

### Work Experience:

Month/Date/Year

02/01/2000 - 02/01/2002:

Medical and Health Science University of Zahedan, Rehabilitation Collage, Physical therapist

11/01 /2002 - 04/ 04/2009:

Insurance Office, Supervisor of physical therapy clinics

01/15/2009 - 12/07/2012:

Medical and Health Science University of Zahedan, Rehabilitation Collage, Researcher

02/15/2010 - 09/01/2012:

Azad University of Zahedan, Part time Lecturer, Sport Sciences Faculty

02/01/2011 - 09/01/2015:

Sistan & Balochestan University in Zahedan, Part time Lecturer, Sport Sciences Faculty

10/ 01/2014 - 09/01/2015:

Payame Noor University in Zahedan, Part time Lecturer, Sport Sciences Faculty

### Current Employer and Position

20/03/2003- now

Tavana Physical therapy Clinic in Zahedan, Physical therapist and Supervisor

### Field of Specialization

Sport (Corrective movement and Sport injury)

### -Committee work:

1-Member of Association Physical Therapy (2000-now)

2-Member of Medical Discipline (2000-now)

### Publications:

1. **Shideh Narouei**, Atsushi Imai, Hiroshi Akuzawa, Kiyotaka Hasebe, Koji Kaneoka. Hip and Trunk muscles activity during Nordic Hamstring Exercise. Journal of Exercise Rehabilitation 2018;14(2):231-238.
- 2- **SH Narouei**, AH Barati, MH Alizadeh, A Akbari, F Ghiasi, "Intrarater Reliability of Rehabilitative Ultrasound Imaging of the Gluteus Maximus, Lumbar Multifidus and Transversus Abdominis Muscles in Healthy Subjects", Speciality Journal of Sport Sciences 2016; 1(1):1-11.
- 3- **SH Narouei**, A Akbari, M Asad, A Farahani. "A comparison between vibration and ultrasound waves accompanied with stretching exercise on improving function in athletes with posterior neck muscles' myofascial trigger points", J Shahrekord Uni Med Sci 2010, 12(11): 43-52.
- 4- A Akbari, **SH Narouei**, FS Pourahmadi, M Mogharnasi . "A comparison between vibration with action potential simulation in treatment of trapezius and levator scapula myofascial trigger points". J Feiz kashan Uni Med Sci 2012; 16(6): 507-514.
- 5- A Akbari, **SH Narouei**, H Pishva, M Raghobi. "A comparison of the effectiveness of action potential simulation and low-level LASER in reducing pain and improving function of the knee: A randomized controlled trial of women with knee osteoarthritis". J Sabzevar Uni Med Sci 2012; 19(2): 116-126.
- 6- A Akbari, **SH Narouei**, M Eshgi, A Farahani. "A Comparison between Muscle Energy Technique with Low-Level Laser in Reducing Neck and Shoulder Pain and Disability in Subjects with Trapezius and Levator Scapula Myofascial Trigger Points", J Zanzan Uni Med Sci 2011; 20 (79): 69-82.
- 7- A Akbari, **SH Narouei**, S Karami, H Shahraki."The effect of low-level LASER on pain improvement and function in patients affected anterior knee pain", J Shahrekord Uni Med Sci 2011; 13(5): 11-19.

### -The projects and articles are accomplished:

1. The effects of core stabilization exercises on thickness, activity of selective trunk core muscles, pain and disability in subjects with nonspecific chronic low back pain (finished, article is reviewing).
2. Jasa model and Fatigue in low back and hip muscles in subjects with Nonspecific chronic low back pain (finished, article is writing).
3. Beta Coherence and symmetrical index in low back and hip muscles in subjects with Nonspecific chronic low back pain (finished).

### Academic Presentations:

1. **SH Narouei**, A Akbari, M Asad, A Farahani. "A comparison between vibration and ultrasound waves accompanied with stretching exercise on improving function in athletes with posterior neck muscles' myofascial trigger points. Iran, Tehran, (2011) the 22th Physiotherapy Congress of Iran.
2. **SH Narouei**, A Akbari. "Comparison of the effect of exercise therapy and TENS on improving pain and function in patients with patellofemoral pain syndrom". Iran, Shiraz, (2012) the 23th Physiotherapy Congress of Iran.
3. **Shideh Narouei**. Hip and Trunk muscles activity during Nordic Hamstring Exercise. Japan, Tokorozawa Campus, (2016) Meeting of laboratories.

### Other academic and professional activities:

- Sabbatical leave

From March 2016 to August 2016 in Professor Kaneoka laboratory of Tokorozawa Campus in Waseda University of Japan with supervision of Professor Kaneoka.

This sabbatical leave included:

[--Observation of Fine Wire Electromyography with Ultrasonography for:

- Posterior Tibialis muscle
- Flexor digitorum longus muscle
- Abdominal muscles
- Rhomboid muscle

--Observation in Motion Analysis measurement and surface Electromyography with force plate in (jumping, stepping, running and other tasks)

-- Participation in the weekly classes and presentations

-- Research study about hamstring injury:

Discussions about importance of Nordic hamstring Exercise, method, data analysis of surface Electromyography, Presentation of Research study and discussion about results and outcomes and Writing of paper (Hip and Trunk muscles activity during Nordic Hamstring Exercise), published.

-- Consultation about Taping of Ankle, Knee & Shoulder

-- Consultation about measurements of Ultrasonography of abdomen and back].

-Celebrant of **Workshop** of Forward Head Posture for students and staffs, Kish International Campus of University of Tehran, Iran, Feb 2014.

- Participation in " 45 the Annual Meeting of the Japanese Society for Spine Surgery and related Research (2016.4.14 \_4.16)
- Participation in the 51<sup>st</sup> Congress of Japanese Society of Physical Therapy (27 May 2016)
- Active Participation at the **Workshop** on Dry Needling 2015 (level 1: Shoulder girdle, level 2: Upper limb, Level 3: Lower limb, Level 4: Trunk & Level 5: Neck & Face) of Physical therapy Association. Tehran, Iran.
- Active Participation at the **Workshop** on pedagogical professional biomechanics (The synthesis of movement) Zahedan, Iran.
- Active Participation at the Lower Limb Fractures Seminar of Zahedan, Iran.
- Active Participation at Common Disorders of Knee of Zahedan, Iran.
- Active Participation at Disorders induced of Brain Injuries of Zahedan, Iran.
- Active Participation at the Course on Reeducation of Knee at the 22<sup>th</sup> Physiotherapy Congress of Tehran, Iran.
- Active Participation at the Special Seminar of Spine of Tehran, Iran.
- Active Participation at the **Workshop** on Classification of Handicaps of Tehran, Iran (2013).
- Active Participation at the **Workshop** of Manual Concepts of Australia, Iran (2014).
- Active Participation at the second International Physical therapy Congress of Iran, Tehran (2018).
- Active Participation at the First International Physical therapy Congress of Iran, Tehran (2017).
- Active Participation at the 26<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2015).
- Active Participation at the 25<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2014).
- Active Participation at the 23<sup>th</sup> Physiotherapy Congress of Iran, Shiraz. (2012).
- Active Participation at the 22<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2011).
- Active Participation at the 21<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2010).
- Active Participation at the 20<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2009).
- Active Participation at the 19<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2008).
- Active Participation at The Course of First Eids and received its certificate Iran, Zahedan. (2006).
- Active Participation at the Health Education Congress of Iran, Zahedan. (2005).
- Active Participation at the 16<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2005).
- Active Participation at the 15<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2004).
- Active Participation at the 14<sup>th</sup> Physiotherapy Congress of Iran, Tehran. (2003).

- **MSRT (MCHE)** certificated, English Language Test.
- Learning of **Matlab** software courses (script writing and graph certificated).
- Learning **Computer** courses included: 1. Word, 2. Excel, 3. Power point, 4. Access, 5. Information technology, 6. Operative system 7. Internet and Statistical software included:
  - 1. Matlab, 2. Spss.

### Research Grants:

1. Funding Agency: Tehran University, Iran

Research Theme: About Electromyography and ultrasonography

Fund Name: Fellow visiting researcher

Category: Sport

Amount in total: 1500 Dollar per month

Research Period: from March 2016 to August 2016.

In Waseda University, Faculty of Sport Sciences 2\_579\_15 Mikajima, Tokorozawa, Saitama 359\_1192, Japan. Tel:04\_2947\_6855. [www.waseda.jp/sports](http://www.waseda.jp/sports). In professor Kaneoka laboratory with supervision of Professor Kaneoka.

2. Funding Agency: Medical and Health Science University of Zahedan, Iran

Research Theme: The effect of Core Stabilization Exercises on multifidus and gluteus maximus thickness and activity in chronic low back pain patients.

Fund Name: Research Plan

Category: Rehabilitation

Amount in total: 2300 Dollar

Research Period: 2016/01/14

In Medical and Health Science University, Faculty of Physical therapy, Zahedan, Iran.

Dr Ghiasi, Tel: +98 9153416283.

### Honors and Awards:

Dominant researcher of Tehran University, Kish International Campus, Iran.