

## Short CV

### Azadeh Shadmehr



Academic Rank: Professor

School : Rehabilitation, Physical Therapy

#### Education

1. **Ph.D:** Physical Therapy, Tarbiat Modares University, Tehran, Iran, 2004
2. **M.S:** Physical Therapy, Tehran University of Medical Sciences, Tehran, Iran, 1992
3. **B.Sc:** Physical Therapy, Tehran University of Medical Sciences, Tehran, Iran, 1989

#### Executive Position

- . Vice Dean of International Affairs, School of Rehabilitation, Tehran University of Medical Sciences, 2013-2021
- . Head of Physical Therapy Department of private Hotel Hospital of Gandhi, Tehran, Iran. 2014- present
- . Vice Dean of Research Affairs, School of Rehabilitation, Tehran University of Medical Sciences, 2011-2018

#### Fields of interests:

Biomechanics, Manual Therapy, Musuloskeletal Disorders.

## Papers


- The immediate effectiveness of whole-body vibration with the modified push-up position on neurocognitive parameters in overhead athletes with and without scapular dyskinesis, Sport Sciences for Health, 30 August 2022
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- Assessment of Upper Trapezius Muscle Fatigue in Subclinical Myofascial Pain Syndrome Participants Versus Healthy Control by JASA Method, J Med Res Surg, Volume 3 • Issue 4 • 85
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- Comparison between the effects of tibialis posterior versus fibularis longus Kinesio taping on foot posture, physical performance, and dynamic balance in young women with flexible flatfoot, Sport Sci Health, 2022 Dec 6.
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- Effects of dry needling and stretching exercise versus stretching exercise only on pain intensity, function, and sonographic characteristics of plantar fascia in the subjects with plantar fasciitis: a parallel single-blinded randomized controlled trial, Physiother Theory Pract , 2022 Jan 31;1-14
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- Effects of Kinesio Taping over Abdominal Muscles with Different Tensions on the Lumbopelvic Complex Components in Men with Increased Anterior Pelvic Tilt, JMR, Vol 16 No 3 (2022)
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- Efficacy of Extracorporeal Shock Wave Therapy on Active Trigger Point in the Upper Trapezius Muscle, JMR, October 2022, Volume 16, Number 4
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- Comparison of Short-Term Effects of High-Intensity Interval Training vs Moderate Intensity Continuous Training on Anthropometric Characteristics of Overweight Young Women, P J M H S Vol. 16, No. 08, August 2022
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- Acute effect of inhibitory kinesio tape on range of motion, dynamic balance, and gait in athletes with hamstring shortness, JMR, Volume 53, December 2022
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- Combined Effects of Shock Wave Therapy and Muscle Energy Technique on Active Trigger Points of the Upper Trapezius Muscle, July 2022. Vol 23. Num 2
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- Comparison of Non-thrust Manipulation VS. Muscle Energy Techniques in Management of Patients with Knee Osteoarthritis: A Randomized Clinical Trial

- Comparison of ROM, perceived tightness, and kinetic variables during balance, walking, and running tasks in athletes with and without hamstring tightness using sensor insoles, *Sport Science for Health*, Jan 2022.
- The Comparison of the Effectiveness of Respiratory Physiotherapy Plus Myofascial Release Therapy Versus Respiratory Physiotherapy Alone on Cardiorespiratory Parameters in Patients With COVID-19, *International Journal of Therapeutic Massage and Bodywork: Research, Education*,15(1), pp. 4-14
- Effect of Low Intensity Modified Hölmich Protocol on Long-Standing Adductor Longus Related Groin Pain, *P J M H S* Vol. 15, No.12, DEC 2021
- ResearchPaper: EfficacyofMyofascialReleaseTherapy on the Cardiorespiratory Functions in Patients With COVID-19, *Journal of Modern Rehabilitation*,16(1), pp. 77-84
- Ultrasonographic measurements of plantar fascia thickness and echogenicity in individuals with and without plantar fasciitis: Reliability and group differences, *Foot*, 2021,49,101849
- The Therapeutic Effects of Muscle Energy Technique on Sacroiliac Dysfunction in Young Women. *Crescent Journal of Medical and Biological Sciences*.Vol. 8, No. 2, April 2021, 127–133
- The Immediate Effect of Muscle Energy Technique and Whole Body Vibration on Hamstring Muscle Flexibility and Stiffness in Healthy Young Females. 2021;11 (3):409-415
- The Changes of Motor Control Strategies in Non-specific Chronic Low Back Pain During Spinal Manipulation and Muscle EnergyTechniques: A Beta-band Intermuscular Pair-Wise Coherence Analysis, *Arch Neurosci*. 2021 April; 8(2):e112262.

Published online 2021 July 17.

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**Comparison of the effects of spinal manipulation and muscle energy techniques on motor control in Non- Specific Chronic Low Back Pain by Beta-band intermuscular pool coherence**

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- Larger amplitude spinal mobilization is more effective to decrease pain systematically: A clinical trial using pressure pain thresholds in chronic low back pain participants. *Journal of Bodywork & Movement Therapies* 25 (2021) 16e23

- Objective measurement of Inferior-Directed stiffness in glenohumeral joint using a specially designed robotic device in healthy shoulders; Within- and Between-Session reliability, Journal of Biomechanics 2021, 127(3)
- The immediate effect of static hamstring stretching on dynamic balance and gait biomechanical variables in athletes with hamstring tightness: A preliminary study, Journal of Modern Rehabilitation,2021
- Efficacy of whole body vibration on neurocognitive parameters in women with and without lumbar hyper-lordosis, Journal of Bodywork and Movement Therapies,2019, 24(1)
- Impact of physical therapists' instructions on function and the perception of post-dry needling soreness in mechanical cervical pain; a randomized clinical trial, Journal of Bodywork and Movement Therapies,202 Oct;24(4):118-123.
- Design and Preliminary Evaluation of a Novel Robotic System for Mobilization of Glenohumeral Joint, Proceedings of the Annual International Conference of the IEEE Engineering in.8856385, pp. 5411-54,2019
- B mode, doppler and ultrasound elastography imaging on active trigger point in women with myofascial pain syndrome treated by dry needling, Muscles, Ligaments and Tendons Journal,2019 9 (3):417-424,
- Improvements in strength and functional performance after Kinesio taping in semi-professional male soccer players with and without functional ankle instability, the Foot,2019, Vol 41, Pages 12-18
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And so many other papers and presentations....



