

# 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		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C1	C1	B2	B2	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](#)

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<b>Communication skills</b>	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.
<b>Job-related skills</b>	Lecturer in University (Since January. 2006 up to now); 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).
<b>Digital skills</b>	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).
<b>Editor-Reviewer in Scientific Journals</b>	Reviewer at International Journal of Sports Medicine, since 2024 Reviewer at Scientific Reports – Nature, since 2024 Reviewer at PM&R: The journal of injury, function and rehabilitation, since 2024 Reviewer at Medicine & Science in Sports & Exercise, since 2024 Reviewer at BMC Sports Science, Medicine and Rehabilitation, since 2024 Reviewer at Trials (ISSN 1745-6215), since 2023 Reviewer at BMJ Open (ISSN 2044-6055), since 2023 Reviewer at Healthcare (ISSN 2227-9032), since 2023 Reviewer at Sports Health (ISSN 1941-7381), since 2023 Review Editor at Front. Pediatrics (ISSN 2296-2360), since 2023 Review Editor at Front. Public Health - Digital Public Health, since 2023 Review Editor at Front. Public Health - Public Health Education and Promotion, since 2023 Review Editor at Front. Public Health - Occupational Health and Safety, since 2023 Reviewer at International Journal of Environmental Research and Public Health, since 2023 Review Editor at Frontiers in Public Health, since 2022 Reviewer at Biology, since 2022 Associate Editor & Reviewer at Journal of Exercise and Health Science, since 2022 Reviewer at Journal of Clinical and Experimental Hypertension, since 2021 Reviewer at Journal of Sport Rehabilitation, since 2021
<b>Research Projects</b>	4. Hosseinzadeh M., Mian Darbandi S., Behm D. G.; To investigate the Lower Limb Isokinetic Strength Symmetries and Injury Incidence among Iranian Judokas; A prospective cohort study. Department of Exercise Medicine, Sport Sciences Research Institute of Iran, 2023, 1-42. 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.
<b>peer-reviewed publication:</b>	48. Karimi T., Pelland L., Rahimi M., <b>Hosseinzadeh M.</b> : Screening value of a battery of functional and motor control tests for discrimination of non-specific low back pain among community of office workers in Tehran: protocol for a prospective cohort study. BMC Musculoskeletal Disorders. 2025 (Under review). 47. Nasiri Z., Letafatkar A., <b>Hosseinzadeh M.</b> : Investigating the association between intralimb

## CURRICULUM VITAE – MAHDI HOSSEINZADEH

- strength ratio, interlimb strength and range of motion asymmetry index, and functional limitations with fall incidence among older adults: protocol for a prospective cohort study. *BMJ Open Sport & Exercise Medicine* 2024;10:e002110. doi: <https://doi.org/10.1136/bmjsem-2024-002110>.
46. Khabiri M., Letafatkar A., **Hosseinzadeh M.**: To compare the effect and durability of the effect of corrective exercise and manual therapy focused on the back vs. hip on disability, function, pressure pain, pain map, health and psychological status of the elderly with chronic back and hip pain: Protocol for a randomized controlled trial. *BMC Complementary Medicine and Therapies*; 2024 (under review).
45. Hayati M., Furtado G. E., Nazarali P., Sardroodian M., Mohammadi H., **Hosseinzadeh M.**: Cross-Sectional Assessment of the Tinetti Performance-Oriented Mobility Assessment as a Screening Tool for Physical Frailty Syndrome in Elderly Adults. *BMC Geriatrics* 2024 (under review).
44. Habibnattaj M., **Hosseinzadeh M.**, Ghaffari R.: The effect of 8 weeks of an exercise battery including stretching, isometric and strengthening exercises on the disability, quality of life, intensity and pain sensitivity of female employees with non-specific chronic neck pain: Protocol for a randomized controlled trial. *BMC Complementary Medicine and Therapies* 2024 (under review).
43. Hayati M., Nazarali P., Sardroodian M., Bennett H., Hosseinzadeh M.; Excess Body Mass Exacerbates the Association Between Poor Physical Function and Frailty in Older Community Dwelling Adults. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, Nov 20, 2024. <https://doi.org/10.1177/00469580241292158> .
42. Ghadimi K. Z., Sheikh M., Hominiyan D., Qeysari F., Mohammadi H., **Hosseinzadeh M.**; The effect of Equine-Assisted Therapy on perceptual-motor performance of adolescents with autism spectrum disorder. *Psychological Studies*. (Submitted).
41. Osanlou S., Miri H., Nichols J.F., **Hosseinzadeh M.**; Investigating the relationship between sagittal spinal curvature and fall incidence and fall risk among elderly nursing home residents. *Osteoporosis International*, Aug 22, 2024. doi: <https://doi.org/10.1007/s00198-024-07232-z>. Online ahead of print.
40. Afshari M., Letafatkar A., **Hosseinzadeh M.**; Does weight loss program improve the effectiveness of the home exercise program in patients with non-specific chronic low back pain: Protocol for a randomized controlled trial. *Trials (TRLS)*, 2023, (Submitted).
39. Mian Darbandi S., **Hosseinzadeh M.**; Strength, dynamic balance and proprioception status, and musculoskeletal injury incidence in male judokas: age-related differences. *Archives of Budo*, 2023, (under review).
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37. Kamyabi S., Sahebozamani M., Amini A., Brumitt J., **Hosseinzadeh M.**; A comparison of men's and women's professional karate (kata) athletes' injuries. *Int J Sports Phys Ther.* 2023, (Submitted).
36. Mohammadi H., Ghaffari R., **Hosseinzadeh M.**; The Screening Value of Single Leg Squat and Vertical Drop Jump for Predicting Lower Limb Injuries in Professional Male Football Players. *MLTJ Muscle, Ligaments and Tendons Journal* (2240-4554), 2024; 14 (2): 307-312. <https://doi.org/10.32098/mltj.02.2024.10>
35. Ghaffari R., Rajabi R., Shahrbanian S., Barati A., **Hosseinzadeh M.**; Comparing the effect of in water vs. land vs. combined land-water training on functional mobility and balance in women with Multiple Sclerosis: A Burdenko Method. *Sport Sciences for Health*, 05 January 2024, <https://doi.org/10.1007/s11332-023-01143-y>.

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34. Soltanirad S., Kazemi A., Bennett H., **Hosseinzadeh M.**; Triple hop test distance, but not asymmetry, is associated with ankle sprains in elite adolescent volleyball players; A prospective cohort study; *Medicine & Science in Sports & Exercise*, 2024, (under review).
33. Mohammadi H., Ghaffari R., Kazemi A., Bennett H., **Hosseinzadeh M.**; Evaluation of the Value of the Y-Balance Test to Predict Lower Limb Injuries in Professional Male Footballers; *Journal of Sport Rehabilitation*, 24 Oct 2023, <https://doi.org/10.1123/jsr.2023-0139>.
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29. Soheili S., Letafatkar A., **Hosseinzadeh M.**; The effect of patient-led goal setting approach combined with pain neuroscience education or manual therapy in patients with chronic low back pain: protocol for a parallel-group randomized controlled trial. *Trials*, 08 Sep 2023. <https://doi.org/10.1186/s13063-023-07617-1>
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23. **Hosseinzadeh M.**, Assar S., Soltanirad S., Letafatkar A., Benoit C., Hoogenboom B. J. Colleen B., Kazemi A., Smania N., Rossetini G.; Test-Retest Reliability and Validation of an Instrumented Device for Measuring Back Muscle Endurance: A Randomized Cross-Over Study. *Sport Sci Health*, 2024. <https://doi.org/10.1007/s11332-024-01169-w>
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## CURRICULUM VITAE – MAHDI HOSSEINZADEH

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18. 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).
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## CURRICULUM VITAE – MAHDI HOSSEINZADEH

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### Conferences Proceedings

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## CURRICULUM VITAE – MAHDI HOSSEINZADEH

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).

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### 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](mailto:pm@hst.aau.dk)
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