

## Curriculum Vitae

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**DATE OF BIRTH** 1 /March / 1962  
**PLACE OF BIRTH** KHORRAMDARREH  
**NATIONALITY** IRANIAN  
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## OCCUPATION

Associate Professor, Dept. of Physical Therapy, Zahedan University of Medical Sciences. Member of Iranian Physical Therapy Association. Member of Medical Council of I.R. IRAN. Currently Manager of Physical Therapy Dept. in Zahedan University of Medical Sciences.

## EDUCATIONS:

Sep 1999- June 2004:

PhD, Physical Therapy, Physical Therapy Dept., Medical School, Tarbiat Modarres University, Tehran, IRAN.

Sep 1989- Dec 1991:

MSc, Physical Therapy, Physical Therapy Dept., School of Rehabilitation Sciences, Tehran University of Medical Sciences, Tehran, IRAN.

Sep 1984- Jan 1989:

BS, Physical Therapy, Physical Therapy Dept., School of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, IRAN.

Sep 1976- May 1980:

Diploma in Natural Sciences, Saadi high school, Khorramdarreh, Zanzan, IRAN, with the average of 17.04 out of 20.

### **TOPICS OF THE THESES:**

#### **Ph.D. (2004)**

Balance and Motor Function Problems in Hemiparetic Patients and the Effects of FBS Exercises Protocol in Treatment of these Impairments.

#### **M.Sc. (1991)**

Rehabilitation of orthopedics injuries of the knee joint.

#### **B.Sc. (1989)**

Fractures of lower extremity.

### **EXPERIENCES:**

May 1996 till August 1999 Joined Zahedan University of medical sciences as lecturer in physical therapy and during this period have taught following courses to students of physical therapy.

1. Kinesiology I, II and III.
2. Exercises therapy I, II and III.
3. Medical terminology.
4. Neurological rehabilitation.
5. Clinical education for PT students.
6. Acting as supervision for different groups of PT students.
7. Supervision of students for their theses (21 theses).

**August 2004 till now after graduation rejoined the ZUMS as assistant professor and involved in academic activities including:**

1. Teaching all courses as mentioned above.
2. Supervision of students for their theses (2 theses).

### **PRESENTATIONS:**

1. **Akbari A** (1990). Oral presentation "Rehabilitation of spinal injuries". Iran, Tehran, The 1<sup>st</sup> Physiotherapy Congress of Iran.
2. **Akbari A**, Karimi H, Kazemnegad A, Ghabaii M (2003). Oral presentation "Investigation of the effects of strengthening exercises protocol on the biomechanical

- parameters of gait in chronic hemiparetic patients following stroke”. Iran, Tehran, The 1<sup>st</sup> Congress of Biomechanic and Human Motion Analysis. P.51.
3. **Akbari A**, Karimi H, Kazemnegad A, Ghabaii M (2003). Oral presentation “The effect of functional, balance and strengthening exercises protocol in treatment of postural control and balance problems in hemiparetic patients.” Iran, Tehran, The 4<sup>th</sup> Congress of Spinal Column Physiotherapy. p. 63-65.
  4. **Akbari A**, Karimi H (2003). Oral presentation “posture and balance control, postural adjustments and essential motor strategies for balance and posture”. Iran, Tehran, The 4<sup>th</sup> Congress of Spinal Column Physiotherapy. p. 8-10.
  5. **Akbari A**, Karimi H, Kazemnegad A, Ghabaii M (2004). Oral presentation “The effects of strengthening exercises protocol on exaggerated muscle tonicity in chronic hemiparesis following stroke”. Iran, Tehran, The 15<sup>th</sup> Physiotherapy Congress of Iran. p. 26-27.
  6. **Akbari A**, Karimi H, Kazemnegad A, Ghabaii M (2004). Oral presentation “Motor function problems in hemiparetic patients and the effectiveness of FBS exercises protocol in treatment of these impairments”. Iran, Tehran, The 10<sup>th</sup> of Occupational Therapy Congress of Iran. P. 20.
  7. **Akbari A**, Karimi H, Ghabaii M (2005). Oral presentation “The effect of concentric strengthening exercises of involved lower extremity muscles on the anticipatory postural adjustment in chronic stage of hemiparesis after stroke”. Iran, Tehran, The 16<sup>th</sup> Physiotherapy Congress of Iran, p. 9-11.
  8. **Akbari A** (2005). Oral presentation “The Role of feedforward responses of postural control mechanism in anticipatory postural adjustment (APA)”. Iran, Tehran, The 6<sup>th</sup> Congress of Spinal Column Physiotherapy. p. 21.
  9. **Akbari A**, Gannad R (2005). Poster presentation “Prevalence of Shoulder Postural Impairments in 10-12 Years Old Primary Students of Zahedan”. Iran, Tehran, The 6<sup>th</sup> Congress of Spinal Column Physiotherapy. p. 35.
  10. **Akbari A** (2006). Oral presentation “Motor Abilities of Children with Cerebral Palsy: A Comparison between Muscle Strength Training, Functional Therapy and Neurodevelopmental techniques”. Iran, Zahedan, The 5<sup>th</sup> congress of Iranian child neurology. P. 3-4.
  11. **Akbari A** (2006). Oral presentation “Relationship between Standing Balance and Side of Hemiparesis and the Effect of Balance, Functional and Strengthening Exercises According to involved side”. Iran, Tehran, The 17<sup>th</sup> Physiotherapy Congress of Iran, p. 33-34.

12. Afshari pour R, **Akbari A** (2006). Oral presentation “The Effects of Plyometric and Strengthening Exercises on the Quadriceps Muscle Strength in Girl Students of Zahedan Medical University in 2005”. Iran, Tehran, The 17th Physiotherapy Congress of Iran, p. 57-58.
13. **Akbari A** (2006). Poster presentation “A Case Report of Cervicogenic Headache”. Iran, Tehran, The 17th Physiotherapy Congress of Iran, p. 12.
14. Nazok R, **Akbari A** (2006). Poster presentation “The comparison of the effects of different muscle stretching techniques on the hamstring muscles group flexibility in 18-28 years old boy students’ of Zahedan medical university in 2006”. Iran, Tehran, The 17th Physiotherapy Congress of Iran, p. 13.
15. Nazok R, Moodi H, Ghiasi F, **Akbari A** (2006). Oral presentation “The comparison of the effects of different muscle stretching techniques on the hamstring muscles group flexibility”. Iran, Tehran, The 7th Annual Research Congress of Iranian Medical Sciences Students, p. 389.
16. Nazok R, Moodi H, Ghiasi F, **Akbari A** (2006). Oral presentation “The effects of vacuum-compression therapy on the healing of diabetic foot ulcers”. Iran, Tehran, The 7th Annual Research Congress of Iranian Medical Sciences Students, p. 388.
17. Shahramian I, Nazok R, Ghiasi F, **Akbari A** (2006). Poster presentation “The effect of therapeutic ultrasound and duration of stretching of the hamstring muscle group on the passive knee extension”. Iran, Tehran, The 7th Annual Research Congress of Iranian Medical Sciences Students, p. 395.
18. **Akbari A** (2007). Oral presentation “Comparison of the effect of low level laser therapy with therapeutic ultrasound in treatment of rotator cuff tendonitis”. Iran, Tehran, The 18th Physiotherapy Congress of Iran, p. 42-44.
19. **Akbari A**, Ghiasi F, Mohammadi M, Rahem M (2007). Poster presentation “The effect of time on post isometric relaxation technique on the flexibility of the iliopsoas muscle in subjects with limited hip extension”. Iran, Tehran, The 18th Physiotherapy Congress of Iran, p. 16.
20. Khorashadizadeh S, **Akbari A**, Abdai G, Arab MR, Namvar H (2007). Oral presentation, “Comparison of the Effect of Motor Control Exercises with Conventional Methods in Treatment of Chronic Low Back Pain”. Iran, Tehran, The 18th Physiotherapy Congress of Iran, p. 117-118.

21. Ghiasi F, **Akbari A**, Sangtarash F (2007). Poster presentation “The effect of stabilization and William's exercise on improvement of function in Patients with mechanical CIBP”. Iran, Tehran, The 18th Physiotherapy Congress of Iran, p. 119.
22. Moodi H, **Akbari A**, Ghiasi F, Afshari AH (2007). Poster presentation “Comparison of chest expansion and respiratory volumes before and after functional exercises between girls and boy students of guidance schools”. Iran, Tehran, The 18th Physiotherapy Congress of Iran, p. 17.
23. **Akbari A**, Brahoei M (2008). Oral presentation, “Efficacy of Neck Muscles Specific Stabilization Training versus Dynamic Exercises in the Treatment of Chronic Neck Pain and Disability: A Randomized Controlled Trial”. Iran, Tehran, The 19th Physiotherapy Congress of Iran, p. 67-8.
24. Hosseinifar M, Ghiasi F, **Akbari A**, Mahmodi S (2008). Oral presentation, The effects of stretching and nerve mobilization exercises in increasing pain and improving shoulder function in thoracic outlet syndrome. Iran, Tehran, The 19th Physiotherapy Congress of Iran, p. 69-70.
25. Moodi H, Ghiasi F, **Akbari A**, Shikhzadeh AS, Moodi M (2008). Poster presentation, Comparison of the Effect of Plyometric Exercises with Treadmill Training on the Chest Expansion and Respiratory Volumes in High School Students. Iran, Tehran, The 19th Physiotherapy Congress of Iran, p. 143-44.
26. **Akbari A**, Hosseinifar M, Khirabadi N, Jahanshahi Javaran P. Poster presentation, Comparison of the effect of exercise therapy with transcutaneous electrical nerve stimulation on improvement of pain and function in patients with patellofemoral pain syndrome. The 11th Iranian Congress of Physical Medicine, Rehabilitation and Electrodiagnosis, Shiraz-Iran, p. 130-131.
27. Jahanshahi Javaran P, Ghiasi F, **Akbari A**. Poster presentation, Muscle Energy Technique and Ultrasound Therapy: A Double-Blind Randomized Controlled Trial on Subjects with Myofascial Trigger Point. The 11th Iranian Congress of Physical Medicine, Rehabilitation and Electrodiagnosis, Shiraz-Iran, p. 209-210.
28. Jahanshahi Javaran P, Ghiasi F, **Akbari A**. Poster presentation, The Relationship between two Common Techniques of Measuring the Angle of Lumbar Lordosis: Radiography and Clinical Methods. The 11th Iranian Congress of Physical Medicine, Rehabilitation and Electrodiagnosis, Shiraz-Iran, p. 211.

29. **Akbari A**, Javad Zadeh M, Shahraki S, Jahanshahi Javaran P. Poster presentation, The Effects of Functional Therapy on Motor Development in Children with Cerebral Palsy. The 8<sup>th</sup> congress of child neurology, Mashhad, Iran, p.146-148.
30. Eshgi M, **Akbari A**. Comparison of Muscle Energy Technique with low level laser Therapy in Myofascial trigger point treatment in trapezius and levator scapula. The 20<sup>th</sup> Iranian physiotherapy congress, Tehran, 12-14 MAY 2009 Iran, p.155-157.
31. Jahanshahi Javaran P, **Akbari A**. Comparison of motor control exercises with general exercises in reducing pain and improving function in subjects with spondylolysis and spondylolsthesis, Randomized controlled trial. The 20<sup>th</sup> Iranian physiotherapy congress, Tehran, 12-14 MAY 2009 Iran, p.158-160.
32. **Akbari A**, Javad Zadeh M, Shahraki S, Jahanshahi Javaran P. Poster presentation, The Effects of Functional Therapy on Motor Development in Children with Cerebral Palsy. The 20<sup>th</sup> Iranian physiotherapy congress, Tehran, 12-14 MAY 2009 Iran, p.59-61.
33. Rezasoltani A, Okhovatian F, Namvar H, **Akbari A**, Abdi G. Neck longus coli muscle ultrasonography with chronic non-specific pain and healthy subjects. International journal of rheumayic disease 2010; 13(Suppl. 1): 206-210.
34. **Akbari A**, Rezaei S. The effects of Yoga and stabilization exercise on improvement pain and disability in females with chronic lumbar disc herniation. Iran, Tehran, 2011, The 11th Congress of Spinal Column Physiotherapy. p. 17.
35. **Akbari A**, Arabkangan MR. Effectiveness of Neck Muscles Specific Stabilization Training versus Dynamic Exercises in the Treatment of Chronic Neck Pain and Disability: A Randomized Controlled Trial. Iran, Tehran, 2011, The 11th Congress of Spinal Column Physiotherapy. p. 18.
36. **Akbari A**, Rezaei S. Poster presentation, The effects of Yoga and stabilization exercise on improvement pain and disability in females with chronic lumbar disc herniation. The 22<sup>nd</sup> Iranian physiotherapy congress, Tehran, 3-5 MAY 2011 Iran, Tehran, p.61.
37. **Akbari A**, Karami S. Poster presentation, the effect of low-level LASER on improvement of pain and function in patients with anterior knee pain. The 22<sup>nd</sup> Iranian physiotherapy congress, Tehran, 3-5 MAY 2011 Iran, Tehran, p.50.
38. Naroii Sh, **Akbari A**. Comparing the effects of vibration and ultrasound waves accompanied with stretching exercises on myofascial trigger points of posterior neck muscles in athletes. The 22<sup>nd</sup> Iranian physiotherapy congress, Tehran, 3-5 MAY 2011 Iran, Tehran, p.61.

39. **Akbari A**, Arab Kangan MR, Papoli R. The relationship between body mass index and balance. Iran, Tehran, 28-29 Dec 2011, The 12th Seminar in Spinal Physical Therapy. P. 83.
40. **Akbari A**, Azarkish A. Prevalence of shoulder postural impairments in 10-12 Years Old primary students of zahedan. Iran, Tehran, 28-29 Dec 2011, The 12th Seminar in Spinal Physical Therapy. P. 129.
41. **Akbari A**. The Effect of Action Potential Simulation and Vibration in Reducing Neck and Shoulder Pain and Disability in Subjects with Trapezius and Levator Scapula Muscles Trigger Points. The 24th Iranian physiotherapy congress, 7-9 MAY 2013 Iran, Tehran, p.128-129.
42. Namvar H, **Akbari A**, Sargolzaei M, Bandani N. Comparison of the effect ultrasound wave and massage techniques in reducing pain and improving function in patients with Trapezius and Levator Scapula Muscles Trigger Points. The 24th Iranian physiotherapy congress, 7-9 MAY 2013 Iran, Tehran, p. 204.
43. Akbari A. A Comparison between Muscle Energy Technique with Low-Level Laser in Reducing Neck and Shoulder Pain and Disability in Subjects with Trapezius and Levator Scapula Myofascial Trigger Points. The 17th Annual Congress of Iranian Society of Physical Medicine, Rehabilitation & Electrodiagnosis, 4-6 Dec 2013 Iran, Tehran, p.8.
44. **Akbari A**. A Comparison of Lumbar Specific Stabilization Exercises and General Exercises in Reducing Pain and Disability in Patients with Spondylolysis and Spondylolisthesis. Iran, Tehran, 2013, the 14<sup>th</sup> National and 1<sup>st</sup> International Seminar in Specific Spinal Physical Therapy, 25-26 Dec 2013, p. 56.
45. **Akbari A**, Sarmadi A, Zafardanesh P. The effect of ankle taping and balance exercises on postural stability indices in healthy women. The 27th Annals Congress of Iranian physiotherapy Association, Tehran, Olympic Hotel, 4-6 may 2016, p. 156.
46. **Akbari A**. The Effects of Balance Training on Static and Dynamic Postural Stability indices after Acute ACL Reconstruction. The 1st seminar on physiotherapy in musculoskeletal impairments, Tehran, Olympic Hotel, 24-25 Nov 2016, p. 38.
47. **Akbari A**. A Relationship between Static and Dynamic Postural Stability Index and Anthropometrics Index in Healthy Men and Women with Normal

BMI Index. The 1st international and 28th Annuals Congress of Iranian physiotherapy Association, Tehran, Olympic Hotel, 24-26 may 2017, p. 143-44.

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## PUBLICATIONS

### Articles:

1. **Akbari A.** Evaluation of pathological process in proximal segment of motor nerves: F wave. *J Zanzan univ Med Sci* 1994; 2(5,6): 39-41.
2. **Akbari A,** Karimi H, Kazemnegad A, Ghabaii M. The Effect of strengthening Exercises on exaggerated muscle tonicity in chronic hemi paresis following Stroke. *J Rafsanjan univ Med Sci* 2004; 3(3): 199-206.
3. **Akbari A,** Karimi H. The Effect of strengthening exercises on exaggerated muscle tonicity in chronic hemiparesis following Stroke. *J Med Sci* 2006; 6(3): 502-508.
4. **Akbari A,** Karimi H, Kazemnegad A, Ghabaii M. The effect of functional, balance and strengthening exercises protocol in treatment of postural control and balance problems in hemi paretic patients. *TABIB-E-SHARGH, J Zahedan univ Med Sci* 2004; 1(6): 11-21.
5. **Akbari A,** Hosseinifar M, Ghiasi F. Letter to editor. *TABIB-E-SHARGH, J Zahedan univ Med Sci* 2005; 6(4): 321-323.
6. **Akbari A.** Letter to editor. *TABIB-E-SHARGH, J Zahedan univ Med Sci* 2004; 6(3): 243-244.
7. **Akbari A,** Karimi H, Kazemnegad A, Ghabaii M. Motor function problems in hemiparetic patients and the effect of FBS exercises protocol in treatment of these impairments. *Daneshvar Medicine J* 2005; 12(56): 1-12.
8. **Akbari A,** Karimi H, Tirgar-Fakhery K. Motor function problems in hemiparetic patients and the effect of FBS exercises protocol in treatment of these impairments. *Pakistan Journal biological sciences* 2006; 9(7): 1393-1398.
9. **Akbari A,** Karimi H, Kazemnegad A, Ghabaii M. The effect of strengthening exercises on the biomechanical parameters of gait in chronic hemi paresis following stroke. *J Qazvin univ Med Sci* 2005; 9(3): 8-15.



10. **Akbari A**, Karimi H, Kazemnegad A, Ghabaii M. The relationship between lower-extremity isometric muscle strength and functional performance in chronic stages of hemiparesis after stroke. *J Kermanshah univ Med Sci* 2006; 10(1): 40-48.
11. **Akbari A**, Karimi H. The relationship between lower-extremity isometric muscle strength and functional performance in chronic stages of hemiparesis after stroke. *J Med Sci* 2006; 6(3): 339-343.
12. **Akbari A**, Karimi H, Kazemnegad A, Ghabaii M. The effect of concentric strengthening exercises of involved lower-extremity muscles on the anticipatory postural adjustment in chronic stage of hemiparesis after stroke. *J Khashan univ Med Sci* 2006; 10(1): 21-27.
13. **Akbari A**, Karimi H, Ghabaii M. The effect of strengthening exercises on the muscle strength of involved lower extremity and locomotor performance in chronic hemiparesis following stroke. *J Bosheher univ Med Sci* 2005; 8(1): 22-30.
14. **Akbari A**, Karimi H, Ghabaii M. Relationship between standing balance and side of hemiparesis and the effect of balance, functional and strengthening exercises according to involved side. *J Mazandran univ Med Sci* 2005; 15(49): 51-58.
15. **Akbari A**, Gannad R. Prevalence of shoulder postural impairments in 10-12 Years Old primary students of zahedan. *J Med Sci* 2006; 6(3): 350-355.
16. **Akbari A**, Moodi H, Ghannad R. Prevalence of postural Shoulder Impairments in 10-12 Year Old Students in Primary Schools of Zahedan. *J Birjand univ Med Sci* 2008; 15(1): 58-66.
17. **Akbari A**, Moodi H, Moein AA, Nazok R. The effect of therapeutic ultrasound and duration of stretching of the hamstring muscle group on the passive knee extension. *J Med Sci* 2006; 6(6): 968-73.
18. Moodi H, **Akbari A**, Ghiasi F, Moodi F. The effect of ultrasound and duration of stretching of the hamstring muscle group on the range of passive extension of the knee joint. *J Birjand univ Med Sci* 2007; 13(4): 16-23.
19. Ghiasi F, **Akbari A**, Sangtarash F. The effect of stabilization and William's exercise on improvement of function In Patients with mechanical CIBP. *J Shahrekord univ Med Sci* 2007; 8(4): 21-28.
20. **Akbari A**, Afshari Pour R, Hossieni Far M, Ghiasi F. The effects of plyometric and strengthening exercises on the quadriceps muscle strength in girl students in Zahedan University of Medical Sciences in 2005. *TABIB-E-SHARGH, J Zahedan univ Med Sci* 2007; 8(3): 219-25.

21. Hosseinifar M, Ghiasi F, **Akbari A**. The relationship between lumbar and thoracic curves with body mass index and low back pain in students of Zahedan University of Medical Sciences. *J Med Sci* 2007; 7(6): 984-90.
22. **Akbari A**, Moodi H, Ghiasi F, Mahmoudzadeh Sagheb HR, Rashidi H. Effects of vacuum-compression therapy on healing of diabetic foot ulcers: Randomized controlled trial. *J Rehabil Res Dev* 2007; 44(5): 631-6.
23. Moodi H, **Akbari A**, Ghiasi F, Mahmoudzadeh Sagheb HR, Heidari Z, Rashidi H. The effects of vacuum-compression therapy (VCT) on the diabetic foot ulcer healing. *J Zanjan univ Med Sci* 2007; 14(57):15-22.
24. **Akbari A**, Mohammadi M. Effect of post isometric stretch duration on the hip joint extension in females with short iliopsoas muscle. *J Shahrekord univ Med Sci* 2007; 9(2): 68-75.
25. **Akbari A**, Nazok R, Ghiasi F. The effect of four different muscle stretching techniques on flexibility of hamstring muscle group in 18-28 years old boy students' of the Zahedan University of Medical Sciences. *Ofogh-e-danesh, J Gonabad univ Med Sci* 2007; 13(2): 41-53.
26. **Akbari A**, Khorashadizadeh S, Abdi A. The Effect of Motor Control Exercise versus General Exercise on Lumbar Local Stabilizing Muscles Thickness: Randomized Controlled Trial of Patients with Chronic Low Back Pain. *J Back Musculoskelet Rehabil* 2008; 21(2): 105-112.
27. **Akbari A**, Khorashadizadeh S, Abdi A. The Effect of Motor Control Exercises versus Conventional Exercises on Lumbar Local Stabilizing Muscles Thickness: a Randomized Controlled Trial in Patients with Chronic Low Back Pain. *J Zanjan univ Med Sci* 2008;16(62):1-16 .
28. Ghiasi F, **Akbari A**. Study of the relationship between foot arch and hamstring flexibility with sacroiliac joint mobility. *J Sabzevar univ Med Sci* 2008; 15(1): 52-58.
29. **Akbari A**, Hosseinifar M, Khirabadi N, Jahanshahi Javaran P. Comparison of the effect of exercise therapy with transcutaneous electrical nerve stimulation on improvement of pain and function in patients with patellofemoral pain syndrome. *ARMAGAN-E-DANESH, J Yasouj univ Med Sci* 2008; 13(1): 15-26.
30. Hossienifar M, Ghiasi F, **Akbari A**, Mahmoudi S. The effect of stretching and nerve mobilization exercises on improvement of pain and upper extremity function in subjects with thoracic outlet syndrome. *Ofogh-e-danesh, J Gonabad univ Med Sci* 2008; 14(1): 36-46.

31. **Akbari A**, Ghiasi F, Alli AG, Habibinia O, Khosravi-zarandi H, Afsharpour S. Comparison Between Two Common Techniques of Measuring The Angle of Lumbar Lordosis: Radiography And Clinical Methods. *J Ilam univ Med Sci* 2008; 16(2): 1-6.
  32. Ghiasi F, **Akbari A**, Abed M. Comparison of Muscle Energy Techniques with Ultrasound Therapy in Myofascial trigger point treatment in Upper Trapezius. *J Babol univ Med Sci* 2008-2009; 10(5): 7-14.
  33. **Akbari A**. Comparison of the Effect of Low Level Laser Therapy with Therapeutic Ultrasound on the Treatment of Rotator Cuff Tendonitis. *YAFTEH, J Lorestan univ Med Sci* 2008; 10(2): 45-51.
  34. Hossienifar M, **Akbari A**, Sanchouli T, Kalim-Shastan A, Ghiasi F. The Effect of Functional and Strengthening Exercises on improvement of upper extremity function in patients with hemiparesis following stroke. *TABIB-E-SHARGH, J Zahedan univ Med Sci* 2008; 10(3): 163-173.
  35. Hossienifar M, **Akbari A**, Shahrakinasab A. The Effects of McKenzie and Lumbar Stabilization Exercises on the Improvement of Function and Pain in Patients with Chronic Low Back Pain: A Randomized Controlled Trial. *J Shahrekord univ Med Sci* 2009; 11(1): 1-9.
  36. Moodi H, Ghiasi F, Afshar M, **Akbari A**, Harati H, Sheikhzade A. The effect of kind of plyometric and aerobic exercises on the chest expansion and respiratory volumes. *J Shahrekord univ Med Sci* 2009; 11(2): 30-38.
  37. Ghiasi F, **Akbari A**. Comparison of the effects of open and closed kinematic chain and different target position on the knee joint position sense. *J Gorgan Univ Med Sci* 2009; 10(4): 22-28.
  38. Ghiasi F, **Akbari A**. Comparison of the effects of open and closed kinematic chain and different target position on the knee joint position sense. *J Med Sci* 2007; 7(6): 969-76.
- As an associate professor:**
39. **Akbari A**, Afshar M, Moodi H. A Case Report of Cervicogenic Headache and its treatment. *J Gorgan univ Med Sci* 2009; 11(2): 72-75.
  40. **Akbari A**, Ghiasi F, Barahoie M, Arab-Kangan MR. The comprasion of effectiveness of muscles specific stabilization training and dynamic exercises on the chronic neck pain and disability. *J Gorgan Univ Med Sci* 2010; 11(4): 29-38.
  41. **Akbari A**, Javad Zadeh M, Shahraki S, Jahanshahi Javaran P. The Effects of Functional Therapy on Motor Development in Children with Cerebral Palsy. *Iran J Child Neurology* Dec 2009; 3(3):23-32.

42. Ghiasi F, **Akbari A**, Shoroeei H. The effect of PNF-Stretching and strengthening Exercises on improvement of Function in subjects with tibial stress syndrome. *J Jahrom Uni Med Sci* 2010; 8(1): 19-27.
43. Naroii Sh, **Akbari A**, Asad MR, Farahani A. Comparing the effects of vibration and ultrasound waves accompanied with stretching exercises on myofascial trigger points of posterior neck muscles in athletes. *J Shahrekord univ Med Sci* 2010; 12(3): 43-52.
44. Namvar H, Rezasoltani A, Okhovatian F, **Akbari A**. A Comparison of dimensional changes of longus colli muscle between rest and maximum isometric contraction of deep cervical flexor muscles in patients with chronic neck pain and healthy subjects by ultrasonography. *Daneshvar* 2011; 18(93): 1-9.
45. **Akbari A**, Naroii Sh, karami Sima, Shahraki H. The effect of low-level LASER on pain improvement and function in patients affected anterior knee pain. *J Shahrekord univ Med Sci*. 2011; 13(5): 11-19.
46. **Akbari A**, Naroii Sh, Eshgi M, Farahani A. A comparison between muscle energy technique with low-level laser in reducing neck and shoulder pain and disability in subjects with trapezius and levator scapula myofascial trigger points. *J Zanjan Uni Med Sci* 2012; 20(79): 69-82.
47. **Akbari A**, Naroii Sh, Pishva H, Raghobi M. A Comparison of the Effectiveness of Action Potential Simulation and Low-Level LASER in Reducing Pain and Improving Function of the Knee: A Randomized Controlled Trial of Women with knee Osteoarthritis. *J Sabzevar Uni Med Sci* 2012; 19(2): 116-126.
48. **Akbari A**, Rezaei S. The Effect of Yoga Exercises on Lumbar Range of Motion, Pain and Functional Disability in Women with Chronic Lumbar Disk Herniation: A Randomized Controlled Study. *J Ilam Uni Med Sci* 2012; 20(3): 16-28.
49. **Akbari A**, Rezaei S. The Effect of Yoga Exercises on Lumbar Range of Motion, Pain and Functional Disability in Women with Chronic Lumbar Disk Herniation: A Randomized Controlled Study. *Iranian Physiotherapy Association Magazine* 2012; 46(1,2): 82-93.
50. **Akbari A**, Miri Torbagan M, Pourghaz A. A comparative study of diclofenac phonophoresis and ergonomic instructions on neck and shoulder pain in women with myofascial trigger points in trapezius muscle. *J Gorgan Univ Med Sci* 2013; 14(4): 17-23.
51. **Akbari A**, Naroii Sh, Pourahmadi Babaki FS, Mogharnasi M. Comparing the effect of a simulated action potential simulation and vibration in reducing neck and shoulder pain and disability in patients with trigger points in trapezius and levator scapulae

- muscles. *Feyz* 2013; 16(6): 507-14.
52. **Akbari A**, Jahanshahi Javaran P. Comparison of Lumbar Specific Stabilization Exercises and General Exercises in Reducing Pain and Disability in Patients with Spondylolysis and Spondylolisthesis. *J Birjand Univ Med Sci* 2013; 20(1): 1-10.
53. **Akbari A**, Sarmadi A, Zafardanesh P. The effect of ankle taping and balance exercises on postural stability indices in healthy women. *J Phys Ther Sci* 2014; 26(5): 763-79.
54. **Akbari A**, Asiaei F, Farahani A. Comparison of the Effect of Static Stretching Exercises and Vibration on Postural Stability Indices in Healthy Women. *J Rafsanjan univ Med Sci* 2014; 13(1): 27-40.
55. **Akbari A**, Ghiasi F, Papoli R, Jalali MA. A Relationship between Static and Dynamic Postural Stability Index and Anthropometrics Index in Healthy Men and Women with Normal BMI Index. *J Sabzevar Uni Med Sci* 2014; 21(2): 241-251.
56. Hosseinifar M, Akbari M, **Akbari A**, Ghiasi F. A comparison of lumbar lordosis, lumbar range of motion, and lumbo-pelvic stability between patients with chronic low back pain and healthy subjects. *NAUTILUS* 2014; 128(2): 49-55.
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