



Dr. Mehdi Rezaei

Assistant Professor

PhD in Orthotics and Prosthetics

H-Index: 3

Date of Completion: November 2023

Academic Affiliation

Department of Physiotherapy, School of Rehabilitation, Shahid Beheshti of Medical Sciences, Tehran, Iran.

About Me

My name is Mehdi Rezaei. I have a PhD in Orthotics and Prosthetics from the Iran University of Medical Sciences. I am working as a faculty member (Assistant Professor) in department of Physiotherapy as well as research office of School of Rehabilitation. I am interested in learning various skills in the professional and general fields. My favorite areas of research include orthopedic disorders, gait, balance, orthosis and prosthetics, and more, as well as interdisciplinary and multidisciplinary research.

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Department of Physiotherapy



Academic Educations

- BSc in Orthotics and Prosthetics, Department of Orthotics and Prosthetics, School of Rehabilitation, Iran University of Medical Sciences, Tehran (1995-1999)
- MSc in Orthotics and Prosthetics, Department of Orthotics and Prosthetics, School of Rehabilitation, Iran University of Medical Sciences, Tehran (2000-2003)
- PhD in Orthotics and Prosthetics, Department of Orthotics and Prosthetics, School of Rehabilitation, Iran University of Medical Sciences, Tehran (2012-2018)

Thesis Title

- **Thesis Title (PhD):** Comparison of the immediate effect of new knee orthosis and three-point knee pressure orthosis on adduction moment, kinematics, satisfaction, and pain in patients with internal knee osteoarthritis
Supervisor: Dr. Hassan Saeedi
- **Thesis Title (MSc):** Evaluation of the effect of plantar-dorsi flexion angles and abduction and adduction of SACH foot in patients below knee amputation
Supervisor: Dr. Ismail Ebrahimi
- **Thesis Title (BSc):** Translation of the book of Upper Limb Splint

Publications

- Published Articles

1. Daryabor A, Naghizad J, Jamehbozorgi A, Kalantari KK, **Rezaei M**. The Evaluation of Electromyography Biofeedback on Proprioception and Balance in Healthy Young Athletes. *Journal of Modern Rehabilitation*. 2023 Jun 27.
2. Abaei E, Abedi M, Sadat Mirenayat M, **Rezaee M**. The Effect of High-Intensity Interval Training in People With Respiratory Disease: A Review Study. *The Scientific Journal of Rehabilitation Medicine*. 2023 Mar 21;12(1):18-29.
3. Davoudi M, Farsani MK, Babae T, Ranjbar H, Shokouhyan SM, Ghaznavi A, **Rezaei M**. The effects of combining high-top shoes with twister wrap orthoses on balance parameters of children with spastic diplegic cerebral palsy. *Journal of Biomedical Physics & Engineering*. 2022 Feb;12(1):91.
4. Jiryaei Z, **Rezaei M**, Jiryaei A, Niknami S. Usability Testing of a New Tool for Tracking Therapeutic Exercise Patterns in Patients with Knee Osteoarthritis. *Middle East Journal of Rehabilitation and Health Studies*. 2022 Jan 31;9(1).
5. **Rezaei M**, Saeedi H, Hajiaghaci B, Khademi-Kalantari K, Arazpour M. Comparison of immediate effect of new knee brace and conventional three-points knee valgus brace on knee adduction moment and rom in patients with medial knee osteoarthritis. *Journal of Biomedical Physics & Engineering*. 2022 Aug;12(4):431.
6. Hassanpour S, Daryabor A, Jamshidi A, **Rezaei M**. Efficacy of ankle supports on dynamic postural control in patients with chronic ankle instability. *JPO: Journal of Prosthetics and Orthotics*. 2020 Jul 1;32(3):194-202.

7. Farsani MK, Daryabor A, **Rezaei M**, Okhovatian F. The Evaluation of a Custom-Made Insole on Foot Plantar Pressures in an Individual with Flexible Flatfoot: Single Case Study. *Journal of Clinical Physiotherapy Research*. 2020;5(1):e7-.
 8. Jiryaei Z, Jiryaei A, **Rezaei M**. Effectiveness of the Sforzesco Brace According to the Sport Concept of Bracing on Adolescent Scoliosis Deformity: A Systematic Review. *Journal of Clinical Physiotherapy Research*. 2019;4(4):e22-.
 9. Khosravi M, Arazpour M, Saeedi H, **Rezaei M**. Design evaluation in novel orthoses for patients with medial knee osteoarthritis. *Journal of biomedical physics & engineering*. 2019;9(6):719.
 10. Khademi-Kalantari K, Aghdam SM, Baghban AA, **Rezaei M**, Rahimi A, Naimee S. Effects of non-surgical joint distraction in the treatment of severe knee osteoarthritis. *Journal of bodywork and movement therapies*. 2014;18(4):533-9.
 11. Sohrabi M, Khademi-Kalantari K, AkbarZadeh-Baghban AR, **Rezaei M**, Hosseini SM. Comparison of the effects of shoe orthotics on the replacement of center of pressure in patients with severe medial compartment knee osteoarthritis. *Rehabilitation Medicine*. 2014;2(2).
 12. Edalat-Haghi M, Khalkhali Zavieh M, Khademi-Kalantari K, Rahimi A, **Rezaei M**, Tabatabaee SM. A comparative study of the effect of soft and hard cervical collars on static postural stability in healthy young subjects. *The Scientific Journal of Rehabilitation Medicine*. 2012 Dec 21;1(4):1-7.
 13. Rahimi A, **Rezaei M**, Behrouzi R. Effects of using hallux valgus (HV) splint, HV splint plus exercise or HV splint plus electrical stimulation (ES) on treatment of flexible HV in Young Population. *The Scientific Journal of Rehabilitation Medicine*. 2012 Sep 22;1(3):41-50.
 14. Mahmoudi Aghdam S, Khademi Kalantari K, Akbarzadeh Baghban A, **Rezaei M**, Rahimi A, Sadat Naeimee S. Effect of joint traction on functional improvement and quality of life in patients with severe knee osteoarthritis. *The Scientific Journal of Rehabilitation Medicine*. 2012 Jun 21;1(2):1-6.
 15. Rahimi A, **Rezaei M**. Incidence of hallux valgus deformity among Iranian university students. *Scientific Journal of Rehabilitation Medicine*. 2012; 1(2), 45-53.
۱۶. مینوکلاتری، رضایی م، طباطبایی سم. مقایسه میزان بی حرکتی حاصل از ارتزهای پیش ساخته مچ دست در افراد سالم. نشریه پژوهنده. ۲۰۱۱؛ ۱۶(۴): ۹۲-۱۸۷.
17. **Rezaei M**. A comparison study of available range of movement in common commercial wrist orthoses in normal subjects. *Pajoohandeh Journal*. 2011 Oct 10;16(4):187-92.
 18. Hosseini SM, **Rezaei M**, Khademi KH, Azma K. Evaluation of prevalence of LBP and its effects on lower limb amputees life referred to Helal Ahmar Rehabilitation Center. 2010.

- Published Books

- Daryabor A, Rezaei M, Rahimi A, **Clinical application of lower limb orthoses in diseases of the musculoskeletal system**. Translation of chapters related to the lower limb orthoses in “Atlas of Orthoses and Assistive Devices”, Fourth edition. By John D. Hsu, John Michael, John Fisk”, and were published in 2013.

- Rezaei M, Daryabor A, Babae T, Kamyab M. **Application of orthoses in spinal diseases**. Translation of chapters related to the lower limb orthoses in “Atlas of Orthoses and Assistive Devices, Fourth edition. By John D. Hsu, John Michael, John Fisk” and “Orthotics and Prosthetics in Rehabilitation, third edition, by [Michelle M. Lusardi](#), [Caroline C. Nielsen](#)”, and were published in 2014.
- Rezaei M, Daryabor A, Arazpour M, **lower limb orthoses**. Translation of chapters related to the spine in “Orthotics and Prosthetics in Rehabilitation, third edition, by [Michelle M. Lusardi](#), [Caroline C. Nielsen](#)”, and were published in 2014.
- Rezaei M, Daryabor A, Saeedi H, **A practical guide to prescribing medical shoes and orthoses in lower limb diseases**. Translation of chapters related to the “Atlas of Orthoses and Assistive Devices, Fourth edition. By John D. Hsu, John Michael, John Fisk” and “Orthotics and Prosthetics in Rehabilitation, third edition, by [Michelle M. Lusardi](#), [Caroline C. Nielsen](#)”, and were published in 2014.
- Rezaei M, Marzieh Hosseini, Dr. Minoo Kalantari, Application of orthoses in the treatment of upper limb disorders, Stayesh Hasti Publications. First Edition, 2016

Researches & Grants

Department of Physiotherapy, Shahid Beheshti University of Medical Sciences, Tehran

- Project: Prevalence of hallux valgus among students of Rehabilitation School of Shahid Beheshti University of Medical Sciences
Supervisor: Mehdi Rezaei
- Project: Check the wrist movement limit when using prefabricated orthoses
Supervisor: Mehdi Rezaei
- Project: Prevalence of low back pain and its related cases in lower limb amputation patients
Supervisor: Mehdi Rezaei
- Project: Screening of spinal postural deformity in pre-elementary and elementary students in 7 districts of Tehran (code: ۲۰۰۳۱)
Supervisor: Mehdi Rezaei
- Project: The comparison of the effectiveness of two different types of braces on walking in patients with medial knee osteoarthritis. (code: 22290)
Supervisor: Mehdi Rezaei
- Project: the effect of long-term use of lateral wedged insole on center of pressure displacement in patients with medial knee osteoarthritis (code: 22348)
Supervisor: Mehdi Rezaei

- Project: Design and feasibility a tool to perform exercise Therapy pattern in knee orthoplasia patients (code: 21947)
Supervisor: Mehdi Rezaei

Research Interests

Orthopedic disorders and orthoses, biomechanics, lower limb prostheses,...

Skills & Work Experiences

1. Faculty member, School of Rehabilitation, Department of Physiotherapy, Shahid Beheshti University of Medical Sciences, Tehran, Iran, From 2004 until now.
- Responsibility for evaluating medical equipment and orthopedic care
 - Responsibility for exams from 2006 till 2011
 - Director of Graduate Studies from 2018 till now
 - Planning Supervisor from 2019 till now

University Teaching Experience

Professional Experience

- Orthosis and prosthetics in physiotherapy
- Orthosis and prosthetics in occupational therapy
- Computer and medical information system (Master students of physiotherapy)
- Computer and medical information system (Master students of occupational therapy)
- Computer and medical information system (Master students of optometry)

Clinical Instructor

Fabricating splints and cast orthoses

Cooperation with Journals as Reviewer:

-Scientific Journal of Rehabilitation Medicine. <https://medrehab.sbmu.ac.ir/>

Cooperation with congresses as reviewer:

- Biennial Congress of Iranian Orthotics and Prosthetics, Tehran, 2014
- Biennial Congress of Iranian Orthotics and Prosthetics, Tehran, 2016
- Biennial Congress of Iranian Orthotics and Prosthetics, Isfahan, 2018

Cooperation with research projects as reviewer:

- As reviewer of Researches & Grants in School of Rehabilitation, Shahid Beheshti of Medical Sciences.

Other activities

- As Specialized Secretary in Scientific Journal of Rehabilitation Medicine, from August 2020 till now.
- As associate editor in Journal of Clinical Physiotherapy Research, from January 2020 till now.
- As editor of English-language articles in Journal of Clinical Physiotherapy Research, from January 2020 till now.

Participated in workshops & Courses

1. -Online webinar of scientific resource search, School of Rehabilitation, Shahid Beheshti of Medical Sciences, October 2020
2. -Online webinar on the basics of English paragraph writing, School of Rehabilitation, Shahid Beheshti of Medical Sciences, November 2020
3. Online webinar on how to read a scientific (English) article, School of Rehabilitation, Shahid Beheshti of Medical Sciences, November 2020
4. Online webinar of article writing in English, School of Rehabilitation, Shahid Beheshti of Medical Sciences, January 2021
5. Online webinar on endnote software training, School of Rehabilitation, Shahid Beheshti of Medical Sciences, February 2021

Memberships

- As Member of the Iranian Scientific Association for Orthotics & Prosthetics
- As Member of Medical Council of the Islamic Republic of Iran, number: ۱۳۵-۴-۱

Awards and Honors and Achievements

- National Patent, “Pneumatic knee extension brace with three pressure points mechanism”, Registration Office letter number: ۱۳۹۸۵.۱۴۰۰۳۰۰۷۸۸۶, Newspaper number: ۱۰۲۴۹۶, ۱ October 2020.
- National Patent, “new type of Pneumatic brace with variable pressure while walking”, Registration Office letter number: ۱۳۹۸۵.۱۴۰۰۳۰۰۷۸۹۹, Newspaper number: ۱۰۲۵۳۰, ۱ November 2020.

Languages

- Persian: Native Languages

References

- **Dr. Abbas Rahimi**. Professor, School of Rehabilitation, Shahid Beheshti of Medical Sciences
- **Dr. Mohammad Mohsen Roostayi**, Associate Professor. School of Rehabilitation, Shahid Beheshti of Medical Sciences
- **Dr. Khosro Khademi**. Professor, School of Rehabilitation, Shahid Beheshti of Medical Sciences
- **Dr. Hassan Saeedi**, Assistant Professor, School of Rehabilitation, Iran University of Medical Sciences