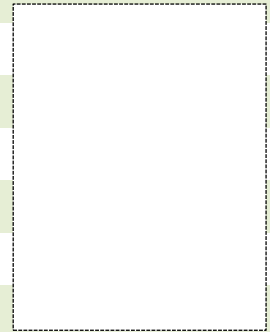




## Personal and Contact Information

First Name Somayeh  
 Last Name Amiri-Arimi  
 Gender Female  
 Nationality Iranian  
 City Tehran  
 Country Iran  
 E-mail [amiri.somayeh88@gmail.com](mailto:amiri.somayeh88@gmail.com)  
 Telephone



Link

Files

## Last Update:

## Education

- ❖ Ph.D. in Physical Therapy, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran (2013-2018).
  - Thesis: The effect of routine physiotherapy with and without stabilization exercises on pain, disability, neck ROM and deep cervical muscles dimensions in patients with chronic cervical radiculopathy: a randomized controlled clinical trial.
  - Supervisor: Prof. Mohammad Ali Mohseni Bandpei
- ❖ MSc. in Physical Therapy, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2009-2012).
  - Thesis: Ultrasonographic study of cervical multifidus muscle dimensions during isometric contraction of neck muscles in females with unilateral chronic non-specific neck pain and healthy subjects.
  - Supervisor: Prof. Asghar Rezasoltani
- ❖ BSc. in Physical Therapy, Tehran University of Medical Sciences, Tehran, Iran (2005-2009).
  - Project: The relationship between body mechanical factors and hand grip strength.
  - Supervisor: Dr. Zahra Fakhari & Dr. Nasrin Naseri.





## Honors, Awards, and Scholarships (if available)

## Experiences

### 1. Scientific position

Experienced in Teaching, Research, Referee, and Clinical Practice in Rehabilitation Sciences.

### 2. Clinical Experiences

- 1) Experience as a faculty member (Lecturer) at Babol University of Medical Sciences (2012-2013).
- 2) Rofeideh Hospital (Clinical Supervisor), Tehran, Iran (2013-2016).
- 3) Private Physiotherapy Clinic (Clinical Supervisor), Sari, Mazandaran, Iran (2011-2012).
- 4) Private Physiotherapy Clinic (Clinical Supervisor), Tehran, Iran (2010-2011).

### 3. Teaching Experiences

- 1) Physiotherapy in Surgical Conditions for BSc PT students, at Babol University of Medical Sciences, Mazandaran, Iran (2013).
- 2) Physiotherapy for Children with Cerebral Palsy for BSc PT students, at Babol University of Medical Sciences, Mazandaran, Iran (2012-2013).
- 3) Clinical Supervisor and Instructor for BSc PT students at Shahid Beheshti Hospital, Babol University of Medical Sciences, Mazandaran, Iran (2012-2013).
- 4) Clinical Supervisor and Instructor for BSc PT students at Shafizadeh Pediatric Hospital, Babol University of Medical Sciences, Mazandaran, Iran (2012-2013).
- 5) Clinical Supervisor and Instructor for BSc PT students at Shohadaye Tajrish Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2010).
- 6) Clinical Supervisor and Instructor for BSc PT students at Asma Rehabilitation Center, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences (2013-2014).
- 7) Clinical Supervisor and Instructor for BSc PT students at Rofeideh Rehabilitation Hospital, Department of Physiotherapy, University of Social Welfare and Rehabilitation Sciences (2013-2016).





## Grants

## Supervisor

## Advisor

## Publication

### Articles

#### 1. Articles (In English)

- 1) S Shanbehzadeh, M Tavahomi, N Zanjari, I Ebrahimi-Takamjani, S Amiri-arimi. Physical and Mental Health Complications Post-COVID19: Scoping review. Journal of Psychosomatic Research, 2021 May. doi: 10.1016/j.jpsychores.2021.110525.
- 2) S Amiri-Arimi, MA Mohseni Bandpei, A Rezasoltani, K Javanshir, A Biglarian. Asymmetry of cervical multifidus and longus colli muscles size in subjects with and without cervical radicular pain. Journal of Manipulative and Physiological Therapeutics 2020; 43(3): 206-11.
- 3) S Amiri-Arimi, MA Mohseni Bandpei, K Javanshir, A Rezasoltani, A Biglarian. Measurement of cervical multifidus and longus colli muscles dimensions in patients with cervical radiculopathy and healthy controls using ultrasonography: A reliability study. Physical Medicine & Rehabilitation journal 2019 Mar; 11(3):236-242. doi: 10.1016/j.pmrj.2018.07.014.





- 4) L Ghamkhar, S Amiri Arimi, AH Kahlaee. Interactive association between mechanical and sensorimotor aspects of cervical extensor muscles: implications for chronic neck pain. Journal of Applied Biomechanics 2020 May 1;1-8. doi: 10.1123/jab.2019-0395.
- 5) S Amiri Arimi, L Ghamkhar, AH Kahlaee. The Relevance of Proprioception to Chronic Neck Pain: A Correlational Analysis of Flexor Muscle Size and Endurance, Clinical Neck Pain Characteristics, and Proprioception. Pain Medicine 2018, 19(10): 2077-2088.
- 6) S Amiri Arimi, MA Mohseni Bandpei, K Javanshir, A Rezasoltani, A Biglarian. The Effect of Different Exercise Programs on Size and Function of Deep Cervical Flexor Muscles in Patients with Chronic Nonspecific Neck Pain: A Systematic Review of Randomized Controlled Trial. American Journal of Physical Medicine & Rehabilitation 2017, 96 (8), 582-588.
- 7) S Amiri Arimi, MA Mohseni Bandpei, A Rezasoltani, A Peolsson, M Mohammadi. Multifidus muscle size changes at different directions of head and neck movements in females with unilateral chronic non-specific neck pain and healthy subjects using ultrasonography. Journal of Bodywork and Movement Therapies 2017, 22(3): 560-565.
- 8) N Ghotbi, NN Ansari, S Naghdi, S Hasson, B Jamshidpour, S Amiri. Inter-rater reliability of the Modified Modified Ashworth Scale in assessing lower limb muscle spasticity. Brain Injury 2009, 23 (10), 815-819.

## 2.Articles (In Persian)

- 1) S Amiri Arimi, I Abdollahi, MA Mohseni-Bandpei. Effects of Chronic Mechanical Neck Pain on Motor Control of Cervical Muscles: A Systematic Review. Journal of Mazandaran University of Medical Sciences 2016. 26 (136), 211-224.
- 2) A Nodehi Moghaddam, S Amiri Arimi, L Ghamkhar, Sh Mohammadi Rad, M Emami, A Zadmehr, E Bakhshi, A Talimkhani. Relationship between Physical Activity and Risk Factors in Patients Suspected with Coronary Artery Disease (CAD) With the Number of Involved Arteries in Tehran City. Physical Therapy Journal 2016. 6 (1), 3-8.





- 3) A Talimkhani, A Nodehi Moghadam, L Ghamkhar, Sh Mohammadi Rad, S Amiri Arimi, B Zeynalzadeh ghoochani. The immediate effect of the whole body vibration on postural control in young adults. *Journal of Modern Rehabilitation* 2016, 9 (7), 28-36.
- 4) S Amiri Arimi, A Rezasoltani, SY Sakhaei, M Khalkhali, L Rahnama. Symmetry of cervical multifidus muscle in females with chronic non-specific neck pain and healthy by ultrasonography. *Journal of Modern Rehabilitation* 2013, 7 (1), 13-20.
- 5) S Amiri Arimi, A Rezasoltani, SY Sakhaei, SM Tabatabaei, M Khalkhali. Reliability of Ultrasonographic Measurement of Cervical Multifidus Muscle Dimensions during Isometric Contraction of Neck Muscles. *Rehabilitation Medicine* 2013, 1 (2), 36-44.

### **Reviewer of national and international scientific journal**

- 1) Reviewer of the Physical Treatments Journal related to University of Social Welfare and Rehabilitation Sciences (More than 10 Articles 2013 until now).
- 2) Reviewer of the American Journal of Physical Medicine & Rehabilitation (9 Articles 2016 until now).
- 3) Reviewer of the PM&R Journal (2 Articles 2019-2020).
- 4) Reviewer of the Journal of Babol University of Medical Sciences (11 Articles 2017 until now).

### **Editorial Board of Medical Journals**

Editorial board of Physical Treatments Journal - University of Social Welfare and Rehabilitation Sciences 2013

### **workshop**

- 1) Scientific Writing of Review Articles & RCT Articles (2020).
- 2) Applied Statistical Methods Course (2019).
- 3) Randomized Clinical Trial Course (2018).
- 4) Systematic Review & Meta-analysis Course (2018).
- 5) Improving CV with Peer Reviewing (2018).





- 6) Advanced Search (2018).
- 7) Information about Elsevier Publisher (2018).
- 8) Musculoskeletal Ultrasonography (2017).
- 9) Myofascial Trigger Point Dry Needling (2017).
- 10) Comprehensive Approach in Treating Cranio-Cervical-Mandibular Complex Pain and Dysfunctions: Differential Diagnosis and Clinical Reasoning (2016).
- 11) Scopus & Science Direct Database (2015).
- 12) Web of Science (ISI) Database (2015).
- 13) Dry Needling Trigger Point Treatment, Part I – Pelvic & Lower Extremities (2014).
- 14) Scientific Writing of Review Articles in English (2013).
- 15) Endnote (2014).
- 16) Preliminary Teaching Methods (EDC) (2012).

### Interest

Researcher & Reviewer in the fields of Neural and Musculoskeletal Rehabilitation, Motor Control, Disabled Person Rehabilitation, Health Status, Lifestyle, Anatomy, Neck Pain, Radiculopathy, Ultrasonography of Neck Muscles, Exercise Therapy, Cervical Radiculopathy Treatments.

### Language Proficiency

	Speaking	Reading	Writing	Listening
<b>Language</b>	English	English	English	English
<b>Degree of Proficiency</b>	Good	well	well	Good

