

CURRICULUM VITAE – MAHDI HOSSEINZADEH

Mahdi Hosseinzadeh

Assistant Professor

Department of Sport Injuries and Corrective Exercises

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Date of birth 03/06/1983



- Research Interest**
- Pain (Assessment/ Quantification), Exercise Induced Hypoalgesia, & Exercise based Rehabilitation
 - Elderly, Screening Tests, Injury Prediction and Prevention

Educational Background

01/06/2011–08/05/2015

PhD in Biomedical Science, Aalborg University, Aalborg, Denmark

01/09/2006–01/09/2009

M. Sc. in Exercise Physiology, Mazandaran University, Babolsar, Iran

01/10/2001–01/02/2006

B. Sc. in Physical Education and Sport Sciences, Shahid Rajaei University, Tehran, Iran

Employments

22/06/2018–Present

Assistant Professor, Department of Sport Injuries and Corrective Exercises, Sport Sciences Research Institute, Tehran, Iran

13/10/2018–Present

Director of International Affairs, Sport Sciences Research Institute, Tehran, Iran

01/06/2011–01/06/2015

PhD Student and Research Assistant, Aalborg University, Aalborg, Denmark

Foreign language English

UNDERSTANDING

Listening
C1

Reading
C1

SPEAKING

Spoken interaction
B2

Spoken production
B2

WRITING

C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
[Common European Framework of Reference for Languages - Self-assessment grid](#)

CURRICULUM VITAE – MAHDI HOSSEINZADEH

Communication skills Comfortable in an atmosphere requiring high energy levels, the ability to handle stress and the necessity to make quick, accurate decisions. Enjoy working as a member of a team but able to work independently or under minimal supervision. Flexible and sociable.

Job-related skills Lecturer in University (Since January. 2006 up to now);
Reviewer at Journal of Clinical and Experimental Hypertension,
Reviewer at Journal of Sport Rehabilitation;
Reviewer at Journal of Exercise and Health Science;
Other general job related skills:
Article-writing for ISI Journals (Holding a Certification), Research report writing (Holding a Certification), Referee in Volleyball (Holding a Certification), Coaching in Volleyball (Holding a Certification), Swimming (Holding a Certification) and Billiards (Holding a Certification), Lifeguard (Holding a Certification).

Digital skills Good command of Mr. Kick II (EMG Software), OXYMON (near infrared spectroscopy software for measuring muscle oxygenation), PEDAR system (gate analysis), SPSS statistical Software (Professional), data management/analysis using Microsoft Excel (Professional), MATLAB R2011b (Intermediate), MS Word 2007 (Professional), Internet (Professional), Windows (Professional).

Research Projects 3. Hosseinzadeh M., Meeus M., Rohani H., Exercise-Induced Hypoalgesia: The Effect of Different Types & Modes of Rehabilitative Exercise, Department of Exercise Medicine, Sport Sciences Research Institute of Iran, 2022, 1-60.

2. Hosseinzadeh M., Madeleine M., Andersen O. K., Arendt-Nielsen L.: Exercise Based- Pain Relief Program: Is there any Effect of Repeated Bout of Eccentric Exercise for Relieving Musculoskeletal Pain? Aalborg Universitetsforlag. 2015. PhD Thesis.

1. Hosseinzadeh M., Kersting U. G., Madeleine M.: Medicovi H20 insoles test: variability of centre of pressure in healthy people during dynamic standing and gait. Center for Sensory-Motor Interaction (SMI), Department of Health Science and Technology, Aalborg University. 2013, 1-41.

peer-reviewed publication: 27. Mian Darbandi S., Hosseinzadeh M., Zarei M, Behm D. G.; Does ipsilateral and bilateral knee strength status predict lower extremity injuries of elite judokas; A prospective cohort study. Research in Sports Medicine, 2022, <https://doi.org/10.1080/15438627.2022.2126777>

26. Soheili S., Letafatkar A., Hosseinzadeh M.; Trial protocol: a parallel-group, randomized clinical trial to evaluate the effect of patient-led goal setting approach combined with pain neuroscience education or manual therapy in patients with chronic low back pain. Contemporary Clinical Trials, 2022, (Submitted).

25. Hosseinzadeh M., SardroodianM., Razian M., Benoit C, Hoogenboom B. J.; Rehabilitative exercise scheduling: effects on balance, functional movement performance and pain perception in middle-aged women with knee pain; a randomized controlled trial. PM&R: The journal of injury, function and rehabilitation, 2022, (Submitted).

24. Emamvirdi M., Hosseinzadeh M., Letafatkar A., Thomas A. C.; Comparison of Kinematic Asymmetry and Lateral Step-Down Scores in Healthy Female Athletes vs Females with Ankle Instability or Patellofemoral Pain Syndrome. Physical Therapy in Sport, 2022, (Submitted).

23. Razian M., Hosseinzadeh M., Behm D. G., Sardroodian M.; Effect of leg dominance on ipsilateral and contralateral limb training adaptation in middle-aged women after unilateral sensorimotor and resistance exercise training. Research in Sports Medicine, 2022, <https://doi.org/10.1080/15438627.2022.2113878>

22. Hosseinzadeh M., Assar S., Soltanirad S., Letafatkar A., Benoit C., Hoogenboom B. J.; Test-Retest Reliability and Validation of an Instrumented Device for Measuring Back Muscle Endurance: A Randomized Cross-Over Study. Sport Rehabilitation, 2022, (Submitted).

21. Tajdini H., Letafatkar A., Brewer B. W., Hosseinzadeh M.; Association between

CURRICULUM VITAE – MAHDI HOSSEINZADEH

- Kinesiophobia and Gait Asymmetry after ACL Reconstruction: Implications for Prevention of Reinjury. *Int. J. Environ. Res. Public Health* 2021, 18(6), 3264; <https://doi.org/10.3390/ijerph18063264>
20. Zarei, M., Eshghi, S. & Hosseinzadeh, M. The effect of a shoulder injury prevention programme on proprioception and dynamic stability of young volleyball players; a randomized controlled trial. *BMC Sports Sci Med Rehabil* 13, 71 (2021). <https://doi.org/10.1186/s13102-021-00300-5>
 19. Aghakeshizadeh F., Letafatkar A., Aghaei A. P., Hosseinzadeh M.; The effect of two types of antipronation taping on maximum plantar pressure and ground reaction force in people with flat foot after applying a fatigue protocol. *Scientific Reports*, 2021, (Submitted).
 18. Zarei M., Soltanirad S., Hoogenboom B., and Hosseinzadeh M.; Do Composite Functional Movement Screen Scores Predict Injuries in Youth Volleyball Players? *Journal of Athletic Training*, 2020, (Submitted).
 17. Aman, M.S., Hosseinzadeh, M., Nokhodchi, N. et al. Novel insights on the bottom–up rise strength transfer: investigating massed vs. distributed exercise training. *Sport Sci Health* (2021). <https://doi.org/10.1007/s11332-021-00810-2>.
 16. Zarei M., Soltani Z., and Hosseinzadeh M.; Effect of a proprioceptive balance board training program on functional and neuromotor performance in volleyball players predisposed to musculoskeletal injuries. *Sport Sci Health*, 2021, <https://doi.org/10.1007/s11332-021-00882-0>
 15. Zarei M., Soltanirad S., and Hosseinzadeh M.; Comparison of Functional Movement Test and Postural Control in "High-Risk" versus "Low-Risk" Volleyball Players. *Sport Medicine Studies*, 2021, 11(26): 215-232. <https://doi.org/10.22089/SMJ.2020.9244.1434>.
 14. Sardroodian M., and Hosseinzadeh M., Gender differences in the spatial–temporal variability between walking and running. *Sport Sciences for Health*, 2019; <https://doi.org/10.1007/s11332-019-00582-w>.
 13. Hosseinzadeh M, Samani A, Andersen OK, et al. Ipsilateral resistance exercise prevents exercise-induced central sensitization in the contralateral limb: a randomized controlled trial. *European Journal of Applied Physiology*. 2015 Nov;115(11):2253-2262. <https://doi.org/10.1007/s00421-015-3205-x>.
 12. Hosseinzadeh M., Andersen O. K., Arendt-Nielsen L., Samani A., Kamavuako E. N., and Madeleine P.: Adaptation of local muscle blood flow and surface electromyography to repeated bouts of eccentric exercise. *J Strength Cond Res*. 2015 Apr;29(4):1017-26.
 11. Hosseinzadeh M., Andersen O. K., Arendt-Nielsen L., and Madeleine P.: Pain Sensitivity Is Normalized after a Repeated Bout of Eccentric Exercise. *Eur J Appl Physiol.*, 2013; 113(10): 2595-602.
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 7. Dabidi Roshan V., Hosseinzadeh S., Mahjob S., Hosseinzadeh M., and Myers J.: Endurance Exercise Training and Diferuloyl Methan Supplement: Changes in Neurotrophic Factor and Oxidative Stress Induced by Lead in Rat Brain. *Biol. Sport*, 2013; 30(1), 41-46.
 6. Dabidi Roshan V., Hosseinzadeh M., and Saravi M.: The effects of dehydration and

CURRICULUM VITAE – MAHDI HOSSEINZADEH

rehydration on electrocardiographic and echocardiographic parameters in Greco-Roman wrestlers. *European Journal of Sport Science*, 2012; 12(1), 49-56.

5. Dabidi Roshan V., Ranjbar S., Hosseinzadeh M., and Myers J.: Left Ventricular Oxidant and Antioxidant Markers Induced by Lifestyle Modification in Rats Exposed to Lead Acetate. *European Journal of Sport Science*, 2012; 12(6): 485-490.
4. Dabidi Roshan V., Rahimi M., Shirinbayan V., Mahjoub S., and Hosseinzadeh M.: Protective effect of the combination of exercise and curcumin supplementation on cardiac system in rats exposed to lead. *International Journal of Nutrition and Metabolism*, 2012; 4(8), 114-120.
3. Dabidi Roshan V, Asali M, Hajizadeh Moghaddam A, Hosseinzadeh M., and Myers J.: Exercise training and antioxidants: Effects on rat heart tissue exposed to lead acetate. *Int J Toxicol.*, 2011; 30(2):190-6.
2. Dabidi Roshan V., Jolazadeh T, Hosseinzadeh M., and Myers J.: Effects of Acute and Chronic Exercise on Cardiac Metallothionein in Rats. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*, 2012; 171(6), 693701.
1. Dabidi Roshan V., Kasalkheh K., Hosseinzadeh M., and Myers J.: The hippocampal metallothionein-III response to aerobic regular training and administration of curcuma longa following chronic exposure to lead. *International Journal of Nutrition and Metabolism*, 2011; 3(11), 140-147.

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Hosseinzadeh M., Andersen O. K., Arendt-Nielsen L., Madeleine P. A Randomized, Controlled, Crossover Study Investigating the Repeated Bout effect of Eccentric Exercise. *Medicine and Science in Sports and Exercise (ACSM)*, Vol. 45, No. 5S, Suppl. 1, 2013, p. 278-279, No. 1221.

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Hosseinzadeh M., Dabidi-Roshan V., Eslami M. "the effect of weight-bearing exercise and calcium supplementation on the tibia geometry and mechanical strength.". *Proceedings, Expert Scientific Meeting, ESM 2012, 1-4 August 2012, Aalborg, Denmark. Aalborg University/Aalborg Hospital, Aarhus University*, 2012. p. 78, No. P2.

Hosseinzadeh M., Dabidi Roshan V., Ashrafi J., Myers J. "Endurance Exercise Training and Curcumin Supplementation Inverses Lead-Induced Cardiotoxicity", *Medicine and Science in Sports and Exercise (ACSM)*, Vol. 44, No. 5S, Suppl. 2, 2012, p. 389, No. 1646.

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Hosseinzadeh M., Abdi Hamzehkolaei H, Dabidi Roshan V. "The Interactive Effects of Exercise Type (Concentric vs. Eccentric) and Ambient Temperature (Moderate vs. Normal) on HSP72 in Active Females" 16th Annual Congress of the European College of Sport, Liverpool John Moores University, Liverpool, United Kingdom, 6th-9th July 2011, Page 155.

Hosseinzadeh M., Dabidi Roshan V., Hoseinzadeh S., JolaZadeh T., Mahjob S. "Lead Acetate, and Oxidant/Antioxidant, Inflammatory and Neurotropic-Markers: Neuro and Cardio-protective Effects of Exercise Training and Curcumin" 16th Annual Congress of the European College of Sport, Liverpool John Moores University, Liverpool, United Kingdom, 6th-9th July 2011, page 519-520. (oral presenting).

CURRICULUM VITAE – MAHDI HOSSEINZADEH

Dabidi Roshan V., Hosseinzadeh M., Zare H., and Saravi M. "Effect of dehydration and rehydration on electrocardiogram of wrestlers after an arm ergometer test," Proceeding of the 11th Iranian Congress of Physical Medicine, Rehabilitation & Electrodiagnosis, Shiraz University of Medical Sciences, Shiraz, Iran, Oct. 22–24, 2008, page 203.

Tayebi-e Sani S.M., Fatemi S.A., Zare-e Bahram Abadi H. , Baghernejad M., and Hosseinzadeh M. "Study of lifestyle of patients suffering from apoplexy referred to Imam Reza Hospital in Amol, before and after physiotherapy," Proceeding of the 11th Iranian Congress of Physical Medicine, Rehabilitation & Electrodiagnosis, Shiraz University of Medical Sciences, Shiraz, Iran, Oct 22–24, 2008, page 174.

Hosseinzadeh M., and Dabidi Roshan V. "Influence of hydration statuses on some of the Electrocardiographic and Echocardiographic Parameters and its Relation to Performance of Greco- Roman Wrestlers," Proceeding of the first national congress on sport physiology, Razi university of Kermanshah, Kermanshah, Iran, March, 2009, page 1–4. (Oral presenting).

Hosseinzadeh M., Dabidi Roshan V., Saravi M., and Mohammadi Z.F. "The effect of sauna on ECG, Is dehydration in sauna related with ventricular arrhythmias and sudden death in wrestlers?," Proceeding of the first national congress on sport physiology, Razi university of Kermanshah, Kermanshah, Iran, March, 2009, page 1–4.

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Hosseinzadeh M. "Effect of weight loss on ECG of wrestlers," 5th Asia-Oceania conference on obesity, Renaissance Convention Center, Mumbai, India, 5–8 February, 2009.

References

- Prof. Pascal M. Madeleine, one of my Ph.D. supervisors, Aalborg University, Fredrik Bajers Vej 7, D3-201, 9220 Aalborg East, Denmark. Phone: (+45) 9940 8833. Email: pm@hst.aau.dk
- Prof. Jonathan Myer, collaborator in several previous projects, Stanford University, Cardiology 111-C, VA Palo Alto Health Care System, 3801 Miranda Ave, Palo Alto, CA 94304, USA. Phone: (+1)(650) 493-5000 x64661, Fax: (+1)(650) 852-3473. Email: drj993@aol.com