

“Physiotherapy Promotion to Improve Health of Society”

First Day, Wednesday 17 December 2025

Main Hall

Welcome to Congress

**Holly Quran recitation and playing the National Anthem of the Islamic Republic of Iran
(8.15-8.30)**

Panel Title : Physiotherapy in Lymphedema and Oncology Wednesday 17 December 2025		
Chairpersons: Dr. Saam Eslami, Dr. Narges Meftahi, Dr. Soulmaz Rahbar Dr. Najmeh Sedighi Mehr		
Panel Moderator: Dr. Shahpar Haghighat		
Presenter	Title	Time
Dr. Shahpar Haghighat (MD, PhD, Certified Lymphologist) Professor, Breast Cancer Research Center, Motamed Cancer Institute	Lymphedema Management Diagnosis to Treatment	8.30-8.40
Physiotherapist Dr. Saam Eslami PT, MA, tDPT, GCOR	Cancer Prehabilitation and Lymphedema	8.40-8.50
Physiotherapist Dr. Narges Meftahi Assistant Professor, Shiraz University of Medical Science	Lower Extremity/Genitalia Lymphedema	8.50-9.00
Physiotherapist Dr. Soulmaz Rahbar Assistant Professor, Hamadan University of Medical Science	Breast Cancer Related Lymphedema	9.00-9.10
Physiotherapist Dr. Najmeh Sedighi Mehr Assistant Professor, Shahid Beheshti University of Medical Science	Physiotherapy Interventions in Lymphedema: Scientific Evidence to Clinical Practice	9.10-9.20
Physiotherapist Sahar Zamani PhD Candidate of Physiotherapy, Tehran University of Medical Sciences	Evaluation of the Effect of Combined Decongestive Therapy on Tissue Thickness and Stiffness Changes Using Sonoelastography in Women with Breast Cancer– Related Lymphedema	9.20-9.30
Discussion and Q & A		9.30-9.40

Official Opening Ceremony (9.40-11.00)

Coffee Break 11.00-11.30

Panel Title: Geriatric Physiotherapy: Assessment, Treatment, and Prognosis of Osteoporosis and Osteosarcopenia

Wednesday 17 December 2025

**Chairpersons: Dr. Ahmad Delbari, Dr. Keyvan Davatgaran Taghipour
Dr. Tayebbeh Roghani, Dr. Leila Agha Ghazvini, Dr. Fatemeh Sadat Mirzadeh**

Panel Moderator: Dr. Giti Torkaman

Presenter	Title	Time
Dr. Ahmad Delbari Professor of Gerontology, Iranian Research Center on Aging, University of Social Welfare and Rehabilitation Sciences	The Silver Opportunity: Expanding Physiotherapy's Role in Aging Care	11.30-11.40
Physiotherapist Dr. Keyvan Davatgaran Taghipour Member of the Aging Research Center, University of Social Welfare and Rehabilitation Sciences	International Clinical Guideline: 8 Steps for Screening, Diagnosis, and Management of Sarcopenia in Older Adults (ICSFSR)	11.40-11.50
Dr. Fatemeh Sadat Mirzadeh Geriatric Medicine Specialist, Assistant Professor, Tehran University of Medical Sciences	Frailty: Clinical Diagnosis and Treatment	11.50-12.00
Physiotherapist Dr. Tayebbeh Roghani Assistant Professor, Isfahan University of Medical Science	Age-related Hyperkyphosis and its Consequences	12.00-12.10
Dr. Leila Aghaghazvini Professor, Shariati Hospital, Musculoskeletal Imaging Research Center, Tehran University of Medical Sciences	Musculoskeletal Sonoelastography Assessment in Sarcopenia	12.10-12.20
Physiotherapist Dr. Giti Torkaman Professor, Tarbiat Modares University	Bone-Muscle Relation: Balance and Cognitive Impairment	12.20-12.30

Physiotherapist Dr. Elham Bagheri Yekta Tarbiat Modares University	Achilles Tendon and Gastrocnemius Muscle Stiffness as Predictors of Sarcopenia in Postmenopausal Women: Clinical Implications for Physiotherapy	12.30-12.40
Physiotherapist Dr. Fatemeh Sangtarash Assistant Professor, Zanjan University of Medical Sciences	Effects of Bone-loading Exercises and Pulsed Electromagnetic Fields on Bone Mineral Density and Metabolism, and Quality of Life in Postmenopausal Osteoporotic Women	12.40-12.50
Discussion and Q & A		12.50-13.00
Lunch		13.00-14.00

Panel Title: Physiotherapy in the Knee Functional Impairments Wednesday 17 December 2025		
Chairpersons: Dr. Abolfazl Bagheri Fard, Dr. Mohamad Razi, Dr. Esmaeil Ebrahimi Takamjani, Dr. Alireza Shahab, Dr. Ali Alasti		
Panel Moderator: Dr. Khosro Khademi Kalantari		
Presenter	Title	Time
Dr. Mohammad Razi Associate Professor Department of Orthopaedic Surgery, Rasoul Akram Hospital, Fellowship in Knee Surgery, Iran University of Medical Sciences	Effective Factors for Weight Bearing (Partial-Full Weight) after Knee Reconstructive Surgery	14.00-14.10
Dr. Abolfazl Bagherifard Professor, Bone and Joint Reconstruction Research Center Shafa Yahyaieian Orthopedics Hospital, Fellowship in Knee Surgery, Iran University of Medical Sciences	Knee Intra-articular Injections: Indications and Contraindications	14.10-14.20
Physiotherapist Dr. Esmaeil Ebrahimi Takamjani Professor, Iran University of Medical Sciences	Exercise Therapy in Functional Knee Disorders	14.20-14.30
Physiotherapist Dr. Khosro Khademi Kalantari	Exercise Therapy in Knee Impingement	14.30- 14.40

Professor, Shahid Beheshti University of Medical Sciences		
Physiotherapist Dr. Alireza Shahab Head of the Sport Branch, IPA	Return-to-Sport Parameters in Knee Injuries	14.40-14.50
Discussion and Q&A		14.50-15.00

Panel Title: Lumbopelvic Instability: Clinical Updates Wednesday 17 December 2025		
Chairpersons: Dr. Sedigheh Kahrizi, Dr. Amir Hossein Kahlaei, Dr. Mohammad Bagher Shamsi, Dr. Zahra Salahzadeh		
Panel Moderator: Dr. Mohammad Taghipour		
Presenter	Title	Time
Physiotherapist Dr. Amir Hossein Kahlaei Professor, University of Social Welfare and Rehabilitation Sciences	Structural and Functional Contribution in Low Back Pain Symptoms	15.00-15.10
Physiotherapist Dr. Sedigheh Kahrizi Associate Professor, Tarbiat Modares University	Pathophysiology of Thoracolumbar Fascia in Low Back Pain	15.10-15.20
Physiotherapist Dr. Mohammad Taghipour Professor, Babol University of Medical Science	The Role and Alteration of Muscles Contributing lumbopelvic Stability	15.20-15.30
Physiotherapist Dr. Mohammad Bagher Shamsi Professor, Kermanshah University of Medical Science	Surface Electromyography Biofeedback for Assessment of Core Muscle Function in Chronic low Back Pain	15.30-15.40
Physiotherapist Dr. Zahra Salahzadeh Professor, Tabriz University of Medical Science	Practice Stability Exercises without the fear of re- injury: Virtual Reality Therapy	15.40-15.50
Discussion and Q & A		15.50-16.00
Coffee Break		16.00-16.20

Oral Presentations
Wednesday 17 December 2025

**Chairpersons: : Dr. Mohammad Mohsen Roostaei, Dr Jalal Ahadi, Dr Farzaneh Yazdani,
Dr. Meissam Sadeghisani, Physiotherapist Amin Morid Moshtagh**

Moderator: Dr. Ali Asghar Norasteh

Presenter	Title	Time
Physiotherapist Dr. Maryam Abbaszadeh Amirdehi Assistant professor Babol University of Medical Sciences	Association Between Neurodynamic Disorders and Demographic and Clinical Characteristics in Patients with Patellofemoral Pain Syndrome	16.20-16.30
Physiotherapist Dr. Saeedeh Monjezi Assistant professor Ahvaz Jondishapur University of Medical Sciences	Lower Extremity Coordination during Walking with and without Optic Flow Perturbations in Athletes with Anterior Cruciate Ligament Reconstruction and Healthy Controls: A Case-Control Study	16.30-16.40
Physiotherapist Elham Rostami Mehr PhD Candidate, Tarbiat Modares University	The Relationship between Hip Abductor Strength and Endurance, WOMAC Scores, and Knee and Hip Kinetics and Kinematics during Stair Descent in Individuals with Knee Osteoarthritis	16.40-16.50
Physiotherapist Fatemeh Bakhshi Feleh Ahvaz Jondishapur, University of Medical Sciences	Differences in Cognitive Function Based on the Pain Catastrophizing Level in Individuals with Non-specific Chronic Low Back Pain	16.50-17.00
Physiotherapist Fereshteh Rezazadeh PhD Candidate, Ahvaz Jondishapur, University of Medical Sciences	Investigating Muscular Structural Differences Between Patients with LBP Classified into the Movement System Impairments Subgroups	17.00-17.10
Physiotherapist Mahdieh Sajedifar PhD Candidate, Tarbiat Modares University	Influence of Central Sensitization and Fear-Avoidance Beliefs on Center of Pressure Displacement Velocity in Patients with Chronic Low Back Pain	17.10.17.20
Physiotherapist Dr. Ebrahim Ramezani Iran University of Medical Sciences	Investigation of Cervical Muscle Dimensions During Craniocervical Flexion Task in Various Functional Positions of the Upper Limbs and Lumbar Spine in Individuals with and Without Chronic Non-Specific Neck Pain	17.20-17.30

Second Day, Thursday 18 December 2025

Main Hall

Panel Title: A Comprehensive Overview of Pelvic Floor Physiotherapy Thursday 18 December 2025		
Chairpersons: Dr. Afsaneh Nikjooy, Dr. Ilia Khajeh, Dr. Saeideh Babazadeh, Dr. Hoda Niknam		
Panel Moderator: Dr. Fariba Ghaderi		
Presenter	Title	Time
Physiotherapist Dr. Fariba Ghaderi Professor, Tabriz University of Medical Sciences	Physiotherapy in Bowel Dysfunctions	8.00-8.10
Physiotherapist Dr. Saeideh Babazadeh Assistant Professor, Arak University of Medical Science	Chronic Pelvic Pain in Women	8.10-8.20
Physiotherapist Dr. Afsaneh Nikjooy Assistant Professor, Iran University of Medical Sciences	The Role of Physiotherapy in Female Infertility	8.20-8.30
Physiotherapist Dr. Hoda Niknam Assistant Professor, Shahid Beheshti University of Medical Science	Pelvic Floor Physiotherapy Following Surgery for Colorectal Cancer and Radiotherapy	8.30-8.40
Physiotherapist Dr. Ilia Khajeh Pelvic Floor Branch, IPA	High-Tesla Magnets in Pelvic Floor Dysfunction: Evidence and Clinical Practice	8.40-8.50
Physiotherapist Dr. Fatemeh Oraki, Jondishapur University of Medical Sciences	Comparing the Effects of Biofeedback and Transcutaneous Tibial Nerve Stimulation, Alone or in Combination, in Women with Coexisting Complaints of Dyssynergic Defecation and Stress Urinary Incontinence: RCT	8.50-9.00
Physiotherapist Ghazal Roshdi PhD candidate, Shiraz University of Medical Sciences	Experience of Iranian Women With Multiple Sclerosis About Urinary Dysfunctions Consequences: A Qualitative Study	9.00-9.10
Physiotherapist Zahra Etminan Shiraz University of Medical Sciences	Clinical Outcomes of Physical Therapy in a Patient with Pudendal Nerve Entrapment Syndrome: Case Report	9.10-9.20
Discussion and Q & A		9.20-9.30

Panel Title: Myofascial Release Techniques Thursday 18 December 2025		
Chairpersons: Dr. Ghazi Sarhan, Dr. Farid Bahrpeyma, Dr. Afsaneh Zeinalzadeh		
Panel Moderator: Dr. Azadeh Shadmehr		
Presenter	Title	Time
Physiotherapist Dr. Ghazi Sarhan Certified Instructor of the USA Hawk Grips, Bahrain	Instrument Assisted Soft Tissue Mobilization	9.30-9.45
Physiotherapist Dr. Azadeh Shadmehr Professor, Tehran University of Medical Science	Myofascial Release Facts	9.45-9.55
Physiotherapist Dr. Farid Bahrpeyma Associate Professor, Tarbiat Modares University	Manual Soft Tissue/Fascia Release Techniques in Musculoskeletal Disorders	9.55-10.05
Physiotherapist Dr. Afsaneh Zeinalzadeh Associate Professor, Mashhad University of Medical Sciences	Effects of Functional Mobilization with and without Dry Needling on Pain, Disability, Quality of Life, Balance, and Treatment Effectiveness in Patients with Patellofemoral Pain Syndrome: A Randomized Controlled Trial	10.05-10.15
Physiotherapist Dr. Majid Shahbazi Assistant Professor, Mashhad University of Medical Sciences	Effect of Thoracic Soft Tissue Release and Mobilization on Chronic Pain and Disability in Patients Undergoing Total Knee Arthroplasty	10.15-10.25
Physiotherapist Dr. Tahere Rezaeian Assistant Professor, Mashhad University of Medical Sciences	Comparison of the Effects of Dry Needling Technique versus Femoral Nerve Neural Mobilization on the Pain, Functionality, and Knee Range of Motion in Patients with Patellofemoral Pain Syndrome	10.25-10.35
Discussion and Q & A		10.35-10.40
Coffee Break		10.40-11.00

Panel Title: Physiotherapy in Cardiorespiratory Disorders and Intensive Care Thursday 18 December 2025		
Chairpersons: Dr. Navid Shafigh, Dr. Zahra Rezaeian, Dr.Mohammad Javaherian		
Panel Moderator: Dr. Mohsen Abedi		
Presenter	Title	Time
Dr. Navid Shafigh Assistant Professor, Fellowship of Intensive Care Medicine, Department of Anesthesiology, Shahid Beheshti University of Medical Sciences	Physiotherapy in ICU: The Importance, Precautions, and Contraindications	11.00-11.10
Physiotherapist Dr. Zahra Rezaeian Associate Professor, Isfahan University of Medical Sciences	Errors in Incentive Spirometer Training in Cardiac Inpatients	11.10-11.20
Physiotherapist Dr. Mohammad Javaherian Assistant Professor, University of Social Welfare and Rehabilitation Sciences	Respiratory Exercises in COVID	11.20-11.30
Physiotherapist Dr. Mohsen Abedi Associate Professor, Shahid Beheshti University of Medical Sciences	Exercise Therapy Protocols for Respiratory Disease	11.30-11.40
Physiotherapist Dr. Bahareh Mehreganfar Shahid Beheshti University of Medical Sciences	The Impact of Threshold-loaded Inspiratory Muscle Training and Respiratory Biofeedback on Preserving Inspiratory Muscle Strength and Vital Capacity after CABG: RCT	11.40-11.50
Discussion and Q & A		11.50-12.00

Panel Title: Innovative Technologies in Neuromuscular Rehabilitation and Cognition Thursday 18 December 2025		
Chairpersons: Dr. Ali Irani, Dr. Mohammad Hasan Azarsa, Dr. Nastaran Ghotbi, Dr. Iman Rezaei		
Moderator: Dr. Mohsen Razeghi		
Presenter	Title	Time
Physiotherapist Dr. Ali Irani Professor, Head of Department of Physiotherapy and Sports Medicine, Nanavati Max Hospital, Mumbai, India	Brain Mapping in Physiotherapy	12.00-12.15
Physiotherapist Dr. Hoda Salsabili Assistant Professor, Samuel Merritt University, USA	Patient Monitoring with AI	12.15-12.25
Physiotherapist Dr. Mohsen Razeghi Professor, Shiraz University of Medical Sciences	The Future of Physiotherapy in Light of Technological Approaches and Innovations	12.25-12.35
Physiotherapist Dr. Mohammad Hasan Azarsa Assistant Professor, University of Social Welfare and Rehabilitation Sciences	Assessment of Joint Stiffness with Robotic Devices; Challenges and Future Directions	12.35-12.45
Physiotherapist Dr. Nastaran Ghotbi Professor, Tehran University of Medical Sciences	Inpatient Assessment Simulator Software	12.45-12.55
Physiotherapist Dr. Iman Rezaei Associate Professor, Shiraz University of Medical Sciences	Virtual Reality Training in Neck Pain	12.55-13.05
Discussion and Q & A		13.05-13.10
Lunch		13.10-14.00

Panel Title: Distal Radius Fractures Thursday 18 December 2025		
Chairpersons: Dr. Farid Najd Mazhar, Dr Roshanak Moradi, Dr. Aref Saidi, Physiotherapist Parham Parsanezhad		
Panel Moderator: Dr. Mohamadreza Pourahmadi		
Presenter	Title	Time
Dr. Farid Najd Mazhar Professor, Hand Surgeon, Shafa Yahyaeian Hospital, Iran University of Medical Sciences	Open Treatment of Distal Radius Fractures	14.00-14.10
Dr. Roshanak Moradi Orthopedic Surgeon, Fellowship in Hand Surgery	Closed Treatment of Distal Radius Fractures	14.10-14.20
Physiotherapist Dr. Mohamadreza Pourahmadi Assistant Professor, Iran University of Medical Science	Evidence-Based Physiotherapy after Distal Radius Fractures	14.20-14.30
Physiotherapist Parham Parsanezhad PhD Candidate, Iran University of Medical Science	Complications of Distal Radius Fractures	14.30-14.40
Physiotherapist Dr. Aref Saidi Head of Corrective Exercises Branch IPA	Therapeutic Exercises Post-Operation Distal Radius Fractures	14.40-14.50
Discussion and Q & A		14.50-15.00

Oral Presentations
Thursday 18 December 2025

**Chairpersons: Dr. Ailin Talimkhani, Dr Sarvenaz Karimi, Dr Zahra Kosarian,
Physiotherapist Anooshirvan Mohammadi, Physiotherapist Vahdat Mohammadi**

Moderator: Dr. Rozita Hedayati

Presenter	Title	Time
Physiotherapist Dr. Motahareh Hashem Boroojerdi Oman College University Lecturer	Enhancing Body Awareness in Rehabilitation	15.00-15.10
Physiotherapist Seyyed Mohammadreza Hoseini Iran University of Medical Sciences	Comparison of Kinesio Tape, Counterforce Brace and Corticosteroid Injection in Patients with Tennis Elbow: A Prospective RCT	15.10-15.20
Physiotherapist Dr. Masoome Ebrahimzadeh Assistant Professor, Hormozgan University of Medical Sciences	Diffusion Tensor Imaging of Corticospinal Tract Connectivity after Dry Needling on Muscle Spasticity in Stroke Patients	15.20-15.30
Physiotherapist Fateme Abrishami Gale Jondishapur University of Medical Sciences	The Effect of Cognitive Task on lower limb Kinematics during Gait in Athletes with Chronic Ankle Instability Compared to Copers	15.30-15.40
Physiotherapist Narjes Saadi Jondishapour University of Medical Sciences	Comparing the Effects of Cognitive Task and Attentional Focus on Intra-limb Coordination during Walking in People with Multiple Sclerosis: A Case-Control Study	15.40-15.50
Physiotherapist Dr. Ghazal Hashemi Zenooz University of Social Welfare and Rehabilitation Sciences	The Effect of Adding Virtual Reality-Based Rehabilitation to Conventional Physiotherapy on Pain, Functional Ability and Static Balance Control in Patients with Total Knee Arthroplasty	15.50-16.00

General Assembly of the Iranian Physiotherapy Association	16.00-18.00
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Third Day, Friday 19 December 2025

Panel Title: Therapeutic Approaches to Foot Problems Friday 19 December 2025		
Chairpersons: Dr. Arash Maleki, Physiotherapist Homayoun Setudeh, Dr. Hassan Saeedi, Dr. Sahar Boozari		
Panel Moderator: Dr. Amin Kordi Yoosefinejad		
Presenter	Title	Time
Dr. Arash Maleki Associate Professor, Pediatric Orthopedic Surgeon, Shahid Beheshti University of Medical Sciences	Effective Treatments for Achilles Tendon Tightness, Flat Foot, Genu Varum and Genu Valgum	8.00-8.10
Dr. Hassan Saeedi Professor, Orthotics and Prosthetics Department, Iran University of Medical Sciences	Proposed Theories in Leg and Foot Orthoses Prescription	8.10-8.20
Physiotherapist Homayoun Setudeh	Physiotherapy in Plantar Fasciitis	8.20-8.30
Physiotherapist Dr. Sahar Boozari Assistant Professor, Tarbiat Modares University	The Effects of Kinesio Tape and Exercise Therapy on Flat Foot	8.30-8.40
Physiotherapist Dr. Amin Kordi Yoosefinejad Associate Professor, Shiraz University of Medical Sciences	Exercise Therapy for Flat Foot	8.40-8.50
Physiotherapist Dr. Seyed Mehdi Mohsenipour Iran University of Medical Sciences	Comparative Effects of Chain vs. Local Myofascial Release on Clinical Outcomes and Plantar Fascia Thickness in Chronic Plantar Fasciitis	8.50-9.00
Physiotherapist Dr. Saman Salehi Tehran University of Medical Sciences	Ultrasonographic Changes in Plantar Fascia Thickness and Echogenicity after Conservative Interventions for Plantar Fasciitis	9.00-9.10
Discussion and Q & A		9.10-9.20

Panel Title: Physiotherapy in Shoulder Girdle Syndromes Friday 19 December 2025		
Chairpersons: Dr. Morteza Nakhaei, Dr. Soheil Mansour Sohani, Physiotherapist Ashkan Azarkish		
Panel Moderator: Dr. Roya Ravanbod		
Presenter	Title	Time
Professor Ann Cools Head of Education for Rehabilitation Sciences and Physiotherapy, Ghent University, Belgium	Subacromial Pain: Theoretical Background, Assessment, and Treatment	9.20-9.40
Dr. Morteza Nakhaei Amroodi Associate Professor, Fellowship in Shouldr and Elbow Surgery, Bone and Joint Reconstruction Research Center, Iran University of Medical Sciences	The Importance of Physiotherapy after Supraspinatus Surgery	9.40-9.50
Physiotherapist Dr. Soheil Mansour Sohani Associate Professor, Iran University of Medical Science	Electrotherapy Modalities in Shoulder Impingement Syndrome	9.50-10.00
Physiotherapist Dr. Roya Ravanbod Associate Professor, Tarbiat Modares University	Exercise Therapy in Scapular Dyskinesia	10.00-10.10
Physiotherapist Ashkan Azarkish PhD Candidate Shiraz University of Medical Sciences	Physiotherapy in Rotator cuff Tendinopathy	10.10-10.20
Physiotherapist Sayeh Moosavi Chavoshi Tehran University of Medical Sciences	Effects of Integrating kinetic Chain Exercises into a Scapular Stabilization Program on Pain, Function, and Scapular kinematics in Overhead Athletes with Shoulder Impingement Syndrome	10.20-10.30
Discussion and Q & A		10.30-10.40
Coffee Break		10.40-11.00

Panel Title: Neuro-Rehabilitation Friday 19 December 2025		
Chairpersons: Dr. Mohammadreza Hadian, Dr. Fatemeh Ehsani, Dr.Ehsan Ghasemi, Physiotherapist Omolbanin Alirezaei Panel Moderator: Dr. Minoo Khalkhali Zavieh		
Presenter	Title	Time
Physiotherapist Dr. Abbas Tabatabaei Research Fellow, Department of Physical Therapy and Rehabilitation Sciences, KS, USA	Chronic Lower Body Pain in People with Multiple Sclerosis and Treatment Techniques	11.00-11.10
Physiotherapist Dr. Mohammadreza Hadian Professor, Tehran University Of Medical Sciences	Noninvasive Stimulation of the Central Nervous System: A Conjoint Protocol for Rehabilitation	11.10-11.20
Physiotherapist Dr. Fatemeh Ehsani Professor, Semnan University of Medical Sciences	TDCS in Postural Stability	11.20-11.30
Physiotherapist Dr. Minoo Khalkhali Zavieh Professor, Shahid Beheshti University of Medical Sciences	TDCS in Neuro-Rehabilitation of Children	11.30-11.40
Physiotherapist Omolbanin Alirezaei Head of Pediatric Neurology Branch, IPA	Physiotherapy Approaches in Pediatric Neurology	11.40-11.50
Physiotherapist Dr. Ehsan Ghasemi Assistant Professor, Isfahan University of Medical Sciences	Investigating the Effect of Reactive and Proactive Exercises on Balance Performance and Balance Confidence in Patients with Multiple Sclerosis: RCT	11.50-12.00
Physiotherapist Mahdi Esmaeeli Tehran University of Medical Sciences	Combined Effects of Dry Needling and Static Stretching on Plantar Flexor Spasticity, Function, and Quality of Life in Chronic stroke: A Double-Blind Randomized Sham-Controlled Trial	12.00-12.10
Physiotherapist Dr. Maryam Niajalili Shahid Beheshti University of Medical Sciences	Cognitive Training Combined with Physiotherapy Enhances Plantar Sensation and Quality of Life in Patients with Diabetic Peripheral Neuropathy: RCT	12.10-12.20
Discussion and Q & A		12.20-12.30
		12.30-13.30

Lunch	
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Panel Title: Emerging Evidence on Electrotherapy Friday 19 December 2025		
Chairpersons: Dr. Iraj Abdollahi, Dr. Dr. Arista Shojaeddin, Dr. Mohamad Reza Asadi, Dr. Basir Majdoleslami, Dr. Hamid Zamani		
Panel Moderator: Dr. Javad Sarrafzadeh		
Presenter	Title	Time
Physiotherapist Dr. Iraj Abdollahi Professor, University of Social Welfare and Rehabilitation Sciences	Fundamentals of Clinical Decision Making in Electrotherapy	13.30-13.40
Physiotherapist Dr. Javad Sarrafzadeh Professor, Iran University of Medical Science	High Power Laser Therapy in Tendinopathy Management and Challenges	13.40-13.50
Dr. Arista Shojaeddin President of Iranian Medical Laser Association (IMLA)	Laser Acupuncture in Musculo-skeletal Pain	13.50-14.00
Physiotherapist Dr. Mohamad Reza Asadi Assistant Professor, Hamadan University of Medical Science	High Power Laser Therapy on the Myofascial Trigger Points	14.00-14.10
Physiotherapist Dr. Basir Majdoleslami	Quantum in Laser Field Therapy	14.10-14.20
Physiotherapist Dr. Zohreh Zaki Tarbiat Modares University	Effectiveness of High-Power Laser Therapy on Partial Tears of the Supraspinatus Tendon: RCT	14.20-14.30
Physiotherapist Mohammad Sheibanifar Shahid Beheshti University of Medical Sciences	The Effect of High-Intensity Laser Therapy on Diabetic Foot: RCT	14.30-14.40
Physiotherapist Fatemeh Keshavarzi Shiraz University of Medical Sciences	Shockwave Therapy Augments Exercise for Traumatic Meniscal Tears: A Pilot RCT	14.40-14.50
Discussion and Q & A		14.50-15.00
Coffee Break		15.00-15.10

Oral Presentations Friday 19 December 2025 Chairpersons: Dr. Soheila Abbasi, Dr. Hosein Rafsanjani, Dr. Tahereh Rezaeian, Dr. Maryam Saba, Physiotherapist Hadieh Tehrani Moderator: Dr. Mohsen Mir		
Presenter	Title	Time
Physiotherapist Dr. Parsa Salemi Assistant Professor, Shahid Beheshti University of Medical Sciences	The Immediate Effect of Trigger Point Dry Needling on Postural Stability and Functional Performance in Athletes with Chronic Ankle Instability	15.10-15.20
Physiotherapist Mehrab Rezaee Moghaddam Roudbane Iran University of Medical Sciences	Ultrasound Assessment of the Diaphragm and Abdominal Muscles among Elite Wrestlers with and without Low Back Pain- a Case-Control Study	15.20-15.30
Physiotherapist Dr. Vahid Mazloun University of Social Welfare and Rehabilitation Sciences	The Effects of Adding a Selective Neuromuscular Training Program to Traditional Basketball Exercises on Musculoskeletal Risk Factors in Semi-professional Basketball Players	15.30-15.40
Physiotherapist Amin Rastgar Sangari Shiraz University of Medical Sciences	Anodal vs Cathodal TDCS Priming Effects on Exercise Training Outcomes in Patients with Knee Osteoarthritis	15.40-15.50
Physiotherapist Parsa Safapour Tehran University of Medical Sciences	Effects of Caffeine and Total Motion Release on Cognitive Function in Semi-Professional Sprinters: RCT	15.50-16.00
Physiotherapist Dr. Mehdi Ahmadi University of Social Welfare and Rehabilitation Sciences	The Different Effects of Diaphragmatic Breathing and Aerobic Exercise on the Quality of Life in Reflux Patients: A Comparative Study	16.00-16.10
Physiotherapist Dr. Mitra Parsa University of Social Welfare and Rehabilitation Sciences	The effect of frontal-plane focused balance training on fall prevention in chronic stroke survivors: A randomized controlled trial	16.10-16.20
Closing Ceremony		16.20-17.00

First Day-Wednesday 17 December 2025

سالن استاد محسن هاشمی

عنوان پانل: بررسی چالش های صنفی فیزیوتراپی

اعضای پانل: فیزیوتراپیست همایون آبابی، فیزیوتراپیست علی کیانی، فیزیوتراپیست زهرا حاجیلو، فیزیوتراپیست حسن نوری، فیزیوتراپیست موسی طبیبی فر، فیزیوتراپیست سعید شجری، فیزیوتراپیست بابک رجائیان، دکتر احمد رضا نعمت الهی، دکتر پوپک معتمد وزیری، دکتر هوشنگ امامی، دکتر شهرام حسینی، فیزیوتراپیست طاهره نجفی

گرداننده پانل: دکتر احمد موذن زاده

زمان	موضوع
13.30-15.10	چالش های صنفی فیزیوتراپی
15.10-15.30	پرسش و پاسخ

Second Day-Thursday 18 December 2025

سالن استاد محسن هاشمی

جلسه کمیته بیمارستانی انجمن فیزیوتراپی با همکاران شاغل در بیمارستان ها
گرداننده: فیزیوتراپیست امین مرید مشتاق
13.30-15.30

Third Day-Friday 19 December 2025

سالن دکتر اسماعیل ابراهیمی

عنوان پانل: بررسی رویکردهای حقوقی در مسائل صنفی فیزیوتراپی

اعضای پانل: فیزیوتراپیست کیانوش کفشچی، فیزیوتراپیست محمد محمد نیا، فیزیوتراپیست یوسف شیخانی، فیزیوتراپیست محمد حسن معصومی، فیزیوتراپیست مهدی سرافراز، فیزیوتراپیست محمد اکرم میر صادقی، فیزیوتراپیست عباس پیری، فیزیوتراپیست مرتضی احمدی، فیزیوتراپیست حمید رضا یار احمدی، وکیل انجمن فیزیوتراپی آقای احسان فرزانه

گرداننده پانل: فیزیوتراپیست همایون آبایی

زمان	موضوع
13.30-15.10	رویکردهای حقوقی در مسائل صنفی فیزیوتراپی
15.10-15.30	پرسش و پاسخ