



Nahid Tahan

PhD in Physiotherapy

H-Index: 6

Date of Completion: February 2023

Academic Affiliation

Associated Professor, Department of physical therapy.,
School of Rehabilitation,
Shahid Beheshti of Medical Sciences, Tehran, Iran.

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Academic Educations

- **PhD in Physiotherapy** , Department of **Physiotherapy**, University of Social Welfare and Rehabilitation Sciences, Tehran (2006-2016)

Thesis Title

Sonomyographic assessment of abdominal muscle when activated alone and with pelvic floor muscle contraction in healthy and non-specific chronic low back pain subjects


Supervisor: Dr Amir Masoud Arablo



Publications


Publications in Persian

1. **N Tahan** K Khademi Kalantari, , G Nasaj. The pattern of changes in the anterior forearm muscles following cold application. Journal of Rafsanjan University of Medical Science & Health Services. 2006,1(5); 51-56
2. K Khademi Kalantari, **N Tahan** , G Nasaj. The correlation between the muscle temperature and the grip force. Modern Rehabilitation, 2008
3. **N Tahan** ,K Khademi Kalantari, The correlation between type and site stroke with duration flaccidity in patient with cerebrovascular accident. 2011;8:287-294
4. **N Tahan**, M.A mohseni Bandpai - Co-activation of Abdominal and Pelvic Floor Muscles: A Systematic Review of the Literature. Journal of Mazandaran University of medical science.2011; 21:81-90
5. Hashem Boroojerdy M, Arab A, Karimi N, **Tahan N**. Reliability of Eelectromyography of Abdominal Muscles During Abdominal Manoeuvre With and Without Pelvic Floor Muscle Contraction. Quarterly Journal of Rehabilitation. 2012; 13 (3) :18-25.
6. S Jandaghi, **N Tahan**, A Akbarzadeh Baghban. Comparing the Efficacy of Balance Training Exercises with Visual Cue Deprivation and Balance Training on Unstable Surface after Stroke.Journal of Mazandaran University of Medical Sciences 26 (143), 62-70.
7. M Esmaili, **N Tahan**, SM Miri, A Montazeri, A Akbarzade Bagheban. Factors affecting the results of lumbar discectomy. Tehran University Medical Journal TUMS Publications 75 (2), 126-134.
8. D Azimpour, **N Tahan**, F Poursaeed, F Dehghan Manshadi, E Ghasemi. Extracorporeal shock wave therapy for the reduction of post stroke spasticity: review article and meta-analysis.Tehran University Medical Journal TUMS Publications 75 (5), 332-342.
9. M Saremiyan, **N Tahan**, A Akbarzadeh Baghban. Effect of olfactory stimulation on static and dynamic balance in healthy subjects: brief report. Tehran University Medical Journal TUMS Publications 76 (2), 142-147.
10. S Khalkhali, **N Tahan**, A Akbarzadeh Baghban.The effect of isometric contractions of upper and lower limb muscles on the ultrasonic thickness of the transversus abdominis muscle. Tehran University Medical Journal TUMS Publications 76 (8), 536-542.
11. D Azimpour, **N Tahan**. The effect of three sessions shock wave therapy on spasticity and range of motion of lower limb in stroke patients. Tehran University Medical Journal TUMS Publications 77 (4), 234-239.
12. MH Boroojerdi, AM Arab, A Rahimi, **N Tahan**. Electromyography Activity of the Abdominal Muscles Relative to the Active Pelvic Floor Muscle Contraction in Low Back Pain and Healthy Individuals. Journal of Clinical Physiotherapy Research 5 (2), e11-e1.

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13. L Katoozian, **N Tahan**, MA Mohseni Bandpei. Post stroke spasticity and related factors: a systematic review and meta-analysis. Journal of Mazandaran University of Medical Sciences 25 (123), 230-245.
 14. Effects of one session of **of proprioceptive exercises with** olfactory stimulation on the static and dynamic balance of stroke patient. Scientific Journal of rehabilitation medicine. 10.22037/SJRM.2022.112911.2282

Publications in English

1. **Nahid Tahan**, Amir Massoud Arab, Bita Vaseghi, and Khosro Khademi. Electromyographic Evaluation of Abdominal-Muscle Function With and Without Concomitant Pelvic-Floor-Muscle Contraction. *Journal of Sport Rehabilitation*, 2013, 22, 108-114
2. **Nahid Tahan**, Omid Rasouli, Amir Massoud Arab, Khosro Khademi and Elham Neisani Samani. Reliability of the ultrasound measurements of abdominal muscles activity when activated with and without pelvic floor muscles contraction. *Journal of Back and Musculoskeletal Rehabilitation*. 2013 Dec 20. [Epub ahead of print]
3. **Tahan N** , Arab A. M , Arzani P , Rahimi F. Relationship between ultrasonography and electromyography measurement of abdominal muscles when activated with and without pelvis floor muscles contraction. *Minerva Medica* 2013 December;104(6):625-30.
4. Amir Massoud Arab, Omid Rasoul, Mohsen Amiri and **Nahid Tahan**. Reliability of ultrasound measurement of automatic activity of the abdominal muscle in participants with and without chronic low back pain. *Chiropractic & Manual Therapies* 2013, 21:37
5. **Nahid Tahan**, Khosro Khademi-Kalantari, Mohammad Ali Mohseni-Bandpei, Saeed Mikaili, Alireza Akbarzadeh Baghban, Shapour Jaberzadeh Measurement of superficial and deep abdominal muscle thickness: an ultrasonography study. *Journal of physiological anthropology* 35 (1), 1-5
6. L Katoozian, **N Tahan**, M Zoghi, B Bakhshayesh. The onset and frequency of spasticity after first ever stroke. *Journal of the National Medical Association* 110 (6), 547-552.
7. S Salehi, **N Tahan**, AA Bagheban, ME Monfared. Quality of Life Within Three Months After Stroke: A Study in the City of Arak, Iran. *Journal of the National Medical Association* 111 (5), 475-480.
- 8- M Seddighi-Khavidak , **N Tahan** , A Akbarzadeh-Baghban. Comparing the effects of vestibular rehabilitation with and without lavender oil scents as an olfactory stimulus on balance, fear of falling down and activities of daily living of people with multiple sclerosis: a randomized clinical trial . *Disability and Rehabilitation*. DOI: 10.1080/09638288.2020.1858352
- 9- Fereshteh Poursaeed, **Nahid Tahan** , Farideh Dehghan Manshadi, Ali Reza Akbarzade Bagheban Effects of



Extracorporeal Shockwave Therapy on Clinical and Neurophysiological Indices of Spasticity Inpatients With Upper Motor Neuron Lesions: A Systematic Review and Meta-analysis. Archives of rehabilitation. 2021; 22(1):28-47. <https://doi.org/10.32598/RJ.22.1.3257.1>

10-Shima Jandaghi, **Nahid Tahan**, , Alireza Akbarzadeh baghban, Maryam Zoghi, Stroke Patients Showed Improvements in Balance in Responseto Visual Restriction Exercise; *Phys Ther Res* 2020; doi: 10.1298/ptr.E10081

- Published Books

Tahan. N. physiotherapy after fractures.1th ed.**Tehran**. Shaid beheshti university of medical sciences;2018

Professional Experience

Physiotherapy in surgical condition (BS student).

Exercise therapy in adult hemiplegia (BS student).

Electrotherapy (BS student).

Physiology and pathophysiology of nervous system. (MS student)


Analysis of motion systems (PhD student).

General surgery(BS student).

Clinical Instructor

Clinical Practicum in Loghman Hospital

Congress, Conference, Seminar Presentations

- 
1. Hetrotopic ossification after spinal cord injury. The 1th Congress of paraplegia, Feb 1991 Isfahan-Iran.
 2. Coupled motion in spine & Trunk Isodynamic evaluation. The first educational congress of physiotherapy November 1993- Faculty of Rehabilitation Tehran-Iran.
 3. Chest physiotherapy in ICU, The 1th International Congress of Intensive Care Medicine, Jan 2002 Tehran-Iran
 4. The association between severity pain and smoking in the patient with lumbar disk disease. The 14th Iranian physiotherapy congress. May 2003 Tehran-Iran.
 5. The Feldenkraze Method. The 9th Seminar in Spinal Physical Therapy December. University of social welfare and rehabilitation Sciences. 1998 Tehran-Iran
 6. Sonomyographic evaluation abdominal muscle with and without pelvic floor contraction: The 12th Seminar in Spinal Physical Therapy, December 2012. Tehran-Iran
 7. Epidemiology of low back pain and related factors in the residents of western part of Tehran, 5th Interdisciplinary World Congress on Low Back and Pelvic Pain. 2004, Melbourne-Australia
 8. The pattern of changes in the strength of anterior forearm muscle following cold application. 2006, Dubai, United Arab Emirates.
 9. The correlation between duration of flaccidity period and the intensity and location of the disorder in cerebro-vascular patients, 2009, Istanbul- Turkey.
 10. Physiotherapy after thoracic surgery Masihe Daneshvari hospital. 2014. Tehran-Iran
 11. Ultrasound imaging in rehabilitation of lumbopelvic dysfunction. 4th Seminar on Electrotherapy update. 2016. Tehran-Iran.
 12. Ultrasound imaging in sport medicine. First Seminar on sports physiotherapy. 2016. Tehran-Iran.
 13. Ultrasound imaging in core instability. Specialized Seminar on musculoskeletal dysfunctions. Olympic Hotel. 2017. Tehran-Iran.
 14. Rehabilitation after spinal surgery. Loghman Hospital, Jan 2017. Tehran-Iran.
 15. Rehabilitation on shoulder surgery. Loghman Hospital, Apr 2017. Tehran-Iran.
 16. Rehabilitation after Knee ligament surgery. Loghman Hospital, Sep 2017. Tehran-Iran.
 17. The comparison of two balance exercise program in stroke patients. The 2th Congress of Neurorehabilitation. 2017 Hamedan-Iran
 18. The incidence and prevalence of spasticity after first time stroke. The 5th Basic and clinical Neuroscience Congress Dec 2018. Tehran-Iran.
 19. Ultrasound imaging in rehabilitation of lumbopelvic dysfunction. Webinar. 6 Jan 2021
 20. Rehabilitation of dysphagia following stroke. Webinar. 13 Jan 2021.
 21. Assessment of spasticity in stroke patients. Webinr. 2021
 22. Exercise therapy in acute stroke patients. webinr. 2021
 23. Vestibular rehabilitation. Webinar summer 2022
 24. Transcranial electrical stimulation in patients with multiple sclerosis Webinar Fall 2022


Supervising Theses/dissertations

No	Name of Students	Title of the dissertation	Current status
1	Leila Katozian	<i>The incidence and prevalence of spasticity after first time</i>	Graduated-2014
2	Shima Jandagi	<i>Comparing the Efficacy of Balance Training Exercises with Visual Cue Deprivation and Balance Training on Unstable Surface after Stroke</i>	Graduated-2015
3	Maryam Esmili	<i>Pain and disability after lumbar discectomy</i>	Graduated-2016
4	Davood Azimpour	<i>Effects of shock wave therapy on post stroke spasticity</i>	Graduated-2017
5	Samaneh Khalkhali	<i>Compression of upper and lower extremity exercise on abdominal muscle thickness</i>	Graduated-2018
6	Mona Saremian	<i>Effects of olfactory stimulation on balance ability healthy person</i>	Graduated-2018
7	Sanaz Salehi	<i>quality of life after stroke</i>	Graduated-2019
8	Mahta Danesh	<i>Effects of olfactory stimulation on dynamic and static balance ability of stroke patient</i>	Graduated-2020
9	Maryam Seddighi-Khavidak	effects of vestibular rehabilitation with and without lavender oil scents as an olfactory stimulus on balance, fear of falling down and activities of daily living of people with multiple sclerosis	Graduated-2021

10	Narges Jahantigh Akbari	Comparing the Effect of <i>Cerebellum tDCS and Prefrontal tDCS on gait and balance MS patients.</i>	<i>Data analysis</i>
11	Fatemeh Alavi	Effect different positions of hip joint during sit up exercise with SLR on abdominal muscle thickness	<i>Graduated-2023</i>
12	Fatemeh Sagaghiani	Effect of LSVD exercise on bradykinesia in patients with parkinsonism	<i>Data analysis</i>
13	Aida Zolghadr	Comparison between acupuncture with Laser and acupuncture with accupressure on pain and function of patients with knee osteoarthritis	<i>Data collection</i>

As Scientific Director of the Congresses/Seminars

Title of the Congress	Date	Congres Owner	Type of the Congress
The 12 th Seminar in Spinal Physical Therapy	7-8 day 1390	<i>University of Social Welfare and Rehabilitation Sciences, Evin, Tehran, Iran.</i>	<i>seminar</i>
Rehabilitations after disc surgery	, Jan 2017	<i>Loghman Hospital- Tehran, Iran.</i>	<i>seminar</i>
<i>Rehabilitation after Knee ligament surgery.</i>	, Sep 2017	<i>Loghman Hospital- Tehran, Iran.</i>	<i>seminar</i>



*Rehabilitation on
shoulder surgery.
2017. Tehran-Iran*

Apr 2017

Loghman Hospital- Tehran, Iran.

seminar

Cooperation with Journals as Reviewer

1. Scientific Journal of Rehabilitation Medicine. <http://medrehab.sbmua.ac.ir/>
2. Tehran University of Medical Journal. <https://tumj.tums.ac.ir/>
3. Mazandaran University of Medical Journal. <http://jmums.mazums.ac.ir/>