

*Curriculum Vitae*  
**ALIREZA ASHRAF, MD**  
**Professor of physical Medicine & Rehabilitation**

Married  
**Date of birth:** June 4,1973

Department of PM&R  
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**Postgraduate Training**

09/00-09/03 Shiraz University of Medical Sciences, Shiraz, Iran  
Residency training in Physical Medicine and Rehabilitation  
Graduated in September 2003 as a **Board Certified (1<sup>st</sup> rank)** PM&R Physician

**Education**

09/91-09/98 Shiraz University of Medical Sciences, Shiraz, Iran  
Graduated with degree of "**Doctor of Medicine,**"

**Certificates**

-Mentorship program in **Neurorehabilitation** and **Electerodiagnosis**. Loma Linda university (U.S.A). 2009

**Scopus H-Index:** 12

**Google scholar H-Index:** 17

**Research Activities** (International congresses)

- **Correlation between paravertebral muscle fat infiltration in magnetic resonance imaging and lumbar canal stenosis**

Poster presentation, (Annals of Physical and Rehabilitation Medicine 61, e440)

The 12th International Society of Physical and Rehabilitation Medicine World Congress, France 2018

**Effect of Motor Imagery on the F-Wave Parameters in Hemiparetic Stroke Survivors**

Oral presentation,

International Conference on Neurology and Brain Disorders, Spain

2018

- **THE EFFECTS OF ROUTINE PHYSIOTHERAPY ON PULMONARY FUNCTION TEST IN FEMALES WITH CHRONIC MECHANICAL NECK PAIN**  
Poster presentation, 2017 painSA congress, South Africa 2017
  - **The Effects of Calcitonin Injection on Functional Status of Elderly Women with Knee Osteoarthritis using WOMAC Questionnaire**  
Poster presentation, The 16th World Congress on pain, Japan 2016
  - **Effect of Motor Imagery on F-Wave Parameters in Hemiparetic Stroke Survivors.**  
Poster presentation, The 9th World Congress of International Society of physical and rehabilitation medicine, Germany 2015
- COMPARISON THE EFFECT OF LATERAL WEDGE INSOLE AND ACUPUNCTURE IN MEDIAL COMPARTMENT KNEE OSTEOARTHRITIS: A RANDOMIZED CONTROLLED TRIAL**  
Poster presentation, The 7th World Congress of the World Institute of pain, Netherlands 2014
- **EVALUATION OF THE EFFECT OF GREEN TEA EXTRACTS IN PATIENTS WITH MILD TO MODERATE KNEE OSTEOARTHRITIS**  
Poster presentation, The 7th World Congress of the World Institute of pain, Netherlands 2014
  - **MANIPULATION AND METHYL PREDNISOLON INJECTION IN TREATMENT OF COCCYDYNIA.**  
Poster presentation, The 7th World Congress of the World Institute of pain, Netherlands 2014
- CORRELATION BETWEEN RADIOLOGIC SIGNS (SEVERITY OF OSTEOARTHRITIS AND DEGREE OF LORDOSIS) AND FUNCTIONAL STATUS IN PATIENTS WITH CHRONIC MECHANICAL LOW BACK PAIN**  
Poster presentation, 5th Association of South-East Asian Pain Societies Conference, Singapore 2013
- **EVALUATION THE EFFECT OF B GROUP VITAMINS ON REDUCING PAIN OF THE PATIENTS WITH CHRONIC MECHANICAL BACK PAIN**  
Poster presentation, 5th Association of South-East Asian Pain Societies Conference, Singapore 2013
  - **Correlation of radiologic and sonographic findings with score of WOMAC questionnaire in unilateral knee osteoarthritis**  
Poster presentation, 3<sup>rd</sup> Asian congress of physical and rehabilitation medicine, Bali, Indonesia 2012
  - **Effectiveness of calcitonin injection in the treatment of Lumbar spinal stenosis**  
Poster presentation, 3<sup>rd</sup> Asian congress of physical and rehabilitation medicine, Bali, Indonesia 2012
  - **Sympathetic Skin Response in Reynaud's phenomenon**  
Poster presentation, 17<sup>th</sup> European congress of physical and rehabilitation medicine, Venice, Italy 2010
  - **Evaluation of the bone density of the femur in the patients with unilateral knee osteoarthritis**  
Poster presentation, 17<sup>th</sup> European congress of physical and rehabilitation medicine, Venice, Italy 2010
  - **Comparison of Padua Inventory score between the patients with carpal tunnel syndrome and general population**

Poster presentation, 17<sup>th</sup> European congress of physical and rehabilitation medicine, Venice, Italy 2010

- **Investigation of the relationship between osteoporosis and sexual satisfaction in women**  
Poster presentation, 17<sup>th</sup> European congress of physical and rehabilitation medicine, Venice, Italy 2010
- **Sympathetic Skin Response in Rheumatoid Arthritis**  
Oral presentation, 17<sup>th</sup> European congress of physical and rehabilitation medicine, Venice, Italy 2010
- **SYMPATHETIC SKIN RESPONSE (SSR) IN CROHN DISEASE: A PILOT STUDY.**  
Poster presentation, 5th World Congress of Physical Medicine & Rehabilitation, Istanbul, Turkey 2009
- **IMPACT OF PAIN IN VERTEBRAL COLUMN ON “ADL” AND “IADL” IN BILATERAL LOWER LIMB AMPUTEES**  
Poster presentation, 5th World Congress of Physical Medicine & Rehabilitation, Istanbul, Turkey 2009
- **ACUPOINT INJECTION IN ACUTE LOW BACK PAIN**  
Poster presentation, 5th World Congress of Physical Medicine & Rehabilitation, Istanbul, Turkey 2009
- **SYMPATHETIC SKIN RESPONSE IN TRAUMATIC BRAIN INJURY**  
Poster presentation, 5th World Congress of Physical Medicine & Rehabilitation, Istanbul, Turkey 2009
- **EVALUATION OF REPRODUCTIVE FACTORS IN WOMEN WITH CHRONIC MECHANICAL LOW BACK PAIN**  
Poster presentation, 5th World Congress of Physical Medicine & Rehabilitation, Istanbul, Turkey 2009
- **EVALUATION OF EFFECTIVENESS OF LOCAL INSULIN INJECTION IN NONE- INSULIN DEPENDANT DIABETIC PATIENT WITH CARPAL TUNNEL SYNDROME.**  
Poster presentation, 16<sup>th</sup> European Congress of Physical and Rehabilitation Medicine, Brugge, Belgium 2008
- **EFFICACY OF STRETCHING EXERCISE IMMEDIATELY AFTER INJECTION OF METHYLPREDNISOLONE ACETATE IN THE TREATMENT OF TRIGGER POINTS**  
Poster presentation, 16<sup>th</sup> European Congress of Physical and Rehabilitation Medicine, Brugge, Belgium 2008
- **NERVE CONDUCTION VELOCITY OF MEDIAL ANTEBRACHIAL CUTANEOUS NERVE IN PATIENTS WITH PERIPHERAL NEUROPATHY**  
Poster presentation, 16<sup>th</sup> European Congress of Physical and Rehabilitation Medicine, Brugge, Belgium 2008
- **COMPARISON OF THE RELIABILITY OF TAPE-MEASUREMENT AND CALIPERS- MEASUREMENT OF DISTANCES IN NERVE CONDUCTION STUDY OF MEDIAN& ULNAR NERVES AT THE WRIST**  
Oral Presentation, 4th World Congress of Physical Medicine & Rehabilitation, Seoul, South Korea 2007
- **EFFECT OF WRIST POSITION ON THE ULNAR NERVE CONDUCTION VELOCITY IN THE FOREARM AND ACROSS THE ELBOW**  
Poster presentation, 4th World Congress of Physical Medicine & Rehabilitation, Seoul, South Korea 2007
- **SYMPATHETIC SKIN RESPONSE IN OLD POLIOMYELITIS PATIENTS**  
Poster presentation, 4th World Congress of Physical Medicine & Rehabilitation, Seoul, South Korea 2007
- **PREVALENCE OF SYMPTOMS AND SIGNS OF MUSCULOSKELETAL PROBLEMS IN PREGNANCY**  
Poster presentation, 3rd World Congress of Physical Medicine & Rehabilitation, Sao Paulo, Brazil 2005

- **ANTERIOR INTEROSSEOUS/MEDIAN "NERVES LATENCIES RATIO: A PRACTICAL ELECTRODIAGNOSTIC TECHNIQUE FOR DIAGNOSIS OF “ANTERIOR INTEROSSEOUS SYNDROME”**  
Poster presentation, 3rd World Congress of Physical Medicine & Rehabilitation, Sao Paolo, Brazil 2005
- **EVALUATION OF RISK FACTORS OF MECHANICAL LOW BACK PAIN**  
Poster presentation, 3rd World Congress of Physical Medicine & Rehabilitation, Sao Paolo, Brazil 2005

### **Publications (Pubmed-ISI)**

- **Isolated medial antebrachial cutaneous nerve injury after blunt trauma: a case report**  
J Med Case Rep. 2023 Mar 13;17(1):91.
- **Efficacy of perineural hypertonic saline injection versus acupoints of foot in the management of diabetic neuropathy: a multicenter, double-blinded randomized controlled trial**  
Pain Manag. 2023 Jan;13(1):35-43.
- **Assessment of L-carnitine effectiveness on carpal tunnel syndrome**  
Current Journal of Neurology 21 (3), 162-169
- **A case of Guillain-Barre syndrome after the second dose of AstraZeneca COVID-19 vaccination**  
Turk J Phys Med Rehabil. 2022 Jun 1;68(2):295-299.
- **The Efficacy of Ozone Prolotherapy Compared to Intra-Articular Hypertonic Saline Injection in Reducing Pain and Improving the Function of Patients with Knee Osteoarthritis: A ...**  
Evidence-Based Complementary and Alternative Medicine 2021, 1-7
- **Balance and functional mobility predict low bone mineral density among postmenopausal women undergoing recent menopause with osteoporosis, osteopenia, and normal bone mineral ...**  
Geriatric Nursing 42 (1), 33-36
- **Revisiting the Urge to Operate: One-year Neurophysiological Follow-up in Severe CTS**  
Iranian Journal of Neurosurgery 6 (1), 21-28
- **Possible Role of Myopia as a Risk Factor for Mechanical Neck Pain in Medical Students: A Pilot Study**  
Galen Medical Journal .2019, 8, 1287
- **Green tea (Camellia sinensis) for patients with knee osteoarthritis: A randomized open-label active-controlled clinical trial.**  
Clinical Nutrition .2018 , 37 (1), 85-90
- **Correlation between Female Sex Hormones and Electrodiagnostic Parameters and Clinical Function in Post-menopausal Women with Idiopathic Carpal Tunnel Syndrome**

J Menopausal Med. 2016 Aug;22(2):80-86.

- **Case Report of Lewis and Sumner Syndrome with Bilateral Vagus Nerves Paralysis for 16 Years.**  
Am J Phys Med Rehabil. 2016 Dec;95(12):e198-e201.
- **Efficacy and safety of topical *Matricaria chamomilla* L. (chamomile) oil for knee osteoarthritis: A randomized controlled clinical trial.**  
Complement Ther Clin Pract. 2015 Aug;21(3):181-7.
- **Sympathetic Skin Response and Vasomotor Symptoms in Postmenopausal Osteoporotic Women.**  
Int J Community Based Nurs Midwifery. 2015 Jul;3(3):227-33.
- **Response to "commentary on lumbar lordosis in chronic mechanical back pain".**  
Asian Spine J. 2015 Apr;9(2):319-20.
- **Test-retest reliability of transcarpal sensory NCV method for diagnosis of carpal tunnel syndrome.**  
Ann Indian Acad Neurol. 2015 Jan-Mar;18(1):60-2.
- **Response to Comments on "Correlation between Radiologic Sign of Lumbar Lordosis and Functional Status in Patients with Chronic Mechanical Low Back Pain".**  
Asian Spine J. 2015 Feb;9(1):151-2.
- **The effect of conditioning exercise on the health status and pain in patients with rheumatoid arthritis: a randomized controlled clinical trial.**  
Int J Community Based Nurs Midwifery. 2014 Jul;2(3):169-76.
- **The Efficacy of Intramuscular Calcitonin Injection in the Management of Lumbar Spinal Stenosis**  
Asian Spine J. 2015 Feb;9(1):75-82.
- **Effect of Motor Imagery on F-Wave Parameters in Hemiparetic Stroke Survivors.**  
Ann Rehabil Med. 2015 Jun;39(3):401-8.
- **Correlation between Radiologic Sign of Lumbar Lordosis and Functional Status in Patients with Chronic Mechanical Low Back Pain**  
Asian Spine J. 2014 Oct;8(5):565-70.
- **Effect of *Linum usitatissimum* L. (linseed) oil on mild and moderate carpal tunnel syndrome: a randomized, double-blind, placebo-controlled clinical trial.**  
Daru. 2014 May 21;22(1):43
- **Correlation between degree of radiologic signs of osteoarthritis and functional status in patients with chronic mechanical low back pain**  
Malaysian Journal of Medical Sciences. 21(2).2014. 28-33.

- **Comparison the effect of lateral wedge insole and acupuncture in medial compartment knee osteoarthritis: A randomized controlled trial.**  
The Knee. 2014 Mar;21(2):439-44.
- **Sympathetic skin response in patients with vascular erectile dysfunction**  
World J Mens Health. 2014 Apr;32(1):36-42.
- **Efficacy of Acupuncture versus Local Methylprednisolone Acetate Injection in De Quervain's Tenosynovitis: A Randomized Controlled Trial.**  
J Acupunct Meridian Stud. 2014 Jun;7(3):115-21.
- **Predicting post-electrical injury autonomic dysfunction symptom occurrence by a simple test.**  
Burns. 2014 Jun;40(4):624-9
- **A study of interpolation method in diagnosis of carpal tunnel syndrome**  
Annals of Indian Academy of Neurology.2013;16(4): 623-626.
- **Evaluation of the degree of knee joint osteoarthritis in patients with early gray hair**  
International Journal of Trichology.2013;5(2):77-80.
- **Response to comments on 'Sympathetic skin response in electrical burn injury**  
Burns. 2013 Feb;39(1):190.
- **Hip dysplasia associated with a hereditary sensorimotor polyneuropathy mimics a myopathic process**  
Ann Indian Acad Neurol. 2012 Jul;15(3):211-3.
- **Femoral nerve injury as a complication of percutaneous simple renal cyst sclerotherapy with ethanol: a case report.**  
Case Report Med. 2012; 2012:589108.
- **Impact of Pain in Vertebral Column on Activities of Daily Living in the Iranian Amputees with Bilateral Lower Limb Amputation**  
Disabil Rehabil. 2012;34(10):869-72.
- **Sympathetic skin response in electrical burn injury**  
Burns. 2012 Mar;38(2):232-5.
- **The efficacy of acupressure at the Sanyinjiao point in the improvement of women's general health**  
J Altern Complement Med. 2011 Dec;17(12):1141-7.
- **Comparison of the effects of 3-point valgus knee support and lateral wedge insoles in medial compartment knee osteoarthritis.**

- **Early excision and skin grafting versus delayed skin grafting in deep hand burns (a randomised clinical controlled trial)**  
Burns. 2011 Feb;37(1):36-41.
- **Investigation of the Relationship between Osteoporosis and Sexual Satisfaction in Women**  
IRCMJ 2010; 12(4):424-427
- **Effect of acupressure at the Sanyinjiao point on primary dysmenorrhea: A randomized controlled trial**  
Complementary Therapies in Clinical Practice. Nov 2010;16(4):198-202
- **Sympathetic skin response (SSR) in Crohn disease: a pilot study.**  
Electromyogr Clin Neurophysiol. 2010 Jan-Feb;50(1):29-31.
- **EVALUATION OF EFFECTIVENESS OF LOCAL INSULIN INJECTION IN NONE- INSULIN DEPENDANT DIABETIC PATIENT WITH CARPAL TUNNEL SYNDROME.**  
Electromyogr.clin.neurophysiol 2009 May-Jun;49(4):161-6.
- **THE DIAGNOSTIC VALUE OF ULTRASONOGRAPHY IN PATIENTS WITH ELECTROPHYSIOLOGICALLY CONFIRMED CARPAL TUNNEL SYNDROME.**  
Electromyogr.clin.neurophysiol 2009 Jan-Feb;49(1):3-8.
- **BRAINSTEM AUDITORY EVOKED POTENTIAL (BAEP) IN BRUCELLOSIS.**  
Electromyogr.clin.neurophysiol 2008 Apr-May;48(3-4):181-4.
- **A Novel DNA Sequence Variation in the First Genetically Confirmed Allgrove Syndrome in Iran.**  
Clinical Neuromuscular Disease 2006 March; 7(3):123-127.
- **Integrating physical medicine and rehabilitation into the curriculum of Iranian medical students.**  
Disabil Rehabil 2006 Jan; 28(1):67-70.
- **A new approach to estimation of the number of central synapse(s) included in the H-reflex.**  
BMC Neurology 2005; 5(13): electronic journal
- **EFFECTS OF AGE AND LEG LENGTH UPON CENTRAL LOOP OF GASTROCNEMIUS-SOLEUS H-REFLEX LATENCY.** BMC Neurology 2004;4(11): electronic journal

### **Other Publications**

- **Preliminary results in comparison of caudal epidural injection of hyaluronidase versus hypertonic saline in managing lumbosacral canal stenosis: A randomized clinical trial**  
Journal of Emergency Medicine, Trauma & Acute Care 2022 (2), 3

- **The Effectiveness of Limited Dynamic Wrist Splints on the Symptoms, Function, and Strength of Women with Carpal Tunnel Syndrome: A Controlled Trial Study**  
Journal of Rehabilitation Sciences and Research. 1 (2017) 1-5
- **Calcitonin Injection and Functional Status of Females with Knee Osteoarthritis**  
Journal of Archives in Military Medicine. 4(3): e38493
- **Carpal Tunnel Syndrome in Lactation: A Challenging Issue**  
Women's Health Bulletin 2 (4)
- **Can Impairment Interfere with Performance by Women with Carpal Tunnel Syndrome According to International Classification of Function?**  
Journal of Rehabilitation Sciences and Research 2 (1), 12-16
- **Correlation Between Functional Status and Thickness of Articular Cartilage in Ultrasonography in Patients with Knee Osteoarthritis**  
Journal of Physical Medicine & Rehabilitation Sciences.2014. 17(2):64-67
- **ASYMMETRY OF BONE MINERAL DENSITY OF THE HIPS IN PATIENTS WITH UNILATERAL KNEE OSTEOARTHRITIS: A CROSS-SECTIONAL STUDY**  
Journal of Musculoskeletal Research. 2011.14(1): electronic journal
- **Hip Adductor Strain Misdiagnosed as Herniated Lumbar Disk: Case Report.**  
Journal of Physical Medicine & Rehabilitation Sciences.2011. 14(2):54-56
- **Chiari Malformation Presenting with Recurrent Ankle Sprain: A Case Report**  
Journal of Physical Medicine & Rehabilitation Sciences.2010. 13(1):39-40
- **THE EFFECTS OF ELECTRICAL MUSCLE STIMULATION ON GLUCOSE CONTROL IN TYPE 2 DIABETES MELLITUS ARMAGHAN DANESH.2010.15(1):1-8 (Persian)**
- **Effect of phonophoresis in increasing uptake of clobetasol for the treatment of pretibial myxedema: A case report**  
JOURNAL OF MAZANDARAN UNIVERSITY OF MEDICAL SCIENCES.2009.20(75):89-91 (Persian)
- **HEMIPLEGIA AND FACIAL PALSY DUE TO BRUCellosis (A CASE REPORT)**  
JOURNAL OF MAZANDARAN UNIVERSITY OF MEDICAL SCIENCES. 2008; 17 (62) :77-80 (Persian)
- **A COMPARISON OF THE STRETCHING WITH ETHYL CHLORIDE SPRAY AND STRETCHING AFTER INJECTION OF THE LIDOCAINE IN THE TREATMENT OF THE TRIGGER POINTS: SINGLE BLIND RANDOMIZED CLINICAL TRIAL (RCT)**  
JAUMS.2008. 6(1): 75-81 (Persian)
- **THE EFFECT OF A STRETCHING-STRENGTHENING EXERCISE PROGRAM ON DECREASING PAIN INDEX ON WORKERS WITH MUSCULOSKELETAL COMPLAINTS**  
ARMAGHAN DANESH. 2007; 11(4):9-17 (Persian)

## Work Experience



<u>09/03-Present</u>	Faculty, Department of PM&R Shiraz University of Medical Sciences (SUMS)
<u>09/13- Present</u>	Member of Iranian national Board examination
<u>09/22- Present</u>	Vice chairman of Iranian Society of PM&R
<u>02/17- 01/22</u>	Head of Department of PM&R Shiraz University of Medical Sciences (SUMS)
<u>01/19-present</u>	Associate Editor of journal of Physical Medicine, Rehabilitation, and Electrodiagnosis
<u>01/13-present</u>	Member of Editorial board of Bulletin of Emergency and Trauma
<u>09/03-present</u>	Member of scientific committee of annual Iranian congress of PM&R

### **Honors & Awards**

- **Certificate of acknowledgement** for obtaining the 1st rank of Iranian National Board Exam of Physical Medicine & Rehabilitation 2003
- **Dean's achievement award** for being recognized as the excellent resident of SUMS 2003
- **President of the University's achievement award** for being recognized as the excellent academic staff of medical school 2011
- **Certificate of acknowledgement** for obtaining the 1st rank of 7<sup>th</sup> conference of E-learning in medical education for production of "EMG waves in smart phones" - Tehran-Iran 2014
- **Top speaker** in "International congress of interventional pain medicine in PM&R" - Tehran-Iran 2007

### **Patent**

- **A new multifunctional orthosis in dysfunction of upper & lower extremities** (Patent certificate No: 108172)

### **Scientific activities**

- Presentation and performing of 2 projects: "Evaluation of externs at the end of PM&R rotation" and "Active participation of residents in didactic lectures"
- Member of OSCE committee of Shiraz medical school

- Member of “Virtual production evaluation committee” of Shiraz center of excellence for electronic learning in medical sciences.
- Participation in writing fellowship curriculum of” Spinal cord medicine”
- Peer reviewer of multiple scientific international journals:  
 (American journal of physical medicine & Rehabilitation, Disability and Rehabilitation, Neurological Research, International Journal of General Medicine, Current Topics in Medicinal Chemistry, Phytotherapy Research, BioMed Research International, ...)

### **Approved projects**

- **PREVALENCE OF PERIPHERAL NEUROPATHY IN HIV INFECTED PATIENTS.**
- **Evaluation of diurnal variation on clinical and electrodiagnostic parameters of carpal tunnel syndrome**
- **Comparison of different electrodiagnostic methods in diagnosis of mild and early carpal tunnel syndrome**
- **Correlation between the degree of osteoporosis and spinal canal stenosis**
- **Effects of Tele-Back School on pain, disability, balance performance, quality of sleep, and quality of life among older adults with chronic non-specific low back pain**
- **Comparison of sonographic parameters of Median-Ulnar Ratio (MUR)& Median-Ulnar difference (MUD) with function and electrodiagnosis in patients with idiopathic carpal tunnel syndrome**
- **Ultrasonographic evaluation of the distal femoral cartilage thickness in athletes who run professionally on the treadmill**
- **Investigating the attitude and feedback of Shiraz Medical sciences residents to online program during the corona pandemic**
- **Evaluation of psychologic & functional status in patients with idiopathic carpal tunnel syndrome**
- **A study of interpolation method in diagnosis of ulnar nerve entrapment in elbow**
- **Evaluation of degenerative radiological findings of knee joints in asymptomatic females with asymmetric decrease in density of femurs**
- **Evaluation between electrodiagnostic findings and ultrasonography of Median nerve at wrist in patients with primary hypothyroidism**
- **Prevalence of Morton neuroma in patients with lumbosacral spinal canal stenosis**

## **Interests**

- Electro Diagnosis
- Musculoskeletal Disorders
- Sport Medicine
- Pain Medicine

## **Other Activities**

- Invited speaker in Fars, Salamat, Shoma TV channels (Several times for Health and Medical programs, The last one: Nov 8,2021)