

Eftekharsadat, Bina CV



Personal Detail

First name : Bina

Surname : Eftakharsadat

Date & place of birth : 21.03.1972, Tabriz

Nationality : Iranian

National code:1379115299

Birth certificate number:300

Details for Correspondance

Department of Physical Medicine & Rehabilitation

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Professional Background

Academic staff of Tabriz University of Medical Sciences since 2002

Associate professor of Physical Medicine and rehabilitation (2012-2018)

Professor of Physical Medicine and Rehabilitation since 2018

*Founder of Physical Medicine and rehabilitation Research center of Tabriz
University of Medical Sciences*

*Active member of Tabriz University of Medical Science's Physical Medicine and
rehabilitation Research team since 2009*

*Educational deputy of Tabriz University of Medical Science's Physical Medicine and
rehabilitation department(2004-2011)*

*Head of Physical medicine and Rehabilitation department of Tabriz Medical science
University since 2014*

Head of Tabriz University of Medical Sciences Cardiac Rehabilitation center 2004-2017

Certifications for course and workshop attendance

1- Academic Skills Course: educational management and planning, educational counseling, teaching methodology, student assessment, program evaluation, research methodology and computer assisted teaching. Education Development Center, Tabriz, University of Medical Science .Tabriz, Iran,2009

2- English for Academic Purposes: Writing and Presenting Research Papers. Education Development Center, Tabriz University of Medical Science .Tabriz , Iran, 2010

3-Acupuncture course, Tabriz 2009

4- Manipulation course, Tabriz 2003

Educational Background

Subspecialty: graduated in Physical Medicine and Rehabilitation from Tabriz University of Medical Sciences (2002)

General practitioner: graduated from Tabriz University of Medical Sciences (1997)

Achievements

Promotion to associate professor in 2012

Promotion to professor in 2018

First rank in Iranian national board exam of Physical Medicine and Rehabilitation in 2002

Perfect master of year in Tabriz University of Medical Sciences in 2015 and 2017

Memberships in Professional Societies

Iranian Society of Physical Medicine and Rehabilitation since 2002

ISPRM since 2008

Research Interests

Musculoskeletal and orthopedic Rehabilitation
Ultrasound guided injections
Electrodiagnostic Medicine

Published articles(international)

- 1-Peripheral nerve function in subclinical hypothyroidism: A case- control study; International Journal of Endocrinology and metabolism (Jun 2006) : Vol 4, No. 2 ; Jalilzadeh SH, Bahremi A, Eftekharsadat Bina, Mobasseri M, Pezeshki Z; 2006
- 2- Effect of low- intensity pulsed ultrasound on fracture callus mineral density and flexural strength in rabbit tibial fresh fracture; J Orthop Sci (2010) 15:240-244; Seyed Kazem Shakouri, Bina Eftekharsadat, M. R. Oskuie, J. Soleimanpour, M. K. Tarzamani, , Y. Salekzamani, Y. Hoshyar, N. Nezami; 2010
- 3-Effect of E. laciniata (L) Ointment on Mild and Moderate Carpal Tunnel Syndrome: A Double- blind, Randomized Clinical Trial; PHYTOTHERAPY RESEARCH (2010), Publish on line in wiley intersciencs; Eftekharsadat Bina , Shakouri S., Shimia M., Rahbar M., Ghojazadeh M., Rashidi M.R., Faraji M.H.; 2010
- 4-obstetrical brachial plexo palsy: electrodiagnostic study functional outcome ; Pakistan journal of biological sciences(2010); Y.toupchizadeh, Abdavi, barzegar, eftekharsadat B, tabrizi; 2010
- 5-Outcomes of percutaneous pinning in treatment of distal radius fractures; Pakistan Journal of Biological Sciences 13 (14): 706-710, 2010; Sadighi A., Bazavar M., Moradi A., Eftekharsadat Bina.

6-Effects of low-level laser therapy in combination with physiotherapy in the management of rotator cuff tendinitis; Lasers Med Sci (2012) 27:951–958.
Fariba Eslamian, Seyyed Kazem. Shakouri, Morteza Ghojzadeh,. Ozra Eslampanah Nobari & Bina Eftekharsadat

7-Effect of sesame seed on lipid profile and redox status in hyperlipidemic patients. International Journal of Food Sciences and Nutrition, September 2012; 63(6): 674–678 BEITOLLAH ALIPOOR, MAHDIEH KHADEM HAGHIGHIAN, BINA EFTEKHAR SADAT, & MOHAMMAD ASGHARI.

8- Effect of sesame seed on lipid profile and redox status in hyperlipidemic patients; International Journal of Food Sciences and Nutrition, September 2012; 63(6): 674–67, BEITOLLAH ALIPOOR, MAHDIEH KHADEM HAGHIGHIAN, BINA EFTEKHAR SADAT, & MOHAMMAD ASGHARI

9- The Effect of Teaching Practical Physical Modalities on the Ordering Skills of Physical Medicine and Rehabilitation Residents; Res Dev Med Educ, 2013, 2(1), 41-42, Bina Eftekharsadat, Arash Babaei-Ghazani, Mahasti Alizadeh, Morteza Ghojzadeh, Ghader Ghaffari,

10- Risk factors of recurrent lumbar disk herniation; Asian Journal of Neurosurgery, Vol. 8, Issue 2, April-June 2013, Mohammad Shimia, Arash Babaei-Ghazani1, Bina Eftekharsadat(corresponding author), Behnaz Habibi, Afshin Habibzadeh

11- Effects of sesame seed supplementation on clinical signs and symptoms in patients with knee osteoarthritis, International Journal of Rheumatic Diseases 2013; 16: 578–582 ; Bina EFTEKHAR SADAT, Mahdieh KHADEM HAGHIGHIAN, Beitollah ALIPOOR, Aida MALEK MAHDAVI, Mohammad ASGHARI JAFARABADI and Abdolvahab MOGHADDAM

12- Effect of Body Mass Index on Inpatient Rehabilitation Outcomes After Single-level Discectomy, Neurosurgery Quarterly: May 2015 - Volume 25 - Issue 2 - p 260–263, Shimia, Mohammad MD; Eftekharsadat, Bina MD(corresponding author); Akbari, Masood Ghahvechi MD; Habibzadeh, Afshin MD; Shahidi, Behnaz MD; Ghabili, Kamyar MD

13- Wrist bone mineral density utility in diagnosing hip osteoporosis in postmenopausal women; Therapeutic Advances in Endocrinology and Metabolism, 1–5 DOI: 10.1177/ 2042018816658164 © The Author(s), 2016,

Bina Eftekhari-Sadat, Mostafa Ghavami, Vahideh Toopchizadeh and Masood Ghahvechi Akbari

14-Validity of current electrodiagnostic techniques in the diagnosis of carpal tunnel syndrome, Medical journal of the Islamic Republic of Iran 28, 45, B Eftekharsadat, T Ahadi, GR Raissi, SK Shakoory, SM Fereshtehnejad

15 Therapeutic Efficacy of Dexamethasone Phonophoresis on Symptomatic Knee Osteoarthritis in Elderly Women - Int J Women's Health Reproduction Sci Vol. 2, No. 3, Spring 2014, Vahideh Toopchizadeh , Roja Javadi, Bina Eftekhari Sadat

16- One year after twin earthquakes in Northwest Iran Environ Health Prev Med (2014) 19:177; Arash Babaei-Ghazani, Bina Eftekhari Sadat (corresponding author)

17- Effect of balance training with Biodex Stability System on balance in diabetic neuropathy, Ther Adv Endocrinol Metab, 2015, Vol. 6(5) 233–240, Bina Eftekhari-Sadat, Roghayyeh Azizi, Akbar Aliasgharzadeh, Vahideh Toopchizadeh and Morteza Ghojazadeh

18- The Efficacy of 100 and 300 mg Gabapentin in the Treatment of Carpal Tunnel Syndrome, Iranian Journal of Pharmaceutical Research (2015), 14 (4), Bina Eftekharsadata, Arash Babaei-Ghazanib and Afshin Habibzadeh

19- Effects of Sesame Seed Supplementation on Lipid Profile and Oxidative Stress Biomarkers in Patients with Knee Osteoarthritis , *Health Promotion Perspectives*, 2014, 4(1), 90-97 , Mahdieh Khadem Haghighian, *Beitollah Alipoor, Bina Eftekhari Sadat, Aida Malek Mahdavi, Abdolvahab Moghaddam, Amir-Mansour Vatankhah

20- The effect of n-3 polyunsaturated fatty acids on incidence and severity of oxaliplatin induced peripheral neuropathy:a randomized controlled trial,

Biomarker Research (2016) 4:13, Ali Esfahani¹, Mohammad hossein Somi, Hormoz Ayromlou, Alireza Nikanfar, Mohammad Asghari Jafarabadi, Bina Eftekhar Sadat, and Zohreh Ghoreishi

21- Simultaneous Bilateral Biceps Tendon Rupture A Case Report with Practical Sonographic Diagnosis, Am. J. Phys. Med. Rehabil. & Vol. 00, No. 00, Month 2014, Arash Babaei-Ghazani, MD. Bina Eftekhar-Sadat(corresponding author), MD. Kamyar Ghabili, MD

22- Effects of Arctium lappa L. (Burdock) root tea on inflammatory status and oxidative stress in patients with knee osteoarthritis; International Journal of Rheumatic Diseases 2014 Leila MAGHSOUMI-NOROUZABAD, Beitollah ALIPOOR, Reza ABED, Bina EFTEKHAR SADAT, Mehran MESGARI-ABBASI and Mohammad ASGHARI JAFARABADI

23- Familial Amyloid Polyneuropathy Type IV (FINNISH) with Rapid Clinical Progression in an Iranian Woman: A Case Report Iran J Med Sci May 2016; Vol 41 No 3, Arash Babaei-Ghazani, MD; Bina Eftekharsadat, MD(corresponding author)

24- Efficacy of action potential simulation and interferential therapy in the rehabilitation of patients with knee osteoarthritis, Therapeutic Advances in Musculoskeletal Disease 1–9 DOI: 10.1177/1759720X15575724, 2015. Bina Eftekharsadat, Arash Babaei-Ghazani, Afshin Habibzadeh and Babak Kolahi

25- Effect of virtual reality-based balance training in multiple sclerosis, , Neurological Research Vol 37 2015 (6), Bina Eftekharsadat¹, Arash Babaei-Ghazani², Mehran Mohammadzadeh¹, Mahnaz Talebi, Fariba Eslamian¹, Elnaz Azari

26- Effects of Sesame Seed Supplementation on Inflammatory Factors and Oxidative Stress Biomarkers in Patients with Knee Osteoarthritis, *Acta Medica Iranica*, 2015;53(4):207-213. Mahdieh Khadem Haghghian, Beitollah Alipoor, Aida Malek Mahdavi, Bina Eftekhar Sadat, Mohammad Asghari Jafarabadi, and Abdolvahab Moghaddam

27- Reliability and validity of Persian version of Western Ontario and McMaster Universities Osteoarthritis index in knee osteoarthritis. J Anal Res Clin Med, 2015, 3(3), 170-7, Bina Eftekhar-Sadat, Seyyed Hasan Niknejad-Hosseyni, Arash Babaei-Ghazani, Vahideh Toopchizadeh , Homayoun Sadeghi

28- Ultrasound guided injection of resistant extra-articular shoulder and elbow cysts in rheumatoid arthritis: A case report *Journal of Back and Musculoskeletal Rehabilitation*, 2016 Apr 27;29(2):381-385., Babaei-Ghazani, Arash, Eftekharsadat, Bina

29- Dry needling in patients with chronic heel pain due to plantar fasciitis: A single-blinded randomized clinical trial , *Med J Islam Repub Iran* 2016 (23 July). Vol. 30:401. Bina Eftekharsadat, Arash Babaei-Ghazani, Vahideh Zeinolabedinzadeh

30- EFFECT OF *ARCTIUM LAPPA* L. (BURDOCK) ROOT TEA ON CLINICAL SIGNS AND SYMPTOMS IN PATIENTS WITH KNEE OSTEOARTHRITIS, CURRENT TOPICS IN NUTRACEUTICAL RESEARCH Vol. 12, No. 4, pp. 149-154, 2014, Beitollah Alipoor, Leila Maghsoumi Norouzabad, Reza Abed, Mir Ali Eteraf Oskouei, Bina Eftekhar Sadat and Mohammad Asghari Jafarabadi

31- Sonographic Diagnosis of Acute Achilles Tendon Tear: A case report *SM Musculoskeletal Disorders* , 2016; 1(1): 1002. Arash Babaei-Ghazani¹ , Safoora Ebadi, Bijan Forogh and Bina Eftekharsadat*

32- Reliability and validity of the Persian translation of Berg Balance Scale in Parkinson disease [Aging Clin Exp Res](#). 2016 Dec 2, [Babaei-Ghazani A](#), [Mohammadi H](#), [Shahidi GA](#), Habibi S, [Forogh B](#), [Ahadi T](#), [Eftekharsadat B](#).

33- Traumatic Cervical and Upper Limb Peripheral Nerve Injuries in Adults: Electrodiagnostic Studies and Patients Hand,13,2017,, Bina Eftekhar-sadat, Arash Babaei-Ghazani, Bahram Samadirad, Vida MamaghanySymptoms,

34- A Randomized Prospective Comparison of Ultrasound-Guided and Landmark-Guided Steroid Injections for Carpal Tunnel Syndrome, *Journal of Clinical Neurophysiology* Volume 34, Number 2, March 2017, Fariba Eslamian, Bina Eftekharsadat, Arash Babaei-Ghazani, Fateme Jahanjoo, and Mojgan Zeinali

35- Effectiveness of *Lavendula stoechas* essential oil in treatment of mild to moderate carpal tunnel syndrome: A randomized controlled trial, [Journal of Hand Therapy xxx \(2017\)](#) Bina Eftekharsadat MD, Peyman Roomizadeh MD, Shervin Torabi MD, Fariba Heshmati-Afshar MD, Fatemeh Jahanjoo MD, Arash Babaei-Ghazani MD

36- Ultrasound-Guided Versus Landmark-Guided Local Corticosteroid Injection for Carpal Tunnel Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials, [Archives of Physical Medicine and Rehabilitation 2018;99:766-75](#), Arash Babaei-Ghazani, MD, Peyman Roomizadeh, MD, Bijan Forogh, MD, Seyed-Mohammad Moeini-Taba, MD, Amin Abedini, MD, Mona Kadkhodaie, MD, Fateme Jahanjoo, MSc, Bina Eftekharsadat, MD*

37- Traumatic lower extremity and lumbosacral peripheral nerve injuries in adults: Electrodiagnostic studies and patients symptoms, [Journal of Forensic and Legal Medicine 52 \(2017\) 89e92](#), Arash Babaei-Ghazani, Bina Eftekharsadat, Bahram Samadirad, Vida Mamaghany, Saeed Abdollahian

38- Combination of exercise and acupuncture vs acupuncture alone for treatment of myofascial pain syndrome: A randomized clinical trial, *Journal of Acupuncture and Meridian Studies*, [10.1016/j.jams.2018.04.006](#), Bina Eftekharsadat, Elmira Porjafar, Fariba Eslamian, Seyed Kazem Shakouri, Hamid Reza Fadavi, DO, Seyed Ahmad Raeissadat, Arash Babaei-Ghazani

39- [Comparison Between Effectiveness of Ultrasound-Guided Corticosteroid Injection Above Versus Below the Median Nerve in Mild to Moderate Carpal Tunnel Syndrome: A Randomized Controlled Trial](#), American journal of physical medicine & rehabilitation, 2017: 97 (6), 407-413, Arash Babaei-Ghazani, Nadere Nikbakht, Bijan Forogh, Gholam Reza Raissi, Tannaz Ahadi, Safoora Ebadi, Peyman Roomizadeh, Hamid Reza Fadavi, Seyed Ahmad Raeissadat, Bina Eftekharsadat

40- The effects of ultrasound-guided corticosteroid injection compared to oxygen-ozone (o2-O3) injection in patients with knee osteoarthritis: a randomized controlled trial: clinical rheumatology. 15 feb 2018, Arash Babaei Ghazani, Bina Eftekharsadat and et al

Note:

Supervising of 32 physical medicine and rehabilitation students thesis
Author of more than 26 published article in Iranian scientific journals
And a lot of conference presentation

