



## Hamed Abbasi

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🌐 **Website:** <https://www.researchgate.net/profile/Hamed-Abbasi>

🌐 **Website:** <https://scholar.google.com/citations?user=YVsrPC0AAAAJ&hl=en>

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📷 **Instagram :** [dr.hamed.abbasi](https://www.instagram.com/dr.hamed.abbasi)

📍 **Address:** No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran. Sport Sciences Research Institute of Iran, 1587958711 Tehran (Iran)

### EDUCATION AND TRAINING

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#### PhD

**University of Tehran** [ 2009 – 2014 ]

**Address:** Tehran (Iran)

**Field(s) of study:** Sport Injuries & Corrective Exercises

**Thesis:** The Effect of Distal, Proximal, and Combined Exercises on Dynamic Balance and Functional Performance in Athletes with Functional Ankle Instability / Supervisor: Mohammad Hossien Alizadeh

#### M. Sc.

**University of Tehran** [ 2006 – 2010 ]

**Address:** Tehran (Iran)

**Field(s) of study:** Sport Injuries & Corrective Exercises

**Thesis:** Comparing Balance Between Individuals with and without Forward Head Posture/ Supervisor: Mohammad Hossien Alizadeh

#### Bachelor

**Shahid Rajaei Teacher Training University** [ 2004 – 2007 ]

**Address:** Tehran (Iran)

**Field(s) of study:** Physical Education and Sport Sciences

#### Associate Degree

**Montazeri Technical College of Mashhad** [ 2000 – 2004 ]

**Address:** Mashhad (Iran)

**Field(s) of study:** Physical Education and Sport Sciences

#### Diploma

**School of Physical Education and Sports Sciences** [ 1998 – 2001 ]

**Address:** Mashhad (Iran)

**Field(s) of study:** Physical Education and Sport Sciences

## WORK EXPERIENCE

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### **Assistant Professor**

*Sport Sciences Research Institute of Iran Ministry of Science Research and Technology* [ 2015 – Current ]

City: Tehran

Country: Iran

Name of unit or department: Sports Medicine - Business or sector:

### **Chair of Senior Sport and Physical Activity Development Committee at Iran Sport for all Federation**

*Iran Sport for all Federation of the Ministry of Sport and Youth of Iran* [ 2019 – Current ]

City: Tehran

Country: Iran

### **Head of the Education and Research Committee of the Association of Sport injuries and Corrective Exercises(SICEA)**

*Ministry of Science Research and Technology of Iran* [ 2017 – Current ]

City: Tehran

Country: Iran

### **Secretary of Sports injuries and Corrective Exercises Working Group of Curriculum Planning and Science Development**

*Ministry of Science, Research and Technology of Iran* [ 2016 – 2019 ]

City: Tehran

Country: Iran

### **Strength & Conditioning Coach**

[ 2007 – Current ]

City: Tehran

Country: Iran

### **Fitness instructor**

[ 1999 – Current ]

City: Tehran

Country: Iran

### **Exercise Rehabilitation for the Disabled (Spinal Cord Injuries,Cerebral Palsy, Multiple Sclerosis)**

*KAHRIZAK charity foundation* [ Jan 2010 – Dec 2013 ]

City: Tehran

Country: Iran

### **Older Adult Trainer**

*KAHRIZAK charity foundation* [ 2008 – 2013 ]

City: Tehran

Country: Iran

### **Corrective Exercise Specialist**

[ 2011 – Current ]

City: Tehran

Country: Iran

## HONOURS AND AWARDS

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### **Best Oral Presentation, 10th International Congress on Sport Science, Tehran, Iran**

Sport Sciences Research Institute of Iran [ 2017 ]

Title: **A systematic review and meta-analysis of the prevalence of spine postural deviations in Iranian students**

### **Best Oral Presentation, 9th International Congress on Sport Science, Tehran, Iran**

Sport Sciences Research Institute of Iran [ 2016 ]

Title: Core stability training cannot improve dynamic balance in soccer players with functional ankle instability

### **Ranked 1 in the Entrance Exam for PhD's degree in field of sport injury & corrective exercises of the University of Tehran**

University of Tehran [ 2010 ]

### **Ranked 1 in the Iranian University Entrance Exam for PhD's degree in field of Sport Injuries & Corrective Exercises**

University of Tehran [ 2010 ]

### **Best Poster Presentation, 7th International Congress on Sport Science, Tehran, Iran**

Sport Sciences Research Institute of Iran [ 2009 ]

Title: **Determining the Craniovertebral angle as an index of assessing forward head posture with the plumb line**

### **Ranked 3 in the Iranian University Entrance Exam for master's degree in field of Sport Injuries & Corrective Exercises**

Ministry of Science, Research and Technology of Iran [ 2007 ]

### **Ranked 6 in the Iranian University Entrance Exam for bachelor's degree in field of Physical Education and Sport Sciences**

Ministry of Science, Research and Technology of Iran [ 2003 ]

### **Ranked 1 in scientific, cultural and sports competition of the high schools of physical education and sports sciences of Iran**

The Ministry of Education of Iran [ 2000 ]

## PUBLICATIONS

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### **A New Balance Assessment Tool for Quantifying Sitting Balance in Individuals with Spinal Cord Injury; Development, Validity and Reliability of the Sitting Star Excursion Balance Test (SSEBT)**

[2022]

Shahi, E., Abbasi, H

**Journal of Advanced Sport Technology, 6(1), 19-30. doi: 10.22098/jast.2022.1687**

### **Training Loads and Non-Contact Injuries in Soccer: A Full Season Monitoring of a Team in Iranian Premier League**

[2022]

khezri, D., Abbasi, H., Nobari, H

**Studies in Sport Medicine, 14(31): -. doi: 10.22089/smj.2022.12074.1564**

**The Comparison of Effectiveness of Mindfulness, Balance and Combined Exercises on the Balance and Fear of Falling in the Elderly**

[2022]

Sadeghi, S., Azimkhani, A., Abbasi, H.

Aging Psychology, 8(1), 71-85. doi: 10.22126/jap.2022.7217.1619

**Isokinetic muscle strength cannot be related to the odds ratio of musculoskeletal injuries in young elite wrestlers.**

[2022]

Hoseini, A., Zarei, M., Nobari, H., Hovanloo, F., Abbasi, H., & Pérez-Gómez, J.

**BMC Sports Science, Medicine and Rehabilitation, 14(1), 1-7.**

**Evaluation of the effect and maintenance of core stability exercises on electromyography activity of Lumbo-pelvic-hip muscles in patients with multiple sclerosis.**

[2022]

Shahrokhi, H., Abbasi, H.

**Studies in Sport Medicine. doi: 10.22089/smj.2022.11795.1550**

**Focus of Attention During ACL Injury Prevention Exercises Affects Improvements in Jump-Landing Kinematics in Soccer Players: A Randomized Controlled Trial.**

[2022]

Dalvandpour, N., Zareei, M., Abbasi, H., Abdoli, B., Mohammadian, M. A., Rommers, N., & Rössler, R.

**The Journal of Strength & Conditioning Research.**

**The relationship between relaxin levels and musculoskeletal injuries in young and menopausal trained women.**

[2022]

Shibak, M., Abbasian, S., Abbasi, H., azimkhani, A.

**Studies in Sport Medicine, 13(30), 75-94. doi: 10.22089/smj.2022.11798.1549**

**The Effect of Shoulder Injury Prevention Program on Shoulder Isokinetic Strength in Young Male Volleyball Players.**

[2022]

Eshghi, S., Zarei, M., Abbasi, H., & Alizadeh, S.

**Research in Sports Medicine, 30(2), 203-214.**

**Effect of aerobic-based exercise on psychological well-being and quality of life among older people: a Middle East study.**

[2021]

Shams, A., Nobari, H., Afonso, J., Abbasi, H., Mainer Pardos, E., Pérez-Gómez, J., ... & Carneiro,

**Frontiers in public health, 1980.**

**Effect of Four Weeks of Home-Based Balance Training on the Performance in Individuals with Functional Ankle Instability: A Remote Online Study.**

[2021]

Seyedi, M., Nobari, H., Abbasi, H., Khezri, D., Oliveira, R., Pérez-Gómez, J., ... & Afonso, J.

**In Healthcare (Vol. 9, No. 11, p. 1428). Multidisciplinary Digital Publishing Institute.**

**The Effect of External Focus Attention Exercise On the Kinetic Risk Factors Associated With ACL Injury.**

[2021]

Dalvandpour, N., Zarei, M., Abdoli, B., Abbasi, H., & Mohamadian, M. A.

**The Scientific Journal of Rehabilitation Medicine, 10(3), 470-485.**

**Comparison of Knee and Hip Kinematics during Landing and Cutting between Elite Male Football and Futsal Players.**

[2021]

Daneshjoo, A., Nobari, H., Kalantari, A., Amiri-Khorasani, M., Abbasi, H., Rodal, M., ... & Ardigò,

**Healthcare 2021, 9, 606.**

**Proprioception is not associated with lower extremity injuries in U21 high-level football players.**

[2020]

Namazi, P., Zarei, M., Abbasi, H., Hovanloo, F., Rommers, N., & Rössler, R.

**European journal of sport science, 20(6), 839-844.**

**Comparison of Static and Dynamic Postural Stability Between Individuals With and Without Forward Head Posture.**

[2020]

Abbasi, H., Alizadeh, M. H., Rajabi, R., & Mohammadi, F.

**Physical Treatments-Specific Physical Therapy Journal, 10(3), 127-134.**

**The effect of release massage and stretching exercises on Pain, Range of Motion and Functional Disability of the Neck due to Myofascial Trigger Points of the Trapezius Muscle.**

[2020]

Shahrokhi, H., Abbasi, H., hajian, K.

**Studies in Sport Medicine, 12(27), 67-82. doi: 10.22089/smj.2021.9503.1444**

**Effect of fatigue on spatial and temporal parameters of gait in normal and flexible flat foot.**

[2020]

dorr taj, E., alizadeh, M., abasi, H., Shirzad Iraqi, E.

**Studies in Sport Medicine, 12(27), 17-34. doi: 10.22089/smj.2020.8394.1415**

**The 11+ Kids warm-up programme to prevent injuries in young Iranian male high-level football (soccer) players: A cluster-randomised controlled trial.**

[2020]

Zarei, M., Abbasi, H., Namazi, P., Asgari, M., Rommers, N., & Rössler, R.

**Journal of science and medicine in sport, 23(5), 469-474.**

**The effect of the “11+ kids” program on the isokinetic strength of young football players.**

[2020]

Zarei, M., Abbasi, H., Daneshjoo, A., Gheitasi, M., Johari, K., Faude, O., ... & Rössler, R.

**International Journal of Sports Physiology and Performance, 15(1), 25-30.**

**The association between the isokinetic muscle strength and lower extremity injuries in young male football players.**

[2019]

Namazi, P., Zarei, M., Hovanloo, F., & Abbasi, H.

**Physical therapy in sport, 39, 76-81.**

**The effect of eight-week proximal stability training on postural stability in parkourers.**

[2019]

Zarei, M., Abbasi, H., & Fekri, N.

**Journal of Applied Exercise Physiology, 14(28), 57-70.**

**Better functioning of the somatosensory system in postural control of blind athletes compared to non-athletes.**

[2019]

Mohammadi, F., Bayati, M., Abbasi, H., & Allafan, N.

**Scientific Journal of Rehabilitation Medicine (SJRM), 8(3), 179-87.**

**Long-term effects of the 11+ warm-up injury prevention programme on physical performance in adolescent male football players: a cluster-randomised controlled trial.**

[2018]

Zarei, M., Abbasi, H., Daneshjoo, A., Barghi, T. S., Rommers, N., Faude, O., & Rössler, R.

**Journal of sports sciences, 36(21), 2447-2454.**

**The effect of ten-week FIFA 11+ injury prevention program for kids on performance and fitness of adolescent soccer players.**

[2018]

Zarei, M., Namazi, P., Abbasi, H., Noruzyan, M., Mahmoodzade, S., & Seifbarghi, T.

**Asian Journal of Sports Medicine, 9(3).**

**Epidemiology and prevention programs on football injuries in children and adolescent players: Systematic review.**

[2018]

Zarei, M., & Abbasi, H.

**Journal of Exercise Science and Medicine, 9(2), 217-242.**

**Descriptive Analysis of Research Projects in the fields of Sport Psychology and Motor Behavior of Sport Sciences Research Institute.**

[2018]

Mohammadi, F., Abbasi, H., rezaei, Z., ostovan, Z.

**Sport Psychology Studies (ie, mutaleat ravanshenasi varzeshi), 7(25), 15-28. doi: 10.22089/spsyj.2018.5053.1524**

**The Comparison of Kinetic Parameters between Flexible Flatfoot and Normal Foot Football Players during Single Leg Drop – Landing.**

[2017]

Piri, H., Rajabi, R., Minoonejad, H., Tabatabai Ghomshe, F., Abbasi, H.

**Studies in Sport Medicine, 9(22), 67-80. doi: 10.22089/smj.2018.1141**

**The Effect of Core Stability Exercises on Endurance and trunk Control in Patients with Multiple Sclerosis.**

[2017]

Shahrokhi, H., Abbasi, H., Mohammadi, F., Rahmani, P.

**Studies in Sport Medicine, 9(21), 83-100. doi: 10.22089/smj.2017.3473.1190**

**The Effect of Ten-Week Combined Training in Stable and Unstable Surfaces on Muscle Strength and Functional Capacity in Patients with Multiple Sclerosis.**

[2016]

Rahmani, P., Mohammadi, F., Abbasi, H.

**Studies in Sport Medicine, 8(19), 95-116. doi: 10.22089/smj.2016.883**

**Comparing the effect of functional, extra-functional and combined exercises on dynamic balance in athletes with functional ankle instability.**

[2015]

Abbasi, H., Alizadeh, M. H., Daneshmandi, H., & Barati, A. H.

**Studies in Sport Medicine, 7(17), 34-15.**

**Evaluation of relationship between trunk muscle endurance and static balance in male students.**

[2013]

Barati, A., Safarcherati, A., Aghayari, A., Azizi, F., & Abbasi, H.

**Asian journal of sports medicine, 4(4), 289.**

**CONFERENCES AND SEMINARS**

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**Investigation of non-contact injuries prediction by parameters related to internal and external loads in a Premier League team.**

[ 13th International Congress on Sport Science, Tehran, Iran , 2021 ]

D Khezri, **H Abbasi**, H Nobari.

**Validity and Reliability of Sitting Star Excursion Balance Test in People with Spinal Cord Injury.**

[ 13th International Congress on Sport Science, Tehran, Iran , 2021 ]

E Shahi, **H Abbasi**.

**Comparison of external and internal Focus of Attention during ACL Injury Prevention Exercises on dynamic postural stability in Soccer Players.**

[ 13th International Congress on Sport Science, Tehran, Iran, 2021 ]

N Dalvand pour, M Zarei, B Abdoli, **H Abbasi**.

**Core isometric endurance is not different between soccer players with and without functional ankle instability.**

[ 12th International Congress on Sport Science, Tehran, Iran, 2019 ]

**H Abbasi**, H Alizadeh, H Daneshmandi, AH Barati.

**The Relationship Between Core Isometric endurance and Dynamic Balance in Soccer Players with Functional Ankle Instability.**

[ 12th International Congress on Sport Science, Tehran, Iran, 2019 ]

H Abbasi, H Alizadeh, H Daneshmandi, AH Barati.

**There is no relationship between the functional movement screening score and sport Injuries in students.**

[ 11th International Congress on Sport Science, Tehran, Iran, 2017 ]

M Pougolian, H Abbasi, F Mohammadi.

**A systematic review and meta-analysis of the prevalence of spine postural deviations in Iranian students.**

[ 10th International Congress on Sport Sciences., Tehran, Iran, 2016 ]

**Abbasi H**, Mohammadi F, Shams A.

**"Iran Step 10,000 Campaign (Step Counter Software).**

[ The First sport technology & equipment. Sport Sciences Research Institute, Tehran, Iran, 2015 ]

H Abbasi.

**Core stability training can not improve dynamic balance in soccer players with functional ankle instability.**

[ 9th International Congress on Sport Science, Tehran, Iran, 2015 ]

**H Abbasi**, H Alizadeh, H Daneshmandi.

**Core stability training cannot improve dynamic balance in soccer players with functional ankle instability .**

[ 9th International Congress on Sport Science, Tehran, Iran, 2015 ]

**H Abbasi**, H Alizadeh, H Daneshmandi.

**Comparing the Effect of Functional, Extra-Functional and Combined Exercises on Dynamic Balance in Athletes with Functional Ankle Instability.**

[ 8th International Congress on Sport Science, Tehran,Iran, 2014 ]

**H Abbasi**, H Alizadeh, H Daneshmandi, AH Barati.

**Comparing the static and dynamic balance between students with and without forward head posture.**

[ 8th International Congress on Sport Science, Tehran, Iran, 2014 ]

**H Abbasi**, MH Alizadeh, R Rajabi.

**The relationship between spine flexibility and Lumbar Lordosis.**

[ 7th International Conference on Physical Education & Sports Science., Tehran, Iran, 2009 ]

S Sarvari,. E Kiomarsi,. **H Abbasi**,. S Sarvari.



## **The effect of a training program on the amount of pain and waist circumference of pregnant women.**

[ The first congress on sport injuries and corrective exercises, kerman university, Iran, 2007 ]

M H Alizadeh, Z Akbari, **H Abbasi**.

## **Effect of exercise on development of somatosensory performance in comparing blind and sighted individuals, dynamic balance control**

[ 7th International Conference on Physical Education & Sports Science., Tehran, Iran, 2009 ]

F Mohammadi., N Farahpour. , R Rajabi. , M. R Nikmaram. , **H Abbasi**.

## **Determining the Craniovertebral angle as an index of assessing forward head posture with the plumb line.**

[ 6th International Conference on Physical Education & Sports Science., Tehran, Iran, 2009 ]

**H Abbasi**, R Rajabi, F Mohammadi

## **PROJECTS**

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### **Monitoring the physical fitness factors, fatigue, internal and external training loads in the football players of Sepahan Team during a season**

[ 2022 ]

**Funded by the Foolad Mobarakeh Sepahan Club and Sport Sciences Research Institute of Iran**

### **Development of physical activity guidelines for people with spinal cord injuries**

[ 2022 ]

**Funded by the Sport Sciences Research Institute of Iran**

### **Development of the Adaptive Physical Education and Sports for the Disabled field of study Curriculum in master degree in Iran**

[ 2021 ]

Funded by the Ministry of Science Research and Technology of Iran

### **Effect of aerobic exercises on psychological well-being and quality of life among elderly people**

[ 2020 ]

### **Development of corrective exercises guidelines for children**

[ 2020 ]

**Funded by the Danesh Parsian Corporation**

### **Epidemiology of sports injuries and falls among Iranian students**

[ 2018 ]

**Funded by the Ministry of Education of Iran and the Sport Sciences Research Institute of Iran**

### **Systematic review of football field studies**

[ 2018 ]

**Funded by the Sport Sciences Research Institute of Iran**

## **Systematic review and meta-analysis of the prevalence of postural disorders in Iranian students**

[ 2016 ]

Funded by the Sport Sciences Research Institute of Iran

## **Content analysis of research projects of the Sports Sciences Institute of Iran**

[ 2016 ]

Funded by the Sport Sciences Research Institute of Iran

## **Evaluation of physical activity levels (low, moderate, high) among Iranian elderly and its relationship with mental health and quality of life**

[ 2016 ]

Funded by the World Health Organization (WHO)

## **Psychological characteristics of sports illustration questionnaire in athletes of national teams of the Islamic Republic of Iran**

[ 2016 ]

he World Health Organization (WHO)

## **PATENTS**

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### **Trunk Rotation Flexometer Seat**

[ 22 Jul 2021 ]

Property and Document Registration System of the Country (Iran)

Intellectual Property Center.

Registration number: 106314

### **Abdominal Strengthening Device by Elastic Resistance**

[ 2021 ]

Property and Document Registration System of the Country (Iran)

Intellectual Property Center.

Registration number: 105428

## **MEMBERSHIPS**

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**Member of Disabled Sports Research Center of Shahid Beheshti University, Iran**

[ 2020 – Current ]

**Member of the Education Council of the Academy of Sport for all Federation of the Ministry of Sport and Youth of Iran**

[ 2019 – Current ]

**Member of the Ethics Committee of Sport Sciences Research Institute of Iran ,Ministry of Health and Medical Education of Iran**

[ 2018 – Current ]

**Member of the Board of the Association of Sport injuries and Corrective Exercises(SICEA) Iran  
Ministry of Science Research and Technology**

[ 2017 – Current ]

**Member of the Sports injuries and Corrective Exercises council of Curriculum Planning and Science Development, Ministry of Science, Research and Technology of Iran**

[ 2014 – 2019 ]

## **SCIENTIFIC COMMITTEE MEMBER**

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**13th International Congress on Sport Science, Tehran, Iran**

[ 2021 ]

**12th International Congress on Sport Science, Tehran, Iran**

[ 2019 ]

**6th National Student Conference of Sports Science of Shahid Beheshti University**

[ 25 Jun 2019 ]

**First Eurasian sports science congress**

[ 9 Oct 2018 – 11 Oct 2018 ]

**3st National Conference on New findings in Sport Sciences, Tehran, Iran**

[ 2017 ]

**11th International Congress on Sport Science, Tehran, Iran**

[ 2017 ]

**3rd National Conference on Sport and diseases, kish, Iran**

[ 29 Nov 2017 – 30 Nov 2017 ]

**10th International Congress on Sport Science, Tehran, Iran**

[ 2016 ]

**2st National Conference on New findings in Sport Sciences, Tehran, Iran**

[ 14 Dec 2016 ]

**9th International Congress on Sport Science, Tehran, Iran**

[ 2015 ]

**1st Sport Technology & Equipment Idea**

[ 2015 ]

**8th International Congress on Sport Science, Tehran, Iran**

[ 2014 ]

**1st National Conference on New findings in Sport Sciences, Tehran, Iran**

[ 2014 ]

## **TEACHING**

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**Kinesiology, Exercise Science, Kinesiopathology, Fitness, Sports for the Disabled,  
,Musculoskeletal Biomechanics, Gait and Posture, Therapeutic Exercise, Exercise and Aging,  
Corrective Exercises, Sports Injuries, Sports Rehabilitation**

[ 2009 – Current ]

## LANGUAGE SKILLS

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Mother tongue(s): **Persian** | **Kurdish** | **Laki**

Other language(s):

### English

**LISTENING C2 READING C2 WRITING C1**

**SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2**

### Arabic

**LISTENING A1 READING A1 WRITING A1**

**SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1**

## LICENSES & CERTIFICATIONS

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### Older Adult Trainer

[ 2009 – Current ]

### Personal Trainer

[ 2009 – Current ]

### Corrective Exercise Specialist

[ 2009 – Current ]

### IPC Athletics Classifier

[ Apr 2017 – Current ]

### IPC Swimming Classifier

[ Dec 2016 – Current ]

### Strength & Conditioning Coach

[ Feb 2009 – Current ]

### Standard First Aid & CPR certification

[ Jan 2008 – Current ]

Red Crescent Society of the Islamic Republic of Iran

### Fitness Instructor

[ Nov 2008 – Current ]

## ATHLETIC AWARDS

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### Gold Medal, Wrestling 84kg

[ 2012 ]

Tehran University Sports Festival

### Gold Medal, Wrestling 84kg

[ 2011 ]

Tehran University Games

### Gold Medal, Wrestling 84kg

[ 2011 ]

Tehran University Sports Festival

**Bronze Medal, Handball**

[ 2011 ]

Tehran University Sports Festival

**Gold Medal, Wrestling 84kg**

[ 2010 ]

Tehran University Sports Festival

**Silver Medal, Handball**

[ 2010 ]

Tehran University Sports Festival, Silver Medal, Handball

**Gold Medal, Power-Lifting**

[ 2009 ]

Tehran University Sports Festival

**Gold Medal, Wrestling 84kg**

[ 2004 ]

Iran University Games

**Silver Medal, Wrestling 84kg**

[ 2003 ]

Iran University Games

**Silver Medal, Wrestling 84kg**

[ 2002 ]

Khorasan Razavi University Sports Festival

**Silver Medal, Shot Put**

[ 2002 ]

Khorasan Razavi University Sports Festival

**Silver Medal, 400m**

[ 2002 ]

Khorasan Razavi University Sports Festival

**Silver Medal, Wrestling 69kg**

[ 2001 ]

State High School, Khorasan Razavi Province

**Bronze Medal, Wrestling 66kg**

[ 2000 ]

State High School, Kermanshah Province