

Curriculum Vitae



Personal Data

Surname: Ghaderi
Name: Fariba
Degree: PhD in Physiotherapy. The Faculty Of Rehabilitation , Tabriz University Of Medical Sciences, Tabriz, Iran
Academic Grade: Professor in Physiotherapy.
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Academic

2005-2010 University Of Social Welfare And Rehabilitation Sciences, Tehran , Iran
Graduated with PhD. in Physiotherapy

1999-2001 Iran University of Medical Sciences, Tehran, Iran
Graduated with MSc. in Physiotherapy

1994-1998 Isfahan University of Medical Sciences, Isfahan, Iran
Graduated with BSc. in Physiotherapy

Administrative experiences

2019-present Board member of physiotherapy in Iranian Ministry of Health and Medical Education

2018-2021 Head Of The Department Of Physiotherapy, Tabriz University Of Medical Sciences, Tabriz, Iran

2010-2016 Dean Of The Physiotherapy Clinic Of The Faculty Of Rehabilitation , Tabriz University Of Medical Sciences, Tabriz, Iran

2013-2014 Deputy Dean Of Education and Research of Rehabilitation Faculty , Tabriz University Of Medical Sciences, Tabriz, Iran

2010-2014 Head Of The Department Of Physiotherapy, Tabriz University Of Medical Sciences, Tabriz, Iran

2003-2005 Head Of The Department Of Physiotherapy, Tabriz University Of Medical Sciences, Tabriz, Iran

2003-2005 *Dean Of The Physiotherapy Clinic Of The Faculty Of Rehabilitation , Tabriz University Of Medical Sciences, Tabriz, Iran*

Awards and Scholarships

2014 *The Best Professor Of Rehabilitation Faculty(15th Shahid Motahari' s Educational Festival) , Tabriz University Of Medical Sciences, Tabriz, Iran*

2012 *The Best Professor Of Rehabilitation Faculty , Tabriz University Of Medical Sciences, Tabriz, Iran*

2001 *First Grade Student Of MSc Students, Iran University Of Medical Sciences, Iran*

1999 *First Grade Student Of Iran's Ministry Of Health MSc Exam, Iran*

1998 *First Grade Student Of BSc Students, Isfahan University Of Medical Sciences , Isfahan , Iran*

Membership

1998-present *Iranian Physiotherapy Association (IPA)*

2014-present *International Continence Society(ICS)*

Publications

1. 2025 Afzali M, **Ghaderi F***, Salehi-Pourmehr H, Soltani A. Posterior Tibial Nerve Stimulation Effect on Treatment of Overactive Bladder: A Systematic Review and Meta-analysis. *Middle East Journal of Rehabilitation and Health Studies.*;12(1).
2. 2024 Soleimanzadeh E, Adigozali H, Salehi-Pourmehr H, Ghojazadeh M, **Ghaderi F**, Ahadi J. A Multidimensional Investigation of Diastasis Recti Abdominis Treatment and Assessment in Postpartum Women: A Systematic Review and Meta-Analysis. *Journal of Modern Rehabilitation.* 2024 Oct 1;18(4).
3. 2024 Chakeri Z, Talebian S, **Ghaderi F***. Effect of Kinesio taping on lumbar Kinematic after static lumbar flexion in healthy subjects. *jmr.* 2024;(-).
4. 2024 Hamedfar, M., **Ghaderi, F***, Salehi Pourmehr, H., soltani, abbas, Ghojazadeh, M. , & vahed, nafiseh. (2024). Posterior tibial nerve electrical stimulation in chronic constipation: a systematic review and meta-analysis. *Gastroenterology and Hepatology from Bed to Bench*, 17(1). <https://doi.org/10.22037/ghfbb.v17i1.2831>

5. **2024** Veisy, A., Mohammad-Alizadeh-Charandabi, S., Abbas-Alizadeh, S., Mirghafourvand, M., **Ghaderi, F.**, & Haghghi, M. (2024). Monitored home-based with or without face-to-face exercise for maternal mental health during the COVID-19 pandemic. *Journal of Reproductive and Infant Psychology*, 42(1), 110–125. <https://doi.org/10.1080/02646838.2022.2063267>
6. **2023** **Ghaderi F**, Kharaji G*, Hajebrahimi S, Pashazadeh F, Berghmans B, Pourmehr HS. *Physiotherapy in Patients with Stress Urinary Incontinence: A Systematic Review and Meta-analysis. Urology Research & Practice.* 49(5) :293-306
7. **2023** S Pak, F **Ghaderi**, A Soltani Somee, M Mirghafourvand, M Kamalifard. *The effects of interferential electrical stimulation current on labor pain and duration of active phase of labor in primiparous women: A randomized controlled trial, Physiotherapy Theory and Practice, Jun 3;39(6):1133-40.*
8. **2023** Mahmoudzadeh T, **Ghaderi F**, Asghari Jafarabadi M, Sepehri B, Adigozali H. *Validity and Reliability of the Persian Version of the Comprehensive Constipation Questionnaire: A Cross-Sectional Study. Journal of Modern Rehabilitation.* Apr 8;17(2):181-7.
9. **2023** **Ghaderi F**, Havaei N, Hamedfar M, Berghmans B, Chakeri Z. *Validity and reliability of the Persian version of the PRAFAB questionnaire in Iranian women with urinary incontinence. International Urogynecology Journal.* Feb 8:1-7.
10. **2023** **Ghaderi F**, Amirshakeri B, Adigozali H, Havaei N. *Validation of the Persian Version of the Exercise Adherence Rating Scale in Iranian Population: A Methodological Study. Middle East J Rehabil Health Stud.;In Press(In Press):e133898. https://doi.org/10.5812/mejrh-133898.*
11. **2023** Veisy A, Charandabi S, Abbas-Alizadeh S, **Ghaderi F**, Haghghi M, Mirghafourvand M. *Predictors of Early Pregnancy Fatigue among Iranian Women during the COVID-19 Pandemic: A Cross Sectional Study. Current Women's Health Reviews.* May 1;19(2):68-76.
12. **2023** Kharaji G, Nikjooy A, Amiri A, Sanjari MA, Jafari H, Berghmans B, **Ghaderi F**. *Better Sense of Force Accuracy in Women with Stress Urinary Incontinence Compared with Women Without Stress Urinary Incontinence: A Surprising Result in a Case-Control Study. Middle East Journal of Rehabilitation and Health Studies.* Jan 31;10(1).
13. **2023** **Ghaderi F**, Jamshidi M, Sarbakhsh P, Kharaji G. *Cross-cultural adaptation, validity, and reliability of the pediatric constipation score-parent report in pediatric functional constipation in an Iranian population. Gastroenterology and Hepatology From Bed to Bench.;*16(1):486-491
14. **2022** Rezaei M, Sadri-Aghdam N, Azghani MR, **Ghaderi F**, Adigozali H. *The effect of hip joint position on knee joint isokinetic dynamometry indices in football and track and field athletes. Tehran University Medical Journal TUMS Publications.* Nov 10;80(8):660-9.

15. **2022** E Soleymanzadeh, H Adaligozali, **F Ghaderi**, T Ghanavati, M Ghojazadeh. Reliability and validity of clinical and imaging methods in the assessment of the diastasis recti: A systematic review. *Koomesh* 24 (4), 434-450.
16. **2022** M Maghalian, M Mirghafourvand, **F Ghaderi**, S Abbasalizadeh, S Pak. Comparison the effect of Swedish massage and interferential electrical stimulation on labor pain and childbirth experience in primiparous women: a randomized controlled trail. *Archives of Gynecology and Obstetrics* 306 (1), 37-47.
17. **2022** **F Ghaderi**, S Hajebrahimi, F Ghaderi, F Pashazadeh. Pelvic floor muscle training in mother fit healthcare centres: a best practice implementation project *JBIE Evidence Implementation* 20 (2), 154-161.
18. **2022** A Veisy, S Mohammad-Alizadeh-Charandabi, S Abbas-Alizadeh, **F Ghaderi**. Monitored home-based with or without face-to-face exercise for maternal mental health during the COVID-19 pandemic. *Journal of Reproductive and Infant Psychology*, 1-16.
19. **2021** F Ghaderi, E Shahmoradi, M Moghadam Salimi, M Asghari Jafarabadi. The Effect of Heel Height of Shoe on Ankle Muscle Activation Pattern in Women with Functional Ankle Instability during Stair Descending. *Muscles, Ligaments & Tendons Journal (MLTJ)* 11 (4)
20. **2021** Sodagar N, **Ghaderi F***, Ghanavati T, Ansari F, Asghari M. Related Risk Factors for Pelvic Floor Disorders in Postpartum Women: A Cross-sectional Study.
21. **2021** Maghalian M, Mirghafourvand M, **Ghaderi F**, Abbasalizadeh S, Pak S. Comparison the effect of Swedish massage and interferential electrical stimulation on labor pain and childbirth experience in primiparous women: a randomized controlled clinical trial. *Archives of gynecology and obstetrics*. 2021 Oct 30:1-1.
22. **2021** **Ghaderi F***, Hajebrahimi S, Pashazadeh F. Pelvic floor muscle training in mother fit healthcare centres: a best practice implementation project. *JBIE Evidence Implementation*. 2021 Nov 8.
23. **2021** Parisa Zhoollideh, Zahra Salahzadeh, Hakimeh Adigozali, Mahmood Reza Azghani Mohammad Asghari Jafarabadi ,Maura Regina Seleme, **Fariba ghaderi***.The relationship between Static Standing Posture and Common Pelvic Floor Disorders Muscle, Ligaments and Tendons *Journal*. Nr 2021;11 (1):77-82
24. **2020** Nader Sadri-Aghdam , Mandana Rezaeib*, Mahmood R Azghanic , **Fariba Ghaderi**, Hakimeh Adigozali. The relationship between Nordic hamstring test and isokinetic dynamometry in football and track and field student athletes: a cross-sectional study. *Muscles, Ligaments & Tendons Journal (MLTJ)*

25. **2020** Zhoollideh P, Salahzadeh Z, Adigozali H, Azghani MR, Asghari Jafarabadi M Seleme MR, **Ghaderi F***. *The relationship between Static Standing Posture and Common Pelvic Floor Disorders. Muscles, Ligaments & Tendons Journal (MLTJ)*
26. **2020** F Khorasani, **F Ghaderi**, P Bastani, P Sarbakhsh, B Berghmans. *The Effects of home-based stabilization exercises focusing on the pelvic floor on postnatal stress urinary incontinence and low back pain: a randomized controlled trial. International Urogynecology Journal*, 31:2301–2307
27. **2020** **F Ghaderi**, S Goljaryan. *Designing and pilot implementation pelvic floor internship for bachelor of physiotherapy. Biannual Journal of Medical Education Education Development Center*
28. **2020** Mohammadimajd E, Lotfinia I, Salahzadeh Z, Aghazadeh N, Noras P, **Ghaderi F**, Poureisa M, Sarbakhsh P, Choopani R. *Comparison of lumbar segmental stabilization and general exercises on clinical and radiologic criteria in grade-I spondylolisthesis patients: A double-blind randomized controlled trial. Physiotherapy Research International*. 2020 Apr 28:e1843.
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29. **2020** Khorasani F, **Ghaderi F***, Ahadi P, Khorasani E, Sarbakhsh P, Ansari F, Vahed N. *Systematic review of physiotherapy and pelvic floor muscle exercises in prevention and treatment of pregnancy related pelvic floor disorders. International Journal of Women's Health and Reproduction Sciences*, 8(2), pp. 125-132
30. **2019** Choopani R, **F Ghaderi**, Z Salahzadeh, H Adigozali, HN Sivaki, EM Majd. *The Effect of Segmental Stabilization Exercises on Pain, Disability and Static Postural Stability in Patients with Spondylolisthesis: A Double Blinded Pilot RandomizedMuscles, Ligaments & Tendons Journal (MLTJ)* 9 (4)
31. **2019** **Ghaderi F**, Bastani P, Hajebrahimi S , Asghari Jafarabadi M, Berghmans B*. *Pelvic floor rehabilitation in the treatment of women with dyspareunia: a randomized controlled clinical trial. International Urogynecology Journal. In Press. <https://doi.org/10.1007/s00192-019-04019-3>*
32. **2019** **Ghaderi, F.**, Javanshir, K*, Jafarabadi, M.A., Moghadam, A.N., Arab, A.M. *Chronic Neck Pain and Muscle Activation Characteristic of Shoulder Complex .Journal of Bodywork & Movement Therapies. In Press. <https://doi.org/10.1016/j.jbmt.2019.02.019>.*
33. **2019** J Manafnezhad, Z Salahzadeh, M Salimi, **F Ghaderi**, M Ghojzadeh. *The effects of shock wave and dry needling on active trigger points of upper trapezius muscle in patients with non-specific neck pain: A randomized clinical trial Journal of back and musculoskeletal rehabilitation*

34. **2018** Qorbanalipour K, **Ghaderi F***, Asghari Jafarabadi M. Comparison of the Effects of Acupressure and Electroacupuncture in Primary Dysmenorrhea: A Randomized Controlled Trial. 2018; *International Journal of Women's Health and Reproduction Sciences*. 6 (4): 471–476
35. **2018** Ghorbanpour A, Azghani MR, Taghipour M, Salahzadeh Z, **Ghaderi F**, Oskoue AE. Effects of McGill stabilization exercises and conventional physiotherapy on pain, functional disability and active back range of motion in patients with chronic non-specific low back pain. 2018; *J. Phys. Ther. Sci*. 30: 481–485.
36. **2018** Jangi M, Fernandez-de-las-Penas C, Tara M, Moghbeli F, **Ghaderi F**, Javanshir K. Systematic review on reminder systems in physical therapy. *Caspian J Intern Med* 2018; 9(1):7-15
37. **2018** Khorasani F, Ghaderi F*, Ahadi P, Khorasani E, Sarbakhsh P, Ansari F, Vahed N. Systematic review of physiotherapy and pelvic floor muscle exercises in prevention and treatment of pregnancy related pelvic floor disorders. *PROSPERO* 2018
38. **2017** **Ghaderi F**, Asghari Jafarabadi M, Javanshir K. The clinical and EMG assessment of the effects of stabilization exercise on nonspecific chronic neck pain: A randomized controlled trial. *Journal of Back and Musculoskeletal Rehabilitation*. 30:211–219.
39. **2017** Bastani P, Hajebrahimi S, Mallah F, **Ghaderi F**, Rasouli L . Development of Pelvic Organ Prolapse Guidelines. *BMJ Open* 2017;7(0):A1 –A78.
40. **2017** Pourkhiz Z, Mohammad-Alizadeh-Charandabi S, Mirghafourvand M, Haj-Ebrahimi S, **Ghaderi F**. Effect of Pelvic Floor Muscle Training on Female Sexual Function During Pregnancy and Postpartum: A Randomized Controlled Trial. *Iranian Red Crescent Medical Journal* 2017; 19(10): e63218.
41. **2017** Farajzadeh F, **Ghaderi F***, Asghari Jafarabadi M, Azghani MR, Eteraf Oskoui MA, Rezaie M, Ghorbanpour A. Effects of McGill Stabilization Exercise on Pain and Disability, Range of Motion and Dynamic Balance Indices in Patients with Chronic Nonspecific Low Back Pain. *Babol Univ Med Sci* 2017;19(10):21-27
42. **2017** **Ghaderi F**, Asghari Jafarabadi M*, Mohseni Bandpei MA. Dysmenorrhea and self-care strategies in Iranian female students: a regression modeling of pain severity and underlying factors. *Int J Adolesc Med Health* 2017; 29(6): 1-8.
43. **2017** Zhooldideh P, **Ghaderi F***. Pelvic Floor Disorders and Posture: A literature Review. *Crescent Journal of Medical and Biological Sciences*; In PRESS

44. **2017** Farajzadeh F, **Ghaderi F***, Bastani P. Treatment of Polycystic Ovarian Syndrome (PCOS) using Electroacupuncture : A Case Report. *International Journal of Women's Health and Reproduction Sciences*; 5(1): 76–79.
45. **2017** **F Ghaderi**, MA Jafarabadi, K Javanshir. The clinical and EMG assessment of the effects of stabilization exercise on nonspecific chronic neck pain: A randomized controlled trial. *Journal of Back and Musculoskeletal Rehabilitation*, 30:211–219.
46. **2016** Qorbanalipour K, **Ghaderi F***, Asghari Jafarabadi M, Mohammadalizade S. The Validity and reliability of Persian version of modified Moos Menstrual Distress Questionnaire. *Iranian Journal of Obstetrics, Gynecology and Infertility*; 19(29):11-18
47. **2016** Bastani P, Hajebrahimi S, **Ghaderi F**, Vakilzad Z, Ghojazadeh M. The effect of pelvic floor physical therapy on sexual function in women complaining dyspareunia. *Tehran Univ Med J* 2016, 74(7): 500-508
48. **2016** **F Ghaderi**, K Mohammadi, RA Sasan, SN Kheslat, AE Oskouei. Effects of Stabilization Exercises Focusing on Pelvic Floor Muscles on Low Back Pain and Urinary Incontinence in Women. *UROLOGY* 93:50–54
49. **2015** Z Chakeri, M Salavati, S Talebian, **F Ghaderi**. Kinesio Taping Applied to Lumbar Muscles in Static Lumbar Flexion. *Physical Treatments-Specific Physical Therapy Journal* 5 (1), 3-10
50. **2014** GA Talebi, **F Ghaderi***, AE Oskouei . Using Log Book in Clinical Education of Physiotherapy Students Development Strategies in Medical Education 1 (2), 54-61
51. **2014** T Allahyari, S Hedayati, H Khalkhali, **F Ghaderi**. A comparative survey on forces exerted to low back in patient manual handling. *Journal of Ergonomics* 2 (2), 1-8
54. **2014** Maede Ansarian, Maghsoud Eivazi Gharamaleki, **Fariba Ghaderi**. The Investigation of Relationship between Stress Urinary Incontinence in Women and Flat Foot by Method of Observing Foot Posture Index 6 (FPI-6). *Advances in Environmental Biology* 8 (11), 386-392
55. **2014** Maede Ansarian, Maghsoud Eivazi Gharamaleki, **Fariba Ghaderi**. The Relationship between Stress Urinary Incontinence in Women and Flat Footby Using Two Methods. *Advances in Environmental Biology* 8 (11), 377-385
56. **2014** **Ghaderi F**, Oskuie AE. Physiotherapy for Women with Stress Urinary Incontinence: A Review Article. *J. Phys. Ther. Sci.* 26: 1493–1499

57. **2014** **Ghaderi F**, Talebi GA, Eskandarzade A, Eteraf Oskoui MA. *The effects of Logbook on Educational Learning of physical Therapy Students. Journal of EDC of Yazd University of Medical Sciences* 2014 May (13): 246
58. **2014** **Ghaderi F**, Khalili M, Pourfakheri H, Eteraf Oskoui MA. *Cultural and educational effects of uniform white coat. Journal of EDC of Yazd University of Medical Sciences;2014, May (13): 158*
59. **2013** Hasankhani H, **Ghaderi F**, Lakdizaji S, Nahamin M. *The effect of the Slow-Stroke back massage on fatigue of dialyzed patients. International Research Journal of Applied and Basic Sciences,2013; 4 (10): 3004-3008.*
60. **2013** Nahamin M, Hasankhani H, **Ghaderi F**, Lakdizaji S. *Fatigue and demographic factors influencing on it in dialyzed patients. International Research Journal of Applied and Basic Sciences,2013; 4 (10): 3328-3332.*
61. **2013** Goli H, Sadeghi Shabestari M, Asghari Jafarabadi M, **Ghaderi F** , valizadeh S .*The Effect of Mixed Method Massage on the spirometric Indices in Asthmatic Children. Complementary Medicine Journal,2013;3(2):53-66.*
62. **2013** **Ghaderi F***, Asghari jafarabadi M, Mohseni Bandpei MA. *Prevalence of Musculoskeletal Pain and Associated Factors with Low Back Pain during Pregnancy. IJOGI,2013;15(41):9-16*
63. **2013** Goli H, valizadeh S, Asghari Jafarabadi M, **Ghaderi F** , Sadeghi Shabestari M*.*The Effect of Combined Massage Therapy for Children with Asthma on Maternal Anxiety: A Randomized Clinical Trial .http://ebcj.mums.ac.ir.2013;2(4):29-36*
64. **2013** **Ghaderi F***, Arabloo AM , Nodehi Moghadam A .*The Comparative Study Of Shoulder Girdle Muscle Activation Pattern Between Subjects With & Without Chronic Non Specific Neck Pain. Medical Journal Of Urmia University Of Medical Sciences2013;23(7):736-744*
65. **2012** **Ghaderi F***, Asghari- Jafarabadi M, Moseni Bandpei MA. *Prevalence and associated factors and associated factors of musculoskeletal pain in pregnancy .Journal Of Health.Ardabil Univercity Of Medical Sciences,2012;14(3):55-62*
66. **2012** Oskouei Ali E. , **Ghaderi F**. *Physiotherapy Management in Prenatal and Postnatal Women with Urinary Incontinence . Iranian Journal of Reproductive Medicine (IJRM) ,2012; 10(2) suppl.1 :95-6.*
67. **2012** **Ghaderi F***, Amiri SN, Aghazade Z. *Comparative Study Between Two Treatment Methods On Post Mastectomy Lymphadema Reduction: Standard Method And Complete*

Decongestive Therapy. Medical Journal Of Urmia University Of Medical Sciences.2012;23(1):47-51

68. **2010 Ghaderi F***, Arabloo AM , Nodehi Moghadam A, Rahgozar M .*Reliability Of Maximum Voluntary Isometric Contraction In "Empty Can" Position During Surface Electromyographic Analysis Of Shoulder Muscles. Medical Journal Of Modares University.2010;Spring (13):69-78*
69. **2006 Toopchizadeh V.***,Barzegar M., **Ghaderi F.** *Managing Spasticity In Pediatric Cerebral Palsy Using Botulinum Toxin (Dysport). Medical Journal Of Tabriz University Of Medical Sciences Fall 2006; 28(3):49-52*
70. **2004 Ghaderi F***,Bagheri J. *Effect Of Vasotrain In Reducing Lower Limb Edema .Medical Journal Of Tabriz University Of Medical Sciences, 2004;60:50-53*
71. **2003 Ghaderi F**, Ebrahimi Takamjani E.,Salavati M.,Maroufi N* .*Effects Of Active Spinal Stabilization Exercises On Lumbar Muscle Performance In Sagital Plane In Healty Subjects. Journal Of Iran University Of Medical Sciences .Summer 2003; 10(34):263-276*

Teaching Experiences

- 2018_ Present Women Health And Pelvic Floor Disorders For Midwifery PhD Students. Tabriz University of Medical Scinces, Tabriz, Iran**
- 2016– Present Principles of Academic Writing for Physical Therapy MSc Students. Tabriz University of Medical Scinces, Tabriz, Iran**
- 2012 – Present Electroneuromyography For Physical Therapy MSc Students. Tabriz University Of Medical Scinces, Tabriz, Iran**
- 2012- Present Clinical Physical Therapy Courses For Physical Therapy Msc Students. Tabriz University Of Medical Scinces, Tabriz, Iran**
- 2012- Present Research Project And Seminar And Thesis Of Physical Therapy Msc Students. Tabriz University Of Medical Scinces, Tabriz, Iran**
- 2010-Present Clinical Physical Therapy Courses For Physiotherapy Students, Tabriz University Of Medical Scinces, Tabriz, Iran**
- 2001-Present Manual Muscle testing For Physiotherapy Students, Tabriz University Of Medical Scinces, Tabriz, Iran**
- 2001-Present Physical Therapy In Surgical Conditions For Physiotherapy Students, Tabriz University Of Medical Scinces, Tabriz, Iran**
- 2002-2005 The Basic For Rehabilitation For General Health Students, Tabriz University Of Medical Scinces, Tabriz, Iran**

2002-2005 Exercise Therapy (II) For Physiotherapy Students, Tabriz University Of Medical Scinces, Tabriz, Iran

2002-2005 Clinical Physical Therapy Courses For Physiotherapy Students, Tabriz University Of Medical Scinces, Tabriz, Iran