

*Curriculum Vitae*

**FARZANEH HAGHIGHAT**

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**PERSONAL DETAILS**

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Year of Birth: 1987  
Place of Birth: Shiraz, Iran  
Nationality: Iranian  
Marital Status: Married

**EDUCATION**

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**Doctor of Philosophy in Physiotherapy** **2014 – 2021**  
School of Rehabilitation, Shiraz University of Medical Sciences, Shiraz, Iran

**Master of Science in Sport Physiotherapy** **2011 – 2013**  
School of Rehabilitation, Iran University of Medical Sciences, Tehran, Iran

**Bachelor of Science in Physiotherapy** **2006 – 2010**  
School of Rehabilitation, Shiraz University of Medical Sciences, Shiraz, Iran

**HONORS AND AWARDS**

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- Ranked 1<sup>st</sup> at PhD level (2014-2021) as talented medical student, Shiraz University of Medical Sciences, Shiraz, Iran
- Ranked 2<sup>nd</sup> at MSc level (2011-2013) as talented medical student Iran University of Medical Sciences, Tehran, Iran
- Ranked 2<sup>nd</sup> at Master's entrance exam (2011) as talented medical student Amongst all the volunteers in the country, Iran
- The best poster presenter at 6<sup>th</sup> students congress of new insights in rehabilitation sciences, Shiraz, Iran, 2017

**TEACHING EXPERIENCE**

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**Hospital Tutor**

- Amir hospital (Oncology Physiotherapy field)
- Motahari hospital (Lymphedema field)
- Chamran hospital (Neurological/Orthopedic field)

- Faghihi hospital (Neurological/Orthopedic field)
- School of Rehabilitation Sciences clinic (Neurological/Orthopedic field)

### **Workshop Instructor**

- Assessment, Diagnosis and Treatment of Pelvic Girdle Dysfunction  
(for BSc and MSc level physiotherapy students)
- Assessment, Diagnosis and Treatment of Pelvic Girdle Dysfunction  
(for physiotherapists of medical centers under the supervision of Shiraz University of Medical Sciences)
- Assessment and Diagnosis of Lumbar Spine Dysfunction  
(for physiotherapists of medical centers under the supervision of Shiraz University of Medical Sciences)
- Assessment and Diagnosis of Shoulder Complex Disorders  
(for BSc and MSc level physiotherapy students)
- Motion Analysis  
(for BSc and MSc level physiotherapy students)
- Motion Analysis  
(for the physicians of Shiraz University of Medical Sciences)

### **PUBLICATIONS**

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#### **Book**

- **Haghighat F**, Rezaie M. An introduction to movement variability and nonlinear concepts, Farhang pajooan danesh, Iran, 2020
- **Haghighat F**, Mohammadpour M. Myofascial Release [translated from English to Persian], Setayesh Hasti, Iran, 2017

#### **Journal Article**

- **Haghighat, F.**, Rezaie, M., & Majlesi, M. (2024). The influence of boots on the way we walk; a Kinematics and Kinetics study. Scientific Reports. UNDER REVIEW
- Hadadi, M., **Haghighat, F. (corresponding author)**, Jafari, F. (2024) Effects of patellar taping on pain and function of patients with degenerative medial meniscus tear: a randomized controlled trial. International Journal of Osteopathic Medicine. UNDER REVIEW
- Hadadi, M., **Haghighat, F. (corresponding author)** (2024) Cross-Cultural Adaptation, Reliability and Validity of the Persian Version of the Functional

Assessment Scale for Acute Hamstring Injuries. BMC Sports Science, Medicine and Rehabilitation. UNDER REVIEW

- **Haghighat, F.**, Moradi, R., Rezaie, M., Yarahmadi, N., Ghaffarnejad, F. (2024) Added value of diaphragm myofascial release on forward head posture and chest expansion in patients with neck pain: A Randomized Controlled Trial. BMC Musculoskeletal Disorders. UNDER REVIEW
- **Haghighat, F.**, Rezaie, M., Ebrahimi, S., Shokuhian, S. M., Motealleh, A., Salehi, R., & Parnianpour, M. (2024). The Correlation between Intersegmental Coordination Variability and Frontal Plane Hip Kinematics during Running in Persons with Patellofemoral Pain. Journal of biomedical physics & engineering, 14(1), 89–98
- Mirsalari, R., Kordi Yoosefinejad, A., Yazdani, F., **Haghighat, F.**, Amiripanah, A. A., & Parandavarfard, S. (2023). Comparing position sense and isokinetic strength of the muscles of elbow joint between aikidokas and non-athlete people. BMC sports science, medicine & rehabilitation, 15(1), 71
- **Haghighat, F.**, Arjomand, S., Ghasemi, S., Afkhami, E., Montaseri, H., & Motealleh, A. (2022). Effects of phonophoresis of Aloe vera gel and ultrasound on knee osteoarthritis: A randomized controlled trial. Journal of Herbal Medicine, 36, 100606
- Aghdam, H. A., **Haghighat, F.**, Rezaie, M., Kavyani, M., & Karimi, M. T. (2022). Comparison of the knee joint reaction force between individuals with and without acute anterior cruciate ligament rupture during walking. Journal of orthopaedic surgery and research, 17(1), 250
- **Haghighat F.**, Ebrahimi S, Rezaie M, Shafiee E, Shokouhyan M, Motealleh A, Parnianpour M. Trunk, pelvis, and knee kinematics during running in females with and without patellofemoral pain: A case-control study. Gait & posture. 2021 Sep; 89:80-85.
- **Haghighat F.**, Rezaie M, Ebrahimi S, Shokouhyan M, Motealleh A, Parnianpour M. Coordination variability during walking and running in individuals with and without patellofemoral pain Part 1: Lower limb intersegmental coordination variability. Journal of Medical and Biological Engineering. 2021;41 (3):295-304.3
- **Haghighat F.**, Rezaie M, Ebrahimi S, Shokouhyan M, Motealleh A, Parnianpour M. Coordination Variability During Walking and Running in Individuals with and Without Patellofemoral Pain Part 2: Proximal Segments Coordination Variability. Journal of Medical and Biological Engineering. 2021;41 (3):305-313.
- Hadadi M, **Haghighat F. (corresponding author)**, Mohammadpour N, Sobhani S. Effects of Kinesiotape vs Soft and Semirigid Ankle Orthoses on Balance in Patients with Chronic Ankle Instability: A Randomized Controlled Trial. Foot & Ankle International. 2020 May 8:1071100720917181.
- Hadadi M, **Haghighat F. (corresponding author)**, Sobhani S. Can fibular repositioning improve balance performance in individuals with chronic ankle instability? A

randomized controlled trial. *Musculoskeletal Science and Practice*. 2020 Apr 1; 46:102128.

- Hadadi M, **Haghighat F. (corresponding author)**, Hossein I. Comparison of Health-Related Quality of Life in Different Types of Chronic Ankle Instability. *Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin*. 2020 Mar 19;23.
- Hadadi M, Piroozi S, **Haghighat F. (corresponding author)**, Abbasi F, Mousavi SM. Translation, cross-cultural adaptation, reliability and validity of the Persian version of the ACL-QOL questionnaire in patients with anterior cruciate ligament reconstruction. *Journal of Orthopaedic Science*. 2019 May 1;24(3):501-6.
- Taghizadeh Sh, **Haghighat F.**, Piroozi S, Karimi A, Khanalinejad D. The survey and comparison of musculoskeletal disorders of shoulder, arm and hand in taxi and bus drivers in the city of Shiraz. *Archives of Rehabilitation*. 2018; 19(1):64-75
- Mohamadali Sanjari, **Haghighat F. (corresponding author)**, Gholamreza Olyae, Aliashraf Jamshidi. Hand Fatigue Analysis Using Quantitative Evaluation of Variability in Drawing Patterns. *Armaghane Danesh*. 2015, 19(11): 1008-1020
- Kamali F, Moslemi F, Amirian Sh, **Haghighat F.** Comparison of the effect of manual therapy with taping in treatment of knee osteoarthritis, *Journal of Research in Rehabilitation Sciences*, 2012; 7(3): 241-249

## **RESEARCH EXPERIENCE**

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### **Thesis Advisor or Collaborator**

- Mirsalari R. Comparison of the proprioception of elbow joint and its correlation with isokinetic strength of elbow flexor and extensor muscles in aikidokas and healthy matched people. *Physiotherapy MSc thesis, Shiraz University of Medical Sciences, 2020 (Role: advisor)*
- Jafari F & Shokri F. The effect of patellar taping on pain intensity and functional status in patients with medial meniscal injury. *Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2019 (Role: advisor)*
- Moradi R & Yarahmadi N. Investigating the effect of diaphragm release on posture, pain and function in women with forward head posture and neck pain. *Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2019 (Role: advisor)*
- Hadadi M & **Haghighat F.** Translation, cross-cultural adaptation, reliability and validity of the Persian version of Functional Assessment Scale for Hamstring Injury (FASH) in patients with acute hamstring injury, *Student Research Committee project, 2019 (Role: collaborator)*
- **Haghighat F.** The simultaneous assessment and comparison of lower extremity, pelvis and trunk intersegmental coordination, coordination variability and kinematic characteristics in females with and without patellofemoral pain during walking and

running. Physiotherapy PhD thesis, Shiraz University of Medical Sciences, 2018 (Role: collaborator)

- Nikoo M & Namjoo M. The effect of Fibular reposition taping on balance performance in individuals with chronic ankle instability: a randomized clinical trial, Physiotherapy BSc thesis, Shiraz University of Medical Sciences 2018 (Role: advisor)
- Mohammadpour N. Comparing the effects of ankle kinesiotape, soft ankle orthosis and semi-rigid ankle orthosis on balance in patients with chronic ankle instability, Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2018 (Role: advisor)
- Arjomand S & Ghasemi S. Evaluating the effect of Phonophoresis of Aloe vera Gel and Ultrasound on Knee Osteoarthritis (grade 1-3 Kellgren-Lawrence), Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2018 (Role: advisor)
- Shadanpour F & Rahimi N. The effect of dry needling of trigger points around hip and knee on pain, function and proprioception in patients with knee osteoarthritis, Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2018 (Role: advisor)
- Hosseini I & Vahedimehr A. Comparison of quality of life, function, kinesophobia and fear avoidance beliefs between subjects with different subgroups of chronic ankle instability, Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2017 (Role: advisor)
- Khanali D & Karimi A. The survey and comparison of musculoskeletal disorders of shoulder, arm and hand in taxi and bus drivers in the city of Shiraz, Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2016 (Role: advisor)
- Namjoo M & Hassanbeigi M. Cross-cultural adaptation and evaluation of validity and reliability of ACL-QOL Questionnaire in Iranian people with anterior cruciate ligament reconstruction, Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2016 (Role: advisor)
- **Haghighat F.** Hand fatigue analysis using quantitative evaluation of variability in drawing patterns, Physiotherapy MSc thesis, Iran University of Medical Sciences, 2012 (Role: collaborator)
- **Haghighat F.** Comparison of the effect of manual therapy with taping in treatment of knee osteoarthritis, Physiotherapy BSc thesis, Shiraz University of Medical Sciences, 2009 (Role: collaborator)

## **CONFERENCE CONTRIBUTION**

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- 7th Annual Conference in Human Movement Variability (May 2022). Rezaie M, Haghighat F, the influence of different normalization methods on cross recurrence quantification analysis. ACCEPTED POSTER.
- *3<sup>rd</sup> international and 28<sup>th</sup> annual congress of the Iranian physiotherapy association. (Iran, Tehran, 2019).* Hadadi M, Piroozi S, **Haghighat F**, Abbasi F, Mousavi

SM. Translation, cross-cultural adaptation, reliability and validity of the Persian version of the ACLQOL questionnaire in patients with anterior cruciate ligament reconstruction.

- *3<sup>rd</sup> international and 28<sup>th</sup> annual congress of the Iranian physiotherapy association. (Iran, Tehran, 2019).* Hadadi M, **Haghighat F**, Sobhani S. Can fibular reposition taping improve balance performance in individuals with chronic ankle instability? A randomized controlled trial.
- *13<sup>th</sup> Iranian congress of orthotics and prosthetics. (Iran, Isfahan, 2019).* Hadadi M, **Haghighat F**, Mohammadpour N, Sobhani S. Effects of Kinesiotape vs Soft and Semirigid Ankle Orthoses on Balance in Patients with Chronic Ankle Instability: A Randomized Controlled Trial.
- *7<sup>th</sup> students congress of new insights in rehabilitation sciences, (Iran, Shiraz, 2018).* Motealleh A, **Haghighat F**, Shadanpour F, Rahimi N. The effect of dry needling of trigger points around hip and knee on pain, function and proprioception in patients with knee osteoarthritis.
- *6<sup>th</sup> students congress of new insights in rehabilitation sciences, (Iran, Shiraz, 2017).* Taghizadeh S, **Haghighat F**, Piroozi S, Karimi A, Khanalinejad D. The survey and comparison of musculoskeletal disorders of shoulder, arm and hand in taxi and bus drivers in the city of Shiraz, 2016.
- *6<sup>th</sup> students congress of new insights in rehabilitation sciences, (Iran, Shiraz, 2017).* Hadadi M, Piroozi S, **Haghighat F**, Abbasi F, Mousavi SM. Translation, cross-cultural adaptation, reliability and validity of the Persian version of the ACL-QOL questionnaire in patients with anterior cruciate ligament reconstruction.
- *6<sup>th</sup> students congress of new insights in rehabilitation sciences, (Iran, Shiraz, 2017).* Motealleh A, **Haghighat F**, Arjomand S, Ghasemi S. effects of Phonophoresis of Aloe vera Gel and Ultrasound on Knee Osteoarthritis
- *1<sup>st</sup> international and 28<sup>th</sup> annual congress of the Iranian physiotherapy association. (Iran, Tehran, 2017).* Sanjari M, **Haghighat F**, Olyae G, Jamshidi A. Hand Fatigue Analysis Using Quantitative Evaluation of Variability in Drawing Patterns.
- *1<sup>st</sup> students congress of new insights in rehabilitation sciences, (Iran, Shiraz, 2012).* **Haghighat F**, Heidari S, Moslemi Haghighi F. Investigating the effect of ankle taping on walking stance phase duration in patients with chronic stroke.
- *1<sup>st</sup> students congress of new insights in rehabilitation sciences, (Iran, Shiraz, 2012).* **Haghighat F**, Heidari S, Moslemi Haghighi F. Investigating the effect of hand extensor muscles taping on hand function in patients with chronic stroke.
- *15<sup>th</sup> annual congress of Iranian society of physical medicine, rehabilitation and electrodiagnosis, (Iran, Tehran, 2012).* **Haghighat F**, Amirian S, Kamali F, Moslemi F. Comparison of the effect of manual therapy with taping in treatment of knee osteoarthritis.

## **WORKSHOP ATTENDANCE**

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- Shiraz University of Medical Sciences research fellowship course (2024)
- Preventive and rehabilitative methods of hamstring muscle injury in athletes (2019)
- MATLAB software (2019)
- Writing Original Scientific Article (2018)
- Differential Diagnosis, Clinical Reasoning and Treatment for Disorders of the Shoulder Complex (2018)
- Evaluation and Treatment of Mechanical Cervical Dysfunctions (2018)
- Ultrasonography (2018)
- Neurofeedback and rTMS (2018)
- Isokinetic application (2018)
- Manual Assessment, Diagnosis & Treatment of Pelvic Girdle Dysfunctions (Mobilization, Muscle Energy Techniques & Manipulation) (2017)
- Manual Assessment, Diagnosis & Treatment of Lumbar Spine Dysfunctions (Mobilization, Muscle Energy Techniques & Manipulation) (2017)
- Manual Assessment, Diagnosis & Treatment of Cervical Spine Dysfunctions (Mobilization, Muscle Energy Techniques & Manipulation) (2017)
- Comprehensive Approach in Treating Lumbar-Pelvic-Hip complex pain & Dysfunctions: Differential Diagnosis: Differential Diagnosis and Clinical Reasoning (2017)
- Electronic Resources search (2017)
- Sport Nutrition: Fars Sports Medicine Association (2017)
- Systematic Review (2017)
- Biodex Balance System (2017)
- Peer Review (2017)
- Evaluation and treatment of lumbar spine disorders with McKenzie approach (2016)
- Kinesiotaping (2016)
- Manual therapy of lumbar spine and pelvic girdle (2016)
- Biodex Balance System (2016)
- Biodex Isokinetic Dynamometer (2016)
- How to get your papers published (2016)

- Sonographic Assessment of Abdomen & Pelvic floor muscles (2016)
- Dry needling, 5 levels (2015)
- Cervical and lumbar spine MRI (2015)
- Shoulder and knee MRI (2015)
- Manual therapy of knee and ankle joint (2015)
- Manual therapy of lumbar spine and pelvic girdle (2014)
- Novel methods in knee rehabilitation (2014)
- SPSS 1 & SPSS 2 (2013)
- Scientific writing (2013)
- Sample size in health studies (2013)
- A practical introduction to isokinetic system (2013)
- Joint mobilization (2012)
- Preliminary research method (2009)

#### **ACADEMIC & PROFESSIONAL ACTIVITIES**

- Faculty member of Shiraz Rehabilitation Sciences Research Center
- Manager of School of Rehabilitation Sciences clinic
- Scientific secretary of 6th student congress of new insights in rehabilitation sciences. (Iran, Shiraz, 2017)
- Participation in 1st, 4th, 5th, 6th, 7th & 8th student congress of new insights in rehabilitation sciences. (Iran, Shiraz, 2012, 2015, 2016, 2017, 2018 & 2019)
- Participation in 3th international and 30th annual congress of the Iranian physiotherapy association. (Iran, Tehran, 2019)
- Participation in 2nd international and 29th annual congress of the Iranian physiotherapy association. (Iran, Tehran, 2018)
- Participation in 1st international and 28th annual congress of the Iranian physiotherapy association. (Iran, Tehran, 2017).
- Active participation in Shiraz University Open Day, 2016
- Active participation in Iran health week as oral presenter: Physical therapy in Diabetes, 2016
- Participation in 15th annual congress of Iranian society of physical medicine, rehabilitation and electrodiagnosis, (Iran, Tehran, 2012)
- Participation in 7th international congress of sport medicine, Iran, Tehran, 2011



## **TECHNICAL SKILLS**

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Expertise in using:

- Windows (XP, 7, 10)
- MS Office (Word, Excel, Power Point)
- SPSS-IBM for statistical analysis of data
- Endnote and Reference Manager (Bibliographic software)
- Visual 3D and QTM for movement analysis and computer aided data capturing
- EMG measurement
- Biodex isokinetic dynamometer
- Biodex Balance System
- Digital Tablet (WACOM)
- Recurrence Quantification Analysis software (RQA)

## **PEER-REVIEW ACTIVITIES FOR JOURNALS AND CONGRESS**

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- Journal of Rehabilitation Sciences and Research
- 8<sup>th</sup> student congress of new insights in rehabilitation sciences, Iran, Shiraz, 2019
- 7<sup>th</sup> student congress of new insights in rehabilitation sciences, Iran, Shiraz 2018
- 6<sup>th</sup> student congress of new insights in rehabilitation sciences, Iran, Shiraz, 2017
- 5<sup>th</sup> student congress of new insights in rehabilitation sciences, Iran, Shiraz, 2019

## **REFERENCES**

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**Alireza Motealleh**, Associate Professor  
Physical Therapy Department, School of Rehabilitation Sciences,  
Shiraz University of Medical Sciences, Shiraz, Iran  
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**Mohamad Parnianpour**, Professor  
Department of Mechanical Engineering  
Sharif University of Technology, Tehran, Iran  
[parnianpour@yahoo.com](mailto:parnianpour@yahoo.com)

**Mohammadali Sanjari**,  
Department of Basic Rehabilitation Sciences, School of Rehabilitation Sciences

Iran University of Medical Sciences, Tehran, Iran  
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