

# MohammadBagher Shamsi | CV

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## Education

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### Academic Qualifications.....

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<b>Iran University of Medical Sciences</b>	<b>Tehran, Iran</b>
◦ <i>Ph.D., Physiotherapy</i>	<i>2009–2014</i>
<b>Tehran University of Medical Sciences</b>	<b>Tehran, Iran</b>
◦ <i>M.S., Physiotherapy</i>	<i>1989–1991</i>
<b>Shiraz University of Medical Sciences</b>	<b>Shiraz, Iran</b>
◦ <i>B.Sc., Physiotherapy</i>	<i>1984–1988</i>

## Employment/Professional Experience

- Assistant Professor, Allied Medical Sciences, Kermanshah University of Medical sciences, Kermanshah, Iran, 2014-present.
- Lecturer, School of Nursing, Midwifery and Allied Medical Sciences, Kermanshah University of Medical sciences, Kermanshah, Iran, 1991- 2009 .
- Head of Educational Affairs, Kermanshah University of Medical sciences, 2000-2007.

- Deputy Minister of Education, School of Nursing, Midwifery and Allied Medical Sciences, Kermanshah University of Medical Sciences, 1995-1998.

## Publications

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1. **Shamsi, MohammadBagher**, et al. "Modeling the effect of static stretching and strengthening exercise in lengthened position on balance in low back pain subject with shortened hamstring: a randomized controlled clinical trial." *BMC Musculoskeletal Disorders* 21.1 (2020): 1-9.
2. **Shamsi, MohammadBagher**, et al. "The prevalence of musculoskeletal pain among above 50-year-old population referred to the Kermanshah-Iran health bus in 2016." *BMC research notes* 13.1 (2020): 72.
3. **Shamsi, MohammadBagher**, Maryam Mirzaei, and Mohammad HamedRad. "Comparison of muscle activation imbalance following core stability or general exercises in nonspecific low back pain: a quasi-randomized controlled trial." *BMC Sports Science, Medicine and Rehabilitation* 12 (2020): 1-9.
4. **Shamsi, MohammadBagher**, et al. "A randomized clinical trial for the effect of static stretching and strengthening exercise on pelvic tilt angle in LBP patients." *Journal of Bodywork and Movement Therapies* (2020).
5. **Shamsi, MohammadBagher**, et al. "Comparing the effects of static stretching and strengthening in lengthened position on EMG activity of hamstring muscle in patients with chronic non-specific LBP having shortened muscle: a randomised controlled clinical trial." *European Journal of Physiotherapy* (2019): 1-7.
6. **Shamsi, MohammadBagher**, et al. "Common mistakes in reporting systematic reviews and meta-analyses." *Health Promotion Perspectives* 10.2 (2020): 97-97.
7. Pasdar, Yahya, et al. "Better muscle strength can decrease the risk of arthralgia and back & joint stiffness in Kurdish men; a cross-sectional study using data from RaNCD cohort study." *BMC Musculoskeletal Disorders* 21.1 (2020): 1-8.
8. Shahrezaee, Mostafa, et al. "Burden of musculoskeletal disorders in Iran during 1990–2017: estimates from the Global Burden of Disease Study 2017." *Archives of Osteoporosis* 15.1 (2020): 1-10.
9. Keihani, Zahra, et al. "Effect of Benson Relaxation on the Intensity of Spinal Anesthesia–Induced Pain After Elective General and Urologic Surgery." *Journal of PeriAnesthesia Nursing* 34.6 (2019): 1232-1240.
10. **Shamsi, MohammadBagher**, Maryam Mirzaei, and Seyyed Saeed Khabiri. "Universal goniometer and electro-goniometer intra-examiner reliability in measuring the knee range of motion during active knee extension test in patients with chronic low back pain with short hamstring muscle." *BMC Sports Science, Medicine and Rehabilitation* 11.1 (2019): 1-5.
11. **Shamsi, MohammadBagher**, et al. "The effect of adding TENS to stretch on improvement of ankle range of motion in inactive patients in intensive care units: a pilot trial." *BMC Sports Science, Medicine and Rehabilitation* 11.1 (2019): 15.
12. Soroush, Alii, **Shamsi Mohammadbagher**, Neda Izadi, Behzad Heydarpour, Soheila Samadzadeh, and Afshar Shahmohammadi. "Musculoskeletal Disorders as Common Problems among Iranian Nurses: A Systematic Review and Meta-analysis Study." *International journal of preventive medicine* 9 (2018).
13. **Shamsi, MohammadBagher**, et al. "Comparison of spinal stability following motor control and general exercises in nonspecific chronic low back pain patients." *Clinical Biomechanics* 48 (2017) 42-48

14. **Shamsi, MohammadBagher**, et al. "Does core stability exercise improve lumbopelvic stability (through endurance tests) more than general exercise in chronic low back pain? A quasi-randomized controlled trial." *Physiotherapy theory and practice* 32.3 (2016): 171-178.
15. **Shamsi, MohammadBagher**, et al. "The effect of core stability and general exercise on abdominal muscle thickness in non-specific chronic low back pain using ultrasound imaging." *Physiotherapy theory and practice* 32.4 (2016): 277-283.
16. Pourahmadi, Mohammad Reza, **Shamsi, MohammadBagher**, et al. "Effects of static stretching of knee musculature on patellar alignment and knee functional disability in male patients diagnosed with knee extension syndrome: A pretest–posttest trial." *Manual therapy* 22 (2016): 179-189
17. **Shamsi, MohammadBagher**, Javad Sarrafzadeh, and Aliashraf Jamshidi. "Comparing core stability and general exercise on chronic low back pain patients using three functional lumbopelvic stability tests." *Physiotherapy theory and practice* (2014): 1-10.
18. **Shamsi, MohammadBagher** , Korosh Veisi, Loghman Karimi, Javad Sarrafzadeh, and Farid Najafi. "Normal Range of Thoracic Kyphosis in Male School Children." *ISRN Orthopedics* 2014.

## Conference Presentation(s)

- Comparing stretching exercise and strengthening exercise in lengthened position on shortened hamstring in chronic low back pain patients" 1st international and the 28th National Congress of Iranian Physiotherapy Association, Tehran, Iran, May 2017 (Poster).
- "Comparison of Muscle Activation Imbalance following Core Stability or General Exercises in Nonspecific Low Back Pain. A quasi-randomized 27th Physiotherapy Annual Congress, Iranian Physiotherapy Association, 2016 (1395) Tehran, Iran (Oral).
- "Comparison of spinal stabilization exercise and general exercise on enhancing lumbar stability in nonspecific chronic low back pain patients using a biomechanical model." 26th Physiotherapy Annual Congress, Iranian Physiotherapy Association, 2015 (1394) Tehran, Iran (Oral).
- "Motor control exercise and general exercise comparison on chronic low back pain patients using endurance tests" 15th Seminar in specific Physical Therapy, University of social welfare and rehabilitation sciences, 2014 (1393) Tehran, Iran (Oral).
- "Comparing core stability and general exercise on chronic low back pain patients using three functional lumbopelvic stability tests." 25th Physiotherapy Annual Congress, Iranian Physiotherapy Association, 2014 (1393) Tehran, Iran (Oral).
- "Normal Range of Thoracic Kyphosis in Boy Students", 7th world congress on Low Back Pain, Los Angeles, USA, Nov 2010 (Poster)
- "Knowledge of Correct usage of Back during Activities between Low Back Pain and Non- Low Back Pain People", 6th world congress on Low Back Pain, Barcelona, Spain, Nov 2007 (Poster)
- "Low Back Pain risk factors in Kermanshah", Iran, 5th world congress on Low Back Pain, Melbourne, Australia, Nov 2004 (Poster)

## Books Published in Persian

- **Shamsi, M.B.**, Low Back Pain, Chehr Publication, Tehran, Iran, 2003

## Books Translated in Persian

- **Shamsi M.B.** , Writing Research Papers, Taghbostan Publication, Kermanshah, Iran, 2000

## Selected Lectures

- Physiotherapy in orthopedics for medical students.
- Physiotherapy in neurology for medical students.
- Rehabilitation for nursing students.
- Rehabilitation for family health students.