper)
- Shariat A, **Noormohammadpour P**, Memari AH, Ansari NN, Cleland JA, Kordi R. Acute effects of one session dry needling on a chronic golfer's elbow disability. *J Exerc Rehabil* 2018;14:138-42.
- Sahebkar M, Heidarian Miri H, **Noormohammadpour P**, Akrami R, Mansournia N, Tavana B et al. Prevalence and correlates of low physical activity in the Iranian population: National survey on non-communicable diseases in 2011. *Scand J Med Sci Sports* 2018;28:1916-24.
- Hassannejad A, Khalaj A, **Noormohammadpour P**, Tabesh MR, Alizadeh Z. Pattern of calorie and macronutrient intake after bariatric surgery in patient with obesity: A clinical trial. *Glob Surg* 2018;4:1-4.
- Ghannadi S, Shariat A, Kargarfard M, Tavakol Z, **Noormohammadpour P**. Effectiveness of Massage Therapy on Physiological Restoration, Muscle Soreness and Performance in Male Bodybuilders: A Randomized Control Trial. 22nd Annual Congress of Iranian Society of Physical Medicine Rehabilitation & Electrodiagnosis 2018. (Conference paper)
- **Noormohammadpour P**, Tayyebi F, Mansournia MA, Sharafi E, Kordi R. A concise rehabilitation protocol for sub-acute and chronic non-specific neck pain. *J Bodyw Mov Ther* 2017;21:472-80.
- **Noormohammadpour P**, Shafiei M, Shahi MHP, Rostami M, Akbari-Fakhrabadi M, Memari AH et al. Incidence of Primary Exercise Headache in Resistance Trained Athletes. *Asian J Sports Med* 2017;8: e59489.
- **Noormohammadpour P**, Mansournia MA, Koohpayehzadeh J, Asgari F, Rostami M, Rafei A et al. Prevalence of Chronic Neck Pain, Low Back Pain, and Knee Pain and Their Related Factors in Community-Dwelling Adults in Iran: A Population-based National Study. *Clin J Pain* 2017;33:181-7.
- **Noormohammadpour P**, Dehghani-Firouzabadi A, Mansournia MA, Mohseni-Bandpei MA, Moghaddam N, Miri M et al. Comparison of the Cross-Sectional Area of Longus Colli Muscle Between Patients With Cervical Radicular Pain and Healthy Controls. *PM R* 2017;9:120-6.
- Tavana B, **Noormohammadpour P**, Mirzaei S, Moghaddam N, Mansournia MA, Yunesian M, Kordi RR. P-18: Comparison of Lateral Abdominal Muscle Thickness in Young Male Soccer Players With and Without Low Back Pain. *Spor Hekimligi Dergisi/Turkish Journal of Sports Medicine* 2017;52.(Conference paper)
- Hooshmand S, **Noormohammadpour P**, Farahbakhsh F, Farahbakhsh F, Rostami M, Kordi R. P-21: Prevalence of Neck Pain Among Athletes: A Systematic Review. *Spor Hekimligi Dergisi/Turkish Journal of Sports Medicine* 2017;52.(Conference paper)
- Borna S, **Noormohammadpour P**, Linek P, Mansournia MA, Kordi R. Ultrasound measurements of the lateral abdominal muscle thicknesses in girls with adolescent idiopathic scoliosis. *Asian J Sports Med* 2017;8: e32274.
- **Noormohammadpour P**, Rostami M, Mansournia MA, Farahbakhsh F, Pourgharib Shahi MH, Kordi R. Low back pain status of female university students in relation to different sport activities. *Eur Spine J* 2016;25:1196-203.
- **Noormohammadpour P**, Mansournia MA, Asadi-Lari M, Nourian R, Rostami M, Kordi R. A Subtle Threat to Urban Populations in Developing Countries: Low Back Pain and its Related Risk Factors. *Spine (Phila Pa 1976)* 2016;41:618-27.
- **Noormohammadpour P**, Hosseini Khezri A, Linek P, Mansournia MA, Hassannejad A, Younesian A et al. Comparison of Lateral Abdominal Muscle Thickness and Cross Sectional Area of Multifidus in Adolescent Soccer Players with and without Low Back Pain: A Case Control Study. *Asian J Sports Med* 2016;7:e38318.

- Alizadeh Z, Halabchi F, **Noormohammadpour P**, Mazaheri R, Rajabian Tabesh M. The effect of one session of dynamic high intensity exercise on calorie intake and appetite indices in overweight and obese sedentary women. *Pajoohandeh Journal* 2016;21:238-46.
- Tavana B, Nourian R, Memari A-H, **Noormohammadpour P**, Kordi R. O-33 Futsal and injuries among recreational sport participants: a prospective field study. *Br J Sports Med* 2016;50:A19-A. (Conference paper)
- Tazesh B, Halabchi F, **Noormohammadpour P**, Mansournia MA. P-30 Additional effects of core stability exercises on pain and function of patients with patellofemoral pain syndrome; a randomised controlled trial. *Br J Sports Med* 2016;50:A47-A. (Conference paper)
- **Noormohammadpour P**, Kordi R, Dehghani S, Rostami M, Mansournia MA. Effect of abdominal resistance exercise on abdominal subcutaneous fat of obese women: a randomized controlled trial using ultrasound imaging assessments. The 10th World Congress of International Society of Physical and Rehabilitation Medicine, Kuala Lumpur 2016. (Conference paper)
- **Noormohammadpour P**, Rostami M, Mansournia MA, Farahbakhsh F, Shahi MHP, Kordi R. Low back pain status of female university students in relation to different sport activities. The 10th World Congress of International Society of Physical and Rehabilitation Medicine, Kuala Lumpur 2016. (Conference paper)
- **Noormohammadpour P**, Kordi R, Heidari P, Rostami M, Farahbakhsh F. The Role of Ultrasound in Diagnosis of the Causes of Low Back Pain: a Review of the Literature. The 10th World Congress of International Society of Physical and Rehabilitation Medicine, Kuala Lumpur 2016. (Conference paper)
- Rostami M, **Noormohammadpour P**, Mansournia MA, Hantoushzadeh S, Farahbakhsh F, Nourian R et al. Comparison of the thickness of lateral abdominal muscles between pregnant women with and without low back pain. *PM R* 2015;7:474-8.
- Rostami M, Ansari M, **Noormohammadpour P**, Mansournia MA, Kordi R. Ultrasound assessment of trunk muscles and back flexibility, strength and endurance in off-road cyclists with and without low back pain. *J Back Musculoskelet Rehabil* 2015;28:635-44.
- **Noormohammadpour P**, Rostami M, Nourian R, Mansournia MA, Sarough Farahani S, Farahbakhsh F et al. Association Between Hearing Loss And Cauliflower Ear in Wrestlers, a Case Control Study Employing Hearing Tests. *Asian J Sports Med* 2015;6:e25786.
- **Noormohammadpour P**, Ansari M, Mansournia MA, Rostami M, Nourian R, Kordi R. Reversal time of postprandial changes of the thickness of abdominal muscles employing ultrasound measurements. *Man Ther* 2015;20:194-9.
- Kordi R, Dehghani S, **Noormohammadpour P**, Rostami M, Mansournia MA. Effect of abdominal resistance exercise on abdominal subcutaneous fat of obese women: a randomized controlled trial using ultrasound imaging assessments. *J Manipulative Physiol Ther* 2015;38:203-9.
- Heidari P, Farahbakhsh F, Rostami M, **Noormohammadpour P**, Kordi R. The role of ultrasound in diagnosis of the causes of low back pain: a review of the literature. *Asian J Sports Med* 2015;6:e23803.
- **Noormohammadpour P**, Kordi R, Mansournia MA, Rostami M, Nourian R. Comparison of the Thickness of Lateral Abdominal Muscles amongst Pregnant Women with and without Low Back Pain. The 9th World Congress of International Society of Physical and Rehabilitation Medicine, Berlin 2015. (Conference paper)
- **Noormohammadpour P**, Kordi R, Rostami M, Mansournia MA. The Effect of Lumbar Support on the Ultrasound Measurements of Trunk Muscles: a Single-Blinded Randomized Controlled Trial. The 9th World Congress of International Society of Physical and Rehabilitation Medicine, Berlin 2015. (Conference paper)
- **Noormohammadpour P**, Kordi R, Rostami M, Mansournia MA. Reversal Time of Postprandial Changes of the Thickness of Abdominal Muscles Employing Ultrasound Measurements. The 9th World Congress of International Society of Physical and Rehabilitation Medicine, Berlin 2015. (Conference paper)
- Rostami M, **Noormohammadpour P**, Sadeghian AH, Mansournia MA, Kordi R. The effect of lumbar support on the ultrasound measurements of trunk muscles: a single-blinded randomized controlled trial. *PM R* 2014;6:302-8; quiz 8.
- Rostami M, Abedi Yekta AH, **Noormohammadpour P**, Farahbakhsh F, Kordi M, Kordi R. Relations between lateral abdominal muscles thickness, body mass index, waist circumference and skin fold thickness. *Acta Med Iran* 2013;51:101-6.
- **Noormohammadpour P**, Kordi R, Dehghani S, Rostami M. The effect of abdominal resistance training and energy restricted diet on lateral abdominal muscles thickness of overweight and obese women. *J Bodyw Mov Ther* 2012;16:344-50.
- Kordi R, Rostami M, **Noormohammadpour P**. Letter to the editor: other interventions in approach to lumbar disorders. *Sports Health* 2012;4:14-5.

- Kordi R, Rostami M, **Noormohammadpour P**, Mansournia MA. The effect of food consumption on the thickness of abdominal muscles, employing ultrasound measurements. *Eur Spine J* 2011;20:1312-7.
- Kelishadi R, Ziaee V, Ardalan G, Namazi A, **Noormohammadpour P**, Ghayour-Mobarhan M et al. A National Experience on Physical Activity Initiatives for Adolescent Girls and their Mothers: CASPIAN Study. *Iran J Pediatr* 2010;20:420-6.
- Amirhoushang E, Mostafa MS, Maryam A, **Noormohammadpour P**, Pedram N. Topical 0.03% Atropine vs. 15% aluminum chloride in treating multiple eccrine hidrocystomas: a randomized single blind controlled study. *Indian J Dermatol* 2010;55:47-9.

BOOKS

- **Rheumatology and Physical Medicine**
 Authors: List of more than 100 authors.
 Publisher: Noavaranesina, 2016, Original
 Language: Farsi
- **Exercise and osteoporosis: Useful physical activity recommendations for prevention and management of osteoporosis**
 Authors: **Noormohammadpour P**, Abolhasani M, Kordi R.
 Publisher: Teymorzadeh Novin, 2015, Original
 Language: Farsi
- **Core Stability Exercises for Prevention and Treatment of Low Back Pain**
 Authors: **Noormohammadpour P**, Kordi R.
 Publisher: Simia Honar, 2015, Original
 Language: Farsi
- **The Multidisciplinary Approach to Neck Pain**
 Authors: Kordi R, **Noormohammadpour P**, Taybi F, Dehghani-firozabadi A.
 Publisher: Simia Honar, 2014, Original
 Language: Farsi
- **The Multidisciplinary Approach to Low Back Pain**
 Authors: Kordi R, **Noormohammadpour P**, Ansari M, Nourian R
 Publisher: Simia Honar, 2013, Original
 Language: Farsi
- **Obesity and Exercise: step by step guide to prevention and treatment of overweight and obesity**
 Authors: **Noormohammadpour P**, Rostami M, Kordi R
 Publisher: Simia Honar, 2011, Original
 Language: Farsi
- **Team Physician Handbook**
 Authors: List of more than 20 authors (Instructors of Team Physician Courses)
 Publisher: TUMS, Academic Center for Educational Publication, 2011, Original
 Language: Farsi
- **A complete guide to medical education & study in Iran**
 List of more than 20 authors
 Publisher: Ministry Of Health and Medical Education, 2003, Original.
 Language: Farsi

ABSTRACTS, ORAL AND POSTER PRESENTATIONS AT PROFESSIONAL MEETINGS

- 2020, Oral presentation “The risk factors of low back pain in female high school students”, 23th National Congress of the Iranian Society of Physical and Rehabilitation Medicine, Tehran
- 2018, Oral presentation “The role of a multi-step core stability exercise program in the treatment of nurses with chronic low back pain: A single-blinded randomized controlled trial”, 22th National Congress of the Iranian Society of Physical and Rehabilitation Medicine, Tehran

- 2016, Poster presentation “Effect of abdominal resistance exercise on abdominal subcutaneous fat of obese women: a randomized controlled trial using ultrasound imaging assessments”, Second National Seminar of Sports Medicine, Tehran
- 2016, Oral presentation “Low back pain status of female university students in relation to different sport activities”, 10th World Congress of the International Society of Physical and Rehabilitation Medicine, Kuala Lumpur (Malaysia)
- 2016, Oral presentation “The role of ultrasound in diagnosis of the causes of low back pain: a review of the literature”, 10th World Congress of the International Society of Physical and Rehabilitation Medicine, Kuala Lumpur (Malaysia)
- 2016, Poster presentation “Effect of abdominal resistance exercise on abdominal subcutaneous fat of obese women: a randomized controlled trial using ultrasound imaging assessments”, 10th World Congress of the International Society of Physical and Rehabilitation Medicine, Kuala Lumpur (Malaysia)
- 2015, Poster presentation “Comparison of lateral abdominal muscles thickness and cross sectional area of multifidus in adolescent soccer players with and without low back pain: a case control study”, 1M - World Congress of Sport and Exercise Medicine, Kuala Lumpur (Malaysia)
- 2015, Poster presentation “Low back pain status of female university students in relation to different sport activities”, 1M - World Congress of Sport and Exercise Medicine, Kuala Lumpur (Malaysia)
- 2015, Oral presentation “Effect of abdominal resistance exercise on abdominal subcutaneous fat of obese women: a randomized controlled trial using ultrasound imaging assessments”, 1M - World Congress of Sport and Exercise Medicine, Kuala Lumpur (Malaysia)
- 2015, Poster presentation “Reversal time of postprandial changes of the thickness of abdominal muscles employing ultrasound measurements”, 9th World Congress of the International Society of Physical and Rehabilitation Medicine, Berlin (Germany)
- 2015, Poster presentation “The effect of lumbar support on the ultrasound measurements of trunk muscles: a single-blinded randomized controlled trial”, 9th World Congress of the International Society of Physical and Rehabilitation Medicine, Berlin (Germany)
- 2015, Oral presentation “Comparison of the thickness of lateral abdominal muscles between pregnant women with and without low back pain”, 9th World Congress of the International Society of Physical and Rehabilitation Medicine, Berlin (Germany)
- 2015, Oral presentation “A Subtle threat to urban populations in developing countries: Low back pain and its related factors in Tehran”, First International Congress of Pain at Tehran University of Medical Sciences and 12th Scientific Congress of Iranian Pain Society (IASP Chapter), Tehran
- 2015, Oral presentation “New technologies for low back pain management”, 6th International Congress of Newest Research Achievements in Medical Science, Tehran
- 2014, Oral presentation “The effect of abdominal resistance training and energy restricted diet on lateral abdominal muscles thickness of overweight and obese women”, 18th National Congress of the Iranian Society of Physical and Rehabilitation Medicine, Tehran