

# Mohammad Rahimi

Assistant Professor of Corrective Exercises and Sport Injuries  
Faculty of Sport Sciences  
Shahid Rajaee Teacher Training University

## Personal information

**Date of Birth:** 1985

**Place of Birth:** Ghayen, South Khorasan Province, Iran

**Marital Status:** Single

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## Education

**PhD., Corrective Exercises and Sport Injuries** **2012-2016**  
*Tehran University, Tehran, Iran*

**Dissertation:** The Investigation of Predictor Role of Demographic, Psychological and Physiological Factors in Sport Injuries of Iran National Teams' Wrestlers: A Prospective Cohort Study

**MSc., Corrective Exercises and Sport Injuries** **2008-2011**  
*Tehran University, Tehran, Iran*

**Thesis:** The investigation of validity of the innovative method of image processing in measuring the Q angle

**B.A., Physical education and Sport Sciences** **2004-2007**  
*Birjand University, Birjand, Iran*

## Teaching Experiences

**Assistant Professor, Shahid Rajaee Teacher Training University**  
**2020-Present**

**Courses:** Sport Injuries, Therapeutic exercise, Corrective Exercises, Anatomy, General Physical Education, Kinesiology, Rehabilitation of sports injuries, Sports massage, Seminar in Corrective Exercises, Research method.

**Assistant instructor, Islamic Azad University Science and Research  
Branch of Tehran 2016-2023**

**Cources:** Sport Injuries, Corrective Exercises, Rehabilitation of sports injuries, Anatomy, General Physical Education, Kinesiology, Sports massage.

**Lecturer, Kharazmi University of Tehran 2015-2016**

**Cources:** Sport Injuries.

**Lecturer, Payame Noor University, South Khorasan Branch 2010-2011**

**Cources:** Sport Injuries, Corrective Exercises, Therapeutic exercise, Anatomy, Research method, Football, Badminton.

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### **Research Interests**

- Sport injuries
- Corrective Exercises
- Therapeutic exercise
- Kinesiology
- Rehabilitation of sports injuries
- Sports injury prevention
- Sport injury etiology
- Psychology of sports injury
- Musculoskeletal Injuries

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### **Publications**

#### **Books Translation**

- **The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding your True Strength (2017)**  
*Published by Shahid Rajaee Teacher Training University publisher, 2022*
- **Psychology of Sport Injury (2016)**  
*Published by Tehran University publisher, 2021*
- **Home Exercise Programs for Musculoskeletal and Sports Injuries (2020)**

**Journal Paper**

1. Piry, H.; Fallahi, A.; Kordi, R.; Rajabi, R.; **Rahimi, M.**; Yosefi, M. Handball injuries in elite Asian players. *World Appl. Sci. J.* 2011, 14, 1559–1564.
2. **M. Rahimi**, M. Alizadeh, R. Rajabi, N. Mehrshad. The Comparison of innovative image processing and goniometer methods in Q angle measurement. *World Appl Sci J*, 18 (2) (2012), pp. 226-232
3. Yousefi M, Mehrshad N, Ilbiegi S, Piri H, **Rahimi M** (2011). Is reflective marker image processing a precise method to diagnose lumbar lordosis and thoracic kyphosis? *World J. Sport Sci.* 4(4):416-422.
4. Sohrabi S, **Rahimi M**, Babaei-Mobarakeh M, Piri H. The effect of eight weeks of Iyengar yoga with an emphasis on spine and shoulder exercises on the upper cross syndrome in middle-aged women. *Journal of Modern Rehabilitation.* 2020; 14(3):159-68.
5. Naderi A, **Rahimi M**, Yazdian A. Effect of Six Weeks of TRX Exercise on General and Specific Motor Function and Quality of Life of Middle-aged Women With Lumbar Motor Control Impairment. *J Prevent Med* 2023; 10 (1) :72-87.
6. Piri H, Hajian M, Mirkarimpour SH, Sheikhhoseini R, **Rahimi M**. The effect of 12-week corrective exercises on the postural angles of beautician females with upper crossed syndrome: a clinical trial study. *Women's Health Bulletin.* 2021;8(2):91–7.
7. Abdollahi, S., Sheikhhoseini, R., **Rahimi, M.** & Huddleston, W. E. The sacroiliac dysfunction and pain is associated with history of lower extremity sport related injuries. *BMC Sports Sci. Med. Rehabil.* 15(1), 36 (2023).
8. Naderi A, **Rahimi M**. The Effectiveness of Using Virtual Reality Systems in Rehabilitation of People with Functional Ankle Instability: A Systematic Review. *Irtiqa Imini Pishgiri Masdumiyat.* 2022;10(3):223-35.
9. **Rahimi, M.**, Rajabi, R., Minoonejad, H., Alizadeh, M. H. Relationship Between the History of Injury and Functional Movement Screening Scores in Iran National Team Wrestlers. *Sport Sciences and Health Research*, 2019; 11(1): 23-32.
10. **Rahimi M**, Piry H, Monajatipour E. Effect of Six Weeks of Pilates Exercises on the Function of Upper and Lower Extremities of Middle-aged Women With Lower Crossed Syndrome. *PTJ* 2022; 12 (4) :269-278.

11. Fattahi M, **Rahimi M**, Naderi A, Akhdar S. Effect of 6 Weeks TRX on Upper and Lower Extremity Function in Women With the Lower Crossed Syndrome. *J Prevent Med* 2023; 10 (2) :130-143.
12. **Rahimi M**, Samadi H, Rahnama A, Nikzade Abbasi Z. The Effect of Core Stability Exercises on Lower Limb Alignment, Upper and Lower Limb Function in Kyokushin Girls. *PTJ* 2023; 13 (2) :95-104.
13. **Rahimi M**, Khanviridi F, Shirzad M, Sazegar F. Correlation of Postural Abnormalities and Musculoskeletal Disorders With Work Experience and Body Mass Index of Car Repairmen. *PTJ* 2023; 13 (1) :45-54.
14. **Rahimi M**, Samadi H, Nikzade Abbasi Z, Rahnama A. Effect of Core Stability Trainings on Functional Movement Screening Scores and Trunk Muscle Endurance in Female Kyokushin Karate Athletes. *J Clin Res Paramed Sci.* 2023;12(2):e137919.
15. **Rahimi, M.**, Elmi, S., Piry, H. The comparison of the effect of core stability and neuromuscular exercises on functional movement screening of male wrestlers aged 9 to 12 years. *Studies in Sport Medicine*, 2021; 13(29): 133-156.
16. **Rahimi, M.**, hasanpor, Z., sharifi, R., haghghi, M. Effect of Eight-Week Dynamic Neuromuscular Stabilization Training on Balance, Fall Risk and Lower Extremity Strength in Healthy Elderly Women. *Studies in Sport Medicine*, 2020; 12(28): 107-126.
17. **Rahimi, M.**, Sadeghiyan M, Samadi H. The six weeks effect of selected core stabilization exercises on lumbar curvature and functional movement screening test in women with lower crossed syndrome in Covid Pandemic 19. *JOURNAL OF ANESTHESIOLOGY AND PAIN.* 2022;13(3 ):96-108.
18. **Rahimi, M.**, Mohagheghi Zahra. The effect of online yoga exercises on function, pain and disability of women with nonspecific chronic low back pain in Covid-19 Pandemic. *JOURNAL OF ANESTHESIOLOGY AND PAIN.* 2022;13(3 ):15-28.
19. H Piry, MH Alizade, KH Nasiri, **M Rahimi**. Injury rates in Iranian handball players. *World Applied Sciences Journal.* 2011; 14(11): 1670-1677.
20. **Rahimi. M**, Alizadeh.M. H, Rajabi. R, Piry. H, Yousefi.M,. Futsall injries in the Asian Cup 2010. *Journal of Applied Exercise Physiology*, 2012; 8(15): 83-92.
21. **Rahimi, M.**, rajabi, R., Alizadeh, M. H., Piri, H. The investigation of effect and durability of selected aerobic trainings on dynamic balance in healthy elderly females. *Journal for Research in Sport Rehabilitation*, 2016; 4(7): 65-72.
22. Yousefi M, Shabani M, Fuladin-Toroghi E, **Rahimi M**. Comparison of density and mineral content of spinal vertebra in disabled athletes and non-athletes. *Zahedan J Res Med Sci (ZJRMS)* 2012; 13(suppl 1): 14.

23. Piri H, Mirafzal SF, Zavar MR, **Rahimi M**. Prevalence of postural abnormalities and musculoskeletal disorders in ships staff. *Journal of Military Medicine*. 2020; 22(4):80-6.
24. **Rahimi, M.**, Roshanmehr, S., Piri, H. Comparison of the Effect of Core Stability and Neuromuscular Exercises on Lower Limb Alignment and Functional Movement Screening of Elite Karate Athletes. *Karafan Quarterly Scientific Journal*, 2023; 20(2): 653-661.