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## Education

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- 2017- 2018: Post-doc research fellowship, University of Texas Southwestern Medical Center The Institute for Exercise and Environmental Medicine Texas Health Presbyterian Hospital Dallas
- 2013 – 2017: Sports and Exercise Medicine Residency program, Iran University of Medical Sciences (IUMS)
- 2009 – 2013: MPH Student, Tehran University of Medical Sciences (TUMS)
- 2005 –2013: Medical Student, Tehran University of Medical Sciences (TUMS, The best medical university in Iran)
- 2001 – 2005: High school of the National Organization for Development of Exceptional Talents (NODET), Ahwaz.
- 1998 – 2001: Guidance school of National Organization for Development of Exceptional Talents (NODET), Ahwaz.

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## Dissertation

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2017                      **Thesis for residency program, Sports and exercise medicine Department, Iran University of medical sciences, Tehran, Iran. Supervisor: Dr. Sara Lotifian**

Are lower extremity injuries related to spinal form abnormalities in professional football players? a prospective cohort study, Iran University of medical Sciences, Tehran, Iran.

2013                      **Thesis for MD-MPH, Sports Medicine Research Center, Tehran University of Medical Sciences, Tehran, Iran. Supervisor: Dr. Ramin Kordi**

Low back pain risk factors among youth football players, Tehran University of Medical Sciences, Tehran, Iran.

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## Fellowship and Honors

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2011                      ISCOMS Research Fellowship with travel grant, Department of Pathology & Medical Biology - Cardiovascular Regenerative Medicine Research Group. (CAVAREM), UMCG, Groningen, Netherlands.

2005 Ranked 149th in the nationwide university entrance examination (among about 0.5 million participants)

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**Research Experiences**

**2018-now Spine Research group, Sports Medicine Research Center, Tehran University of Medical Sciences, Tehran, Iran. Position: Research assistant professor**

- Leading, Designing, conducting, analyzing, and reporting series of prospective cohort, systematic analysis, and clinical trials about the spinal pains, minimal invasive interventions and community-based interventions targeting spinal pains
- Resulting in major national studies (sample size: 30,000 and 10,000 persons) and clinical studies

**2017-2018 University of Texas Southwestern Medical Center, The Institute for Exercise and Environmental Medicine Texas Health Presbyterian Hospital, Dallas, TX. Position: Post-doc research fellow, Mentor: Benjamin Levine, M.D.**

Intracranial pressure responses to lower body negative pressure

- it is a part of an extensive research on using lower body negative pressure to reduce intracranial pressure among astronauts to prevent visual symptoms due to sustained elevated intracranial pressure.
- involved in designing and on-earth testing of lower body negative pressure device among traumatic brain injury patients

Hyperbaric Oxygen Therapy for return to play of injured athletes

- Designed and developed a research protocol of randomized clinical trial
- Resulted in a review paper

**2015-present Iran Football Medical Assessment and Rehabilitation Center, Tehran, Iran. Position: secretary of scientific board, research coordinator**

Prospective cohort studies among professional football players

- Designed, conducted, analyzed and reported series of prospective cohort and nested cross-sectional studies to evaluate risk factors of sports injuries among professional football players.
- Worked with physical assessment research tools (Isokinetic, CPET, etc.)

- Resulted in one Dissertation and 3 manuscripts submitted (*one published*)

#### Doping among professional football players

- Reported a case of complicated result of a doping which involved discussion regarding the biochemistry of doping.
- Resulted in a published paper.

**2014-2017**

#### **Spine Research group, Sport Medicine Research Center, Tehran University of Medical Sciences, Tehran, Iran. Position: research fellow**

##### Ultrasound Imaging of Paravertebral Muscles in Spinal Pain

- Conducted, analyzed and reported studies on cross sectional area of paravertebral muscles in groups with and without spinal pain.
- Experienced with ultrasonography as a research tool for assessing cross sectional area of muscles.
- Resulted in one Dissertation, an abstract presentation in Iranian Association of sports and exercise medicine congress, and a published paper in *PM&R* journal.

##### Study of sports medicine training course and curriculum

- Studied the curriculum of sports and exercise medicine training among medical students and residents of Iran.
- Resulted in 2 published papers in *Medical education online* and *Asian journal of sports medicine*

**2011**

#### **Department of Pathology & Medical Biology - Cardiovascular Regenerative Medicine Research Group. (CAVAREM), UMCG, Groningen, Netherlands.. Position: student research fellow**

##### Effect of high glucose level on Endothelial to mesenchymal transition (EMT)

- Conducted, analyzed and reported a laboratory based study on the effect of high level glucose (Diabetes like environment) on the transition of endothelial cells to mesenchymal cells as a basis of atherosclerosis.
- Used qRT-PCR and Immunofluorescence staining for assessing cell transformations.
- Resulted in abstract presentation in the end of research fellowship.

**2010**                                    **Department of Pharmacology, Tehran University of Medical Sciences, Tehran, Iran, position: junior researcher**

Retinal ganglion cells and Ischemia/reperfusion: can lithium reserve them in rats?

- Responsible for animal recruitment/retention and helping in inducing ischemia procedure and specimen processing.
- Resulted in abstract presentation *18th International Student Congress of Medical Sciences (ISCOMS), UMCG, Groningen, Netherlands.*

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### Professional Experiences

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2021-present	Manager of the IT department, Emam Khomeini Hospital complex (1000 beds general hospital), Tehran University of Medical Sciences, Tehran, Iran.
2019-present	Coordinator of virtual education, international campus, Tehran University of Medical Sciences, Tehran, Iran.
2019-present	Funding member and coordinator of YAS hospital Spine group (multidisciplinary center for Spine, including Orthopedics, Neurosurgery, Sports Medicine and Physical Therapy)
2015-present	Founder and member of “ <i>Tabibam Kojaie</i> ” startup, a virtual family physician platform.
2014-present	Founder and member of Editorial board of <i>Medvoice.ir (health policy watchdog for iran)</i>
2014-present	Secretary of Medical and Scientific Board of Iran Football Medical Assessment and Rehabilitation Center, Tehran, Iran. (an accredited FIFA medical center of Excellence)
2010-2011	Medical consultant of <i>Salamatiran.com</i> , a health promotion web-site in Iran
2008-2013	Member of the executive committee, student research Group, Sport Medicine Research Center, Tehran University of Medical Sciences
2007-2008	Student research Pioneer team of Sport Medicine Research Center, Tehran University of Medical Sciences

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### Publications/Abstracts

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#### Publications:

- 2021 Hassanmirzaei B, Fahimipour F, Haratian Z, **Moghadam N**. The Association of Visual Impairments of Elite Soccer Players with Concussion and Sports Injuries: A Prospective Cohort Study. *Asian Journal of Sports Medicine*. 2021 Dec 31(In Press).
- 2021 Esmailpoor A, Mohebbi SZ, **Moghadam N**, Ahmadian M, Razeghi S, Khami MR. Self-reported experience of orofacial injury, preventive practice, and knowledge of Iranian adolescent martial art athletes towards sports-related orofacial injuries. *BMC Sports Science, Medicine and Rehabilitation*. 2021 Dec;13(1):1-9.
- 2021 Rostami M, **Moghadam N**, Obeid I, Jouibari MF, Zarei M, Moosavi M, Khoshnevisan A, Farahbakhsh F, Moosaie F, Ehteshami S, Borghei A. The Impact of Single-Level Anterior Cervical Discectomy and Fusion on Cervical Sagittal Parameters and Its Correlation With Pain and Functional Outcome of Patients With Neck Pain. *International Journal of Spine Surgery*. 2021 Oct 8.
- 2021 Hassanmirzaei B, Haratian Z, Amiri AA, Amiri AA, **Moghadam N**. SARS-CoV-2 serological assay and viral testing: a report of professional football setting. *Postgraduate Medical Journal*. 2021 Apr 30.
- 2021 Safar Cherati A, Khalifeh Soltani S, **Moghadam N**, Hassanmirzaei B, Haratian Z, Khalifeh Soltani S, Rezaei M. Is there a relationship between lower-extremity injuries and foot postures in professional football players? A prospective cohort study. *Science and Medicine in Football*. 2021 Apr 18:1-1.
- 2020 **Moghadam N**, Hieda M, Ramey LI, Levine BD, Guilliod R. Hyperbaric Oxygen Therapy in Sports Musculoskeletal Injuries. *Medicine and Science in Sports and Exercise*. 2019 Dec 23.
- 2019 **Moghadam N**, Ghaffari MS, Noormohammadpour P, Rostami M, Zarei M, Moosavi M, Kordi R. Comparison of the recruitment of transverse abdominis through drawing-in and bracing in different core stability training positions. *Journal of Exercise Rehabilitation*. 2019 Dec;15(6):819.
- 2019 Jouibari MF, Le Huec JC, Hameghavandi MH, **Moghadam N**, Farahbakhsh F, Khadivi M, Rostami M, Kordi R. Comparison of cervical sagittal parameters among patients with neck pain and healthy controls: a comparative cross-sectional study. *European Spine Journal*. 2019 Oct 1;28(10):2319-24.
- 2019 Noormohammadpour P, Mirzaei S, **Moghadam N**, Mansournia MA, Kordi R. Comparison of lateral abdominal muscle thickness in young male soccer players with and without low back pain. *International journal of sports physical therapy*. 2019 Apr;14(2):273.
- 2018 Dadgostar H, Fahimi Pour F, Pahlevan Sabagh A, **Moghadam N**, Movasseghi S. Association of supraspinatus tendon thickness with clinical examination and quality of

- shoulder function and MRI in patients with partial tear of supraspinatus tendon. Razi Journal of Medical Sciences. 2019;25(11):13-22.
- 2017 Hassanmirzaie B, Khalifeh Soltani S, Haratian Z, **Moghadam N**. A web-based supportive psychotherapy to prevent posttraumatic stress disorder: A cross-sectional study on the Iranian national under-14 girls' football team after Nepal earthquake in 2015. Asian journal of sports medicine 8 (4).
- 2017 Noormohammadpour P, **Moghadam N**. Sports and Exercise Courses for Medical Students, Time for Propagation. Asian Journal of Sports Medicine. 2018 Dec 1;9(4). **(Corresponding author)**
- 2017 Hassanmirzaie B, Haratian Z, **Moghadam N**, Ashraf-Ganjouei A. Baseline Properties of the Sport Concussion Assessment Tool 3 (SCAT3) in Iranian Professional League Football Players. Asian journal of sports medicine 8 (4), e58076-e58076.
- 2017 Lotfian S, **Moghadam N**, Hassanmirzaie B, Khalifeh Soltani S. Are lower extremity injuries related to spinal form abnormalities in professional football players? a prospective cohort study. Asian Journal of Sports Medicine 8 (4). **(Corresponding author)**
- 2017 Tavana B, Noormohammadpour P, Mirzaei S, **Moghaddam N**, Mansournia MA, Yunesian M, et al. P-18: Comparison of Lateral Abdominal Muscle Thickness in Young Male Soccer Players With and Without Low Back Pain. Spor Hekimligi Dergisi/Turkish Journal of Sports Medicine. 2017;52.
- 2016 **Moghadam N**, Farahbakhsh F. Training time frame, a possible key to literature discrepancy on fasting athletes. Journal of the International Society of Sports Nutrition. 2016 Nov 24;13(1):42. **(Corresponding author)**
- 2016 Kordi R, **Moghadam N**. A Decade of Sports and Exercise Medicine Specialty Program in Iran, Achievements and Challenges. Asian Journal of Sports Medicine. 2016 Sep;7(4). **(Corresponding author)**
- 2016 Noormohammadpour P, Dehghani-Firouzabadi A, Mansournia MA, Mohseni-Bandpei MA, **Moghaddam N**, Miri M, Kordi R. Comparison of the Cross-Sectional Area of Longus Colli Muscle Between Patients With Cervical Radicular Pain and Healthy Controls. PM&R. 2016 Jun 23.
- 2015 Seif-Barghi T, **Moghadam N**, Kobarfard F. Morphine/codeine ratio, a key in investigating a case of doping. Asian journal of sports medicine. 2015 Dec;6(4). **(Corresponding author)**

2011 Kordi R, **Moghadam N**, Rostami M. Sports and exercise medicine in undergraduate medical curricula in developing countries: a long path ahead. Medical education online. 2011 Feb 15;16.

#### Books:

2016 Kordi R, Moghadam N, Farahbakhsh F. "Mosht-o-Mal" Persian Massage. Tehran: Teimurzade-novin; 2016, ISBN: 978-600-8010-28-9

2009 Persian Translated book of PART 13: Disorders of the Gastrointestinal System, *Harrison's Principles of Internal Medicine, 17e*, ISBN: 978-964-987-102-8

#### Abstracts:

##### Groningen, Netherlands 15th International Student Congress of Medical Sciences (International)

2008, Jun Rostami M, Fatemi Behbahani SA, **Moghaddam N**, Valiollahpoor Amiri A, Hatami Kahkesh S. Evaluation of The Prevalence of Esophageal Motility Disorders in Patients with non Cardiac Chest Pain. (Poster Presentation)

##### Groningen, Netherlands 18th International Student Congress of Medical Sciences (International)

2011, Jun A.R. Dehpour, M. Riazi-Esfahan, R. Mahbod, **N. Moghaddam**, H.Z. Mehrjardi  
Retinal ganglion cells and Ischemia/reperfusion: can lithium reserve them in rats?

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#### Educational Courses

2011 ISCOMS Research Fellowship, Stem Cell & Tissue Engineering Research Group, Medical Biology Section, Department of Pathology & Laboratory Medicine, UMCG, Groningen, Netherlands

2006 Certificate, Evidence Based Medicine (EBM) workshop, Students' Scientific Research Centre, Tehran University of Medical Sciences, Tehran, Iran

2006 Certificate, Scientific Writing workshop, Students' Scientific Research Centre, Tehran University of Medical Sciences, Tehran, Iran

2005 Certificate, Biostatistics workshop, Cancer association, Students' Scientific Research Centre, Tehran University of Medical Sciences, Tehran, Iran

2005 Certificate, Advanced research methodology, Vice-chancellor for Research, Tehran University of Medical Sciences, Tehran, Iran

2005 Certificate, Basic research methodology, Vice-chancellor for Research, Tehran University of Medical Sciences, Tehran, Iran

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**Others**

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Computer skills: windows, office (word, excel, power points) and SPSS

Language: Speaks Persian, English and French.

Spends leisure time as political activist, social media activity, reading and swimming (member of the University swimming team)

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**References**

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**Ramin Kordi, M.D., MSc (Sports Med), Dip (Spine), Ph.D.**

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Head of Sports Medicine Research Centre  
Tehran University of Medical Sciences  
Vice President of the Faculty of Sports and Exercise Medicine (Iran)  
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**Benjamin D. Levine, M.D., F.A.C.C., F.A.H.A., F.A.C.S.M.**

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