

Sara Abolahrari-Shirazi, PT, PhD

Address:

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Education	
2012-2017	Doctor of Philosophy, Physiotherapy Department of Physiotherapy, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran
2003-2006	Master of Science, Physiotherapy Department of Physiotherapy, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran
1992-1996	Bachelor of Science, Physiotherapy Department of Physiotherapy, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran

Academic Appointment
Assistant professor, Faculty of Rehabilitation, Shiraz University of Medical Sciences, Shiraz, Iran

Administrative Experiences

1996-1999	Lab Manager of Physiotherapy Department
1999-2006	Administrative Assistant to The Dean of Academic Affairs
2005- 2018	Instructor
2005-2019	Program Administrator (Continuing and Professional Education)
2019- 2020	Graduate Degree Programs Administrator
2020-present	Program Administrator (Academic Staff)

Teaching Experience

2005-Present Department of Physiotherapy, School of Rehabilitation Sciences,
Shiraz University of Medical Sciences, Shiraz, Iran

*Undergraduate students:

- Exercise therapy IV
- Physiotherapy in cardiovascular and respiratory disease
- Physiotherapy in surgery
- Exercise therapy III (stroke rehabilitation)
- Orthopedics Physiotherapy I (practical)
- Evaluation, measurement& manual muscle testing
- Electrotherapy II (electrical modalities)
- Pre-internship (observation)
- Clinical work

*Postgraduate students:

- Electromyography (theoretical & practical)
- Exercise physiology
- Physiologic basics of exercise therapy
- Electrophysiology

- Electroneurophysiology
- Advanced anatomy and physiology of the cardiovascular system

Research Interests

Cardiac Rehabilitation

Exercise therapy

Orthopedics Rehabilitation

Conference Contributions

- 1) **Sara Abolahrari Shirazi**, Shohreh Taghizadeh, Mostafa Jazayeri Shooshtari, Haleh Ghaem. Comparison of the effects of coldness on latency and nerve conduction velocity of median nerve in students of rehabilitation faculty. Presented at Asian Oceania Conference of Physical and Rehabilitation Medicine, China, May 2008.
- 2) **Sara Abolahrari**, Seyed Mostafa Jazayeri, Shohreh Taghizadeh, Haleh Ghaem. Which parameter is more reliable in a cold hand, nerve conduction velocity or latency? Presented at 11th Iranian Congress of Physical Medicine, Rehabilitation and Electrodiagnosis, Shiraz, October 2008.
- 3) Elham Nouraddini, **Sara Abolahrari-Shirazi**, Farahnaz Ghafari Nezhad, Azadeh Mansoorian. The comparison of the flexibility of knee joint muscles in women with knee osteoarthritis and healthy women. Presented at 23rd Iran Physiotherapy Congress, Shiraz, May 2012.
- 4) Farahnaz Ghafari Nezhad, **Sara Abolahrari Shirazi**, Negar Kooroshfard, Neda Shahne Zad, Danial Bizhan Zade. Investigation of the relationship between core stability and athletic performance in football, basketball and swimming athletes. Presented at 3rd Baltic and North Sea Conference on Physical and Rehabilitation Medicine, Germany, September 2013.
- 5) **Sara Abolahrari-Shirazi**, Farahnaz Ghafari Nezhad, Elham Nouraddini, Azadeh Mansoorian. The comparison of the flexibility of muscles around the knee between

<p>patients with knee osteoarthritis and healthy subjects. Presented at 3rd Baltic and North Sea Conference on Physical and Rehabilitation Medicine, Germany, September 2013.</p>
<p>6) Fahimeh Fereydoon Nezhad, Seydeh Mahshid Alavi, Sara Abolahrari, Farzaneh Moslemi. Is application of taping in reduction of hyperlordosis more effective on abdominal muscles or hamstrings? Presented at 2th Iranian Annual Physiotherapy Congress, Tehran, May 2014.</p>
<p>7) Sara Abolahrari Shirazi, Zahra Rojhani Shirazi. Effects of exercise training on autonomic regulation in cardiovascular patients. Presented at 1st International Congress of Cardiac Rehabilitation from Research to Practice, Isfahan, Iran, October 2014.</p>
<p>8) Sara Abolahrari-Shirazi, Farzaneh Moslemi Haghghi, Mostafa Mehraban, Sahar Safari. The Investigation of the prevalence of musculoskeletal problems and work-related posture among physical and occupational therapy students in Shiraz University of Medical Sciences. Presented at 20th Iranian Congress of Occupational Therapy, Tehran, Iran, October 2015.</p>
<p>9) Shohreh Taghizadeh, Sara Abolahrari-Shirazi, Sahba Taslimi pour, Amir Hossein Akbarpour. Comparison of the VO₂ peak in trained and untrained male students 18 to 35 years old at Shiraz University of Medical Sciences. Presented at 4th National Students Congress on New-Horizons of Rehabilitation Sciences, Shiraz, Iran, March 2015</p>
<p>10) Sara Abolahrari-Shirazi, Zahra Rojhani Shirazi, Javad Kojuri, Zahra bagheri. Effect of exercise training on functional capacity and N-terminal pro-brain natriuretic peptide level in patients with heart failure undergoing coronary artery angioplasty. Presented at 5th International Prevention Cardiology Congress, Shiraz, Iran, September 2016.</p>
<p>11) Sara Abolahrari-Shirazi, Zahra Rojhani Shirazi, Javad Kojuri, Zahra bagheri. The effects of combined endurance-resistance training in patients with heart failure. Presented at 5th Iranian Joint Cardiovascular Congress. Tehran, Iran, February 2017.</p>
<p>12) Farahnaz Emami , Sara Abolahrari-Shirazi, Farahnaz Ghafari Nezhad, Ziba Ahmadpour, Leila Zare. Effects of Cupping Therapy in Combination with Routine Physical Therapy in the Management of Knee Osteoarthritis. Presented at National Congress of Osteoarthritis, From Research to Practice. Isfahan, Iran, September 2017.</p>

<p>13) Zahra Rojhani Shirazi, Sara Abolahrari-Shirazi, Javad Kojuri, Zahra bagheri. Effect of exercise training on autonomic balance assessed by heart rate variability in patients with heart failure after percutaneous coronary intervention. Presented at 6th Neuroscience Congress, Tehran, Iran, December 2017.</p>
<p>14) Sara Abolahrari-Shirazi, Zahra Rojhani Shirazi, Javad Kojuri, Zahra bagheri. The comparison of the effect of endurance and combined endurance-resistance trainings on exercise test parameters in patients with heart failure. Presented at 6th Iranian Joint Cardiovascular Congress. Tehran, Iran, February- March 2018.</p>
<p>15) Farzaneh Moslemi, Sara Abolahrari-Shirazi, Navid Ghorbani, Fatemeh Akbari, Katayoon Rezaei. Comparison of the sacroiliac joint dysfunction in women with lymphedema following breast cancer surgery and healthy woman. Presented at 7th National Students Congress on New-Horizons of Rehabilitation Sciences, Shiraz, Iran, March 2018.</p>
<p>16) Sara Abolahrari-Shirazi, Zahra Rojhani-Shirazi, Mansour Jannati, Mersa Razeghi, Farahnaz Emami. The Effect of Coronary Artery Bypass Grafting on Postural Balance. Presented at 3rd International and 30th Annual Physiotherapy Congress of Iranian Physiotherapy Association. Tehran, Iran, Jun 2019.</p>
<p>17) Fatemeh Panahi, Sara Abolahrari-Shirazi, Zahra Rojhani-Shirazi. Assessment of posture and balance in patients with diabetic neuropathy: a review article. Presented at 32th Annual Physiotherapy Congress of Iranian Physiotherapy Association. Tehran, Iran, Jan & Feb 2022.</p>
<p>18) Negar Azhdari, Sara Abolahrari-Shirazi. Challenges in understanding the mechanism of spasticity. Presented at 9th National Students Congress on New-Horizons of Rehabilitation Sciences, Shiraz, Iran, February 2022.</p>
<p>19) Negar Azhdari, Sara Abolahrari-Shirazi. Normal and abnormal electromyographic patterns in pelvic floor muscles. Presented at 9th National Students Congress on New-Horizons of Rehabilitation Sciences, Shiraz, Iran, February 2022.</p>
<p>20) Meysam Ghooshe, Sara Abolahrari-Shirazi, Samaneh Ebrahimi, Soha Bervis, Alireza Motealleh. Evaluating the effects of rocker-shoes on the knee, hip and pelvic</p>

kinematic during running in athletes with patellofemoral pain. Presented at 9th National Students Congress on New-Horizons of Rehabilitation Sciences, Shiraz, Iran, February 2022.

21) Amir Javanray, **Sara Abolahrari-Shirazi**. Investigating the effect of exercise training with blood flow restriction on hemodynamic parameters: a review article. Presented at 33th Annual Physiotherapy Congress of Iranian Physiotherapy Association. Tehran, Iran, Oct 2022.

22) Meysam Ghooshe, **Sara Abolahrari-Shirazi**, Samaneh Ebrahimi, Soha Bervis, Alireza Motealleh. Evaluating the effects of rocker-shoes on the knee, hip and pelvic kinematic during running in athletes with patellofemoral pain. Presented at 33th Annual Physiotherapy Congress of Iranian Physiotherapy Association. Tehran, Iran, Oct 2022.

Publications

- 1) S.M.Jazaeri Shooshtari, **S. Abolahrari**, P. Sedaghat, SH. Taghizadeh, H. Ghaem. Which parameter is more reliable in a cold hand, NCV or latency? *Electromyogr Clin Neurophysiol.* 2010; 50(5): 235-8
- 2) Fahimeh Kamali Sarvestani, Farzaneh Moslemi Haghighi, **Sara Abolahrari Shirazi**, Shiva Amirian, Farzaneh Haghighat. Comparison of manual therapy and taping in knee osteoarthritis. *J Res Rehabil Sci.* 2011;7(3): 241-249
- 3) Fahimeh Kamali, **Sara Abolahrari Shirazi**, Maryam Besharati, Somayeh Shams Salehi. Comparing the therapeutic effects of ischemic compression on upper trapezius trigger point in neutral and passive stretched positions in computer operators. *J Res Rehabil Sci.* 2014;10(1): 1-11
- 4) **Sara Abolahrari Shirazi**, Farahnaz Ghafari Nezhad, Maryam Ebrahimian, Elham Nouraddini, Azadeh Mansoorian, Farahnaz Emami. Flexibility of knee joint muscles in women with knee osteoarthritis and healthy controls. *Journal of Rehabilitation Sciences and Research.* 2016; 2(3): 47-52
- 5) Fahimeh Kamali, **Sara Abolahrari Shirazi**, Samaneh Ebrahimi, Maryam Mirshamsi, Ali Ghanbari. Comparison of manual therapy and exercise therapy for postural hyperkyphosis: A randomized clinical trial. *Physiotherapy Theory And Practice.* 2016; 32(2):92-97
- 6) **Sara Abolahrari- Shirazi**, Farahnaz Moslemi Haghighi, Seydeh Mahshid Alavi, Fahimeh Freiydoon Nezhad, Farahnaz Emami. Is application of kinesio tape to treat hyper lordosis more effective on abdominal muscles or hamstring? *Journal of Research in Medical Sciences.* 2018; 23(1):9.
- 7) **Sara Abolahrari- Shirazi**, Javad Kojuri, Zahra Bagheri, Zahra Rojhani-Shirazi. Efficacy of combined endurance-resistance training versus endurance training in patients with heart failure after percutaneous coronary intervention: a randomized controlled trial. *Journal of Research in Medical Sciences.* 2018; 23(2):12.

8) Sara Abolahrari-Shirazi , Farahnaz Ghafari Nezhad, Ziba Ahmadpour, Leila Zare, Farahnaz Emami. Is Cupping Therapy in Combination with Routine Physical Therapy Effective in the Management of Knee Osteoarthritis? A Randomized Controlled Trial. <i>Journal of Rehabilitation Sciences and Research</i> . 2018; 5(4):93-98.
9) Sara Abolahrari- Shirazi , Javad Kojuri, Zahra Bagheri, Zahra Rojhani-Shirazi. Effect of Exercise Training on Heart Rate Variability in Patients with Heart Failure After Percutaneous Coronary Intervention. <i>Journal of Biomedical Physics and Engineering</i> . 2019; 9(1):97.
10) Mahbobeh Samani, Farahnaz Ghaffarinejad, Sara Abolahrari-Shirazi , Tahereh Khodadadi, Fatemeh Roshan. Prevalence and sensitivity of trigger points in lumbo-pelvic-hip muscles in patients with patellofemoral pain syndrome. <i>Journal of Bodywork & Movement Therapies</i> .2020; 24(1): 126-130.
11) Sara Abolahrari ; zahra Rojhani-Shirazi; Ali Rezayi; Mohammad Ranjbar; Farahnaz Emami. Comparison of Head, Neck, and Upper Trunk Postures between Patients Who Have Undergone Coronary Artery Bypass Grafting and Healthy Subjects: A pilot study . <i>Journal of Rehabilitation Sciences and Research</i> . 2020; 7(4):167-172
12) Sara Abolahrari-Shirazi ; Farahnaz Emami; Zahra Rojhani-Shirazi; Mansour Janati; Mersa Razeghi. The Effects of Coronary Artery Bypass Grafting on Postural Balance. <i>Journal of Rehabilitation Sciences and Research</i> . 2022; 9(1):42-46.
13) Mostafa Mehraban Jahromi; Sara Abolahrari-Shirazi ; Sahar Safari; Farzaneh Moslemi Haghighi. Prevalence of musculoskeletal disorders risk factors and ergonomic assessment of posture among senior students of Rehabilitation School of Shiraz University: a cross-sectional study. <i>Journal of Rehabilitation Sciences and Research</i> . 2022; 9(4):180-184

14) **Sara Abolahrari-Shirazi**; Narges Meftahi; Donya Jaberolansar; Maryam Taherpour.
Examination of the relationship between upper limb volume with disability, thoracic kyphosis, scapular protraction, and forward head posture in patients with upper limb lymphedema after breast cancer surgery. *Journal of Rehabilitation Sciences and Research*. Articles in Press.

Honors & Awards

- Top student in Ph.D. of Physiotherapy
- Top student in M.Sc. of physiotherapy
- Third rank in B. Sc. of physiotherapy