

Farahnaz Emami, PT, PhD

Address:

Physical Therapy Department

School of Rehabilitation Sciences

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Educations	
2013-2018	Doctor of Philosophy, Physiotherapy, Physical Therapy Department, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran
2009-2012	Master of Science, Physiotherapy, Physical Therapy Department, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran
1993-1997	Bachelor of Science, Physiotherapy, Physical Therapy Department, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran

Professional and Administrative Experiences	
2002-2018	Physiotherapist of Shahid Chamran Hospital
2013- present	Instructor
2013-2018	Reviewer of conference paper (National Student Congress on New Horizons in Rehabilitation Sciences)
2018- present	Program administrator in clinical work

Teaching Experiences	
2013- present	Physical Therapy Department, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Shiraz, Iran
Exercise therapy I (Theoretical & Practical)	
Proprioceptive Neuromuscular Facilitation (Theoretical & Practical)	
Exercise Therapy III (Stroke Rehabilitation) (Theoretical & Practical)	
Manual Muscle Testing (Theoretical & Practical)	
Physiotherapy in neurology I	
Physiotherapy in neurology III	
Neurology (for Physiotherapy department)	
Neurology (for Auditory department)	
Radiology	
Orthoses & Prostheses	
Rehabilitation ward management	
Pre-internship (Observation)	
Clinical work	

Research Interests	
Orthopedics Rehabilitation	
Musculoskeletal Rehabilitation	
Exercises Therapy	
Neurology	
Electromyography	
Rehabilitative Ultrasonography Imaging	

Conference Contributions

Farahnaz Emami, Soraya Pirouzi, Shohreh Taghizadeh: The Evaluation of Abdominal and Lumbar Muscles Electromyography Activity During Dead Bug Exercises. Presented at 23 rd Iran Physiotherapy Congress, Shiraz, Iran, May 2012.

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.

Farahnaz Emami , Amin Kordi Yoosefinejad, Mohsen Razeghi: The Comparison between Whole -Body Vibration Training and Balance Exercise Program on the Muscle Geometry in the Patients with Chronic Non-Specific Low Back Pain.Presented at 3rd International and 30th Annual Physiotherapy Congress of Iranian Physiotherapy Association. Tehran, Iran, Jun 2019.

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.

Farahnaz Emami , Zahra Rojhani-Shirazi: Can Aquatic Exercises Cause Weight Loss in Obese Individuals? A Narrative Review. Presented at 34th Annual Physiotherapy Congress of Iranian Physiotherapy Association. Tehran, Iran, November 2023.

Publications

Soraya Pirouzi, **Farahnaz Emami**, Shohreh Taghizadeh, Ali Ghanbari. Is Abdominal Muscle Activity Different from Lumbar Muscle Activity during Four-Point Kneeling? IJMS. 2013; 3(4): 327-333.

Shohreh Taghizadeh, Farahnaz Ghafari Nezhad , **Farahnaz Emami**, Tahereh Imanifard , Seiedeh Elham Hoseini. The Effects of Neck Stabilization Exercises to Improve Foreword Head Posture. JRRS. 2013; 9: 1222-1231.

Farahnaz Emami, Soraya Pirouzi, Shohreh Taghizadeh. Comparison of Abdominal and Lumbar Muscles Electromyography Activity During Two Types of Stabilization Exercises. Zahedan J Res Med Sci. 2015; 17(4):e963.

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. JRSR. 2015; 3:347-52.

Farahnaz Emami, Masoud Bahremand, Zahra Rojhani-Shirazi. Prevalence of Musculoskeletal Injuries in Shiraz Male Wushu Players: A Cross Sectional Study. JRSR.2017; 1: 6-9

Sara Abolahrari-Shirazi¹, 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. JRSR. 2018;5: 93-98.

Publications

Farahnaz Emami, Amin Kordi Yoosefinejad, Alireza Motealleh. Comparison of Static and Dynamic Balance during Early Follicular and Ovulation Phases in Healthy Women, Using Simple, Clinical Tests: A Cross Sectional Study. *Gynecol Endocrin.* 2018; 35(3):257-260.

Farahnaz Emami , Amin Kordi Yoosefinejad , Mohsen Razeghi. Correlations between Core Muscle Geometry, Pain Intensity, Functional Disability and Postural Balance in Patients with Nonspecific Mechanical Low Back Pain. *Med Eng Phys.* 2018.1-8.

Farahnaz Emami, Sara Abrishamkar, Amin Kordi Yoosefinejad. Evaluation of the Diagnostic Accuracy of Test Used for Anterior Cruciate Ligament Injuries: A Narrative Review. *Journal of Sport Biomechanics.*2022; 8(2): 128-140.

Farahnaz Emami, Sara Abolahrari- Shirazi,Zahra Rojhani- Shirazi, Mansour Janati, Mersa Razaghi. The Effects of Coronary Artery Bypass Grafting on Postural Balance.*JRSR.*2022; 9: 42-26.