

LEILA GOUDARZI, PT, MPT
Iran resident (Shahrara Street)

Tel: (+98)-66427472
leilaagoudarzi@gmail.com
<https://www.linkedin.com/in/armaghan-mahmoudian-33a21444/>

EDUCATION

Ph.D. in University of Social Welfare and Rehabilitation Science Tehran, Iran **2014**

Ph.D Project Title: “Comparison of the effect of cervical proprioceptive exercises in addition to conventional physiotherapy with isolated conventional physiotherapy on relative proprioceptive weighting of the cervical spine and postural control in chronic non-specific neck pain individuals”.

Supervisor: Dr.Kahlaee Amir Hossein (Ph.D, PT)

Master’s Degree in University of Social Welfare and Rehabilitation Science Tehran, Iran **2011**

M.S Project Title: “Translation, adaptation and validation of the Western Ontario and McMaster Universities osteoarthritis index (WOMAC) in Iranian knee OA patients”.

Supervisor: Dr.Mahyar Salavati (Ph.D, PT)

Bachelor’s Degree in Iran University of Medical Sciences Tehran, Iran **2002**

PUBLICATION

- **Goudarzi L**, Ghomashchi H, Vahedi M, Kahlaee AH. Investigating the Effect of Addition of Cervical Proprioceptive Training to Conventional Physiotherapy on Visual, Vestibular and Proprioceptive Dependency of Postural Control in Patients with Chronic Non-Specific Neck Pain: A Randomized Controlled Clinical Trial. The Archives of Bone and Joint Surgery. 2023

Poster

Attending and giving a Poster in the 12th Spine Specialist Physiotherapy Seminar, Tehran, Iran. Dec 2011.

Title: "Lumbar – pelvic – femoral complex: Application in spinal balance ".

Presentation

Presentation in the 23th Spine Specialist Physiotherapy Seminar, Tehran, Iran. July 2023. ID Code: 210440

Title: "Investigating the effect of addition of cervical proprioceptive training to conventional physiotherapy on visual, vestibular and proprioceptive dependency of postural control in patients with chronic non-specific neck pain: a randomized controlled clinical trial ".

Workshops

- Mulligan Manual Therapy Concept (Upper Quadrant) 2023
- Mulligan Manual Therapy Concept (Lower Quadrant) 2023
- Dry needling 2022
- Dry needling 2020
- Application of Muscle Energy Techniques to Spinal Dysfunctions 2016
- Manual Examination and Treatment of Lumbar Spine and Pelvic Girdle Dysfunctions with Emphasis on Joint Mobilization Techniques 2016

- Schroth Method Exercise therapy for Scoliosis (Crash Course) 2013
- First Aid and CPR courses and Lung Foundation 2013
- 1st Seminar on Conservative Management Of Spine Deformities 2011
- Interpretation of Radiological Findings 2010
- Matlab 2010
- Myofascial Release Workshop 2009
- Craniosacral Therapy Workshop 2009
- Pelvic Floor Workshop 2009
- Manual Therapy of Thoracic and Cervical Region 2009
- Manual therapy of Chest 2009
- Application Swiss Ball in Musculoskeletal Disorders 2009
- Kinesio Taping 2009

Conferences

- Spine specialist physiotherapy seminar 2023
- Physiotherapy Congress of Iran 2023
- Physiotherapy Congress of Iran 2022
- Spine specialist physiotherapy seminar 2020
- Spine specialist physiotherapy seminar 2014
- Spine specialist physiotherapy seminar 2009
- Physiotherapy Congress of Iran 2008
- Annual Scientific Meeting of the Iranian Pain Society 2006
- Physiotherapy Congress of Iran 2005
- Physiotherapy Congress of Iran 2004
- Physiotherapy Congress of Iran 2003

PROFESSIONAL EXPERIENCE

- University tutor in a Clinic of University of Social Welfare and Rehabilitation Science – Tehran, Iran, 2022
- Technical In-charge and Founder of Private Physiotherapy Institute (ARTA) in Tehran 2019-2020
- Working as a physiotherapist in Juvenile Women's National Team in CAFA –Tajikistan, Dushanbe, August 2017

- University tutor in a Clinic of University of Social Welfare and Rehabilitation Science – Tehran, Iran, 2013
- Working as a physiotherapist in Juvenile Women’s National Team in Volleyball Federation – Tehran, Iran, March 2011 – March 2012
- Working as a physiotherapist in Juvenile Women’s National Team in Volleyball Federation – Tehran, Iran, April 2012 – July 2012
- Working as a physiotherapist in Rasul Akram Hospital – Tehran, Iran, Feb 2011 – Feb 2013
- University tutor in Rasul Akram Hospital – Tehran, Iran, May 2010 – Jan 2013
- Working as a physiotherapist in an Orthopedic Physiotherapy Clinic – Tehran, Iran (afternoon shift), Oct 2008 – May 2010
- Working as a physiotherapist in Amar private practice – Tehran, Iran Oct 2007– May 2008

PROFESSIONAL APPOINTMENTS

- Executive Secretary of 23rd Seminar in Specific Spinal Physical Therapy, Tehran, Tehran **2023**
ID Code: 188781
- Member of Scientific Committee of 23rd Seminar in Specific Spinal Physical Therapy, Tehran, Tehran **2023**
- Member of Executive Committee of 33rd Congress of Physical Therapy, Tehran, Tehran **2023**
- Scientific Secretary of 1st Annual research student Congress of the Tehran Medical Science Students, Tehran, Tehran **2023**
- Member of Executive Committee of 32th Congress of Physical Therapy, Tehran, Tehran **2022**
- Member of Executive Committee in Physiotherapy Congress of Iran **2008**
- Member of Executive Committee in Annual Scientific Meeting of the Iranian Pain **2006**

Membership

Iran Medical Council

Computer Proficiency

Considerable knowledge in Internet and Windows.

Considerable experience in software packages such as: Office, SPSS, Excel.

Familiar with Matlab

Other skill areas

Considerable experience in working with Force plate.

Familiar with kinetics EMG.

Familiar with kinetics Ultrasonography.

Language

- Persian: Mother tongue
- English

Research Interest

- Cervical proprioception

- Psychometrics analysis

REFERENCES AVAILABLE UPON REQUEST