



Mohamadreza Hatefi is currently working on the project entitled "Evaluation and correlation of the effective parameters on Athletes' performance and non-contact injury risk factors including stiffness, various movement strategies, muscle strength, and neuromuscular adaptation" focusing on susceptible athletes to injury. Overall, his research interests include evaluating lower extremity biomechanical risk factors and designing therapeutic exercises and injury prevention interventions based on these evaluations. Mohamadreza Hatefi completed his Ph.D. in sports injuries prevention and corrective exercises at Kharazmi University in Oct 2021.

Mohamadreza Hatefi

PERSONAL DETAILS

Sex: Male

Date of Birth: 1993/03/10

Place of Birth: Tehran, Iran.

Province and City of Residence: Tehran, Iran.

CONTACT

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EDUCATION

- **2018 - 2021 | Ph.D., Sport Injuries and Corrective Exercises**, Department of Biomechanics and Sport Injuries, Kharazmi University, Tehran, Iran
- **2016 - 2018 | M.A., Sport Injuries and Corrective Exercises**, Allameh Tabataba'i University, Tehran, Iran
- **2012 - 2016 | B.A., Physical Education**, Guilan University, Rasht, Iran

THESIS TITLE

- **Ph.D Thesis Title:** Effects of the Posterior X Taping and Augmented Feedback on Lower-Extremity Kinematic and Muscles Activity Pattern During Functional Activities in Subjects with Tibiofemoral Varus Alignment.
- **M.A Thesis Title:** Electromyography Activity of Knee and Hip Muscles in the Squat with Different Positions of Hip Rotation in Subjects with and without Genu Varum

CURRENT AFFILIATION

- Senior Lecturer, Department of Sport Injuries and Corrective Exercises, Faculty of Physical Education, Allameh Tabataba'i University, Tehran. Iran.

Impact Factor

- Google Scholar h-index: 5
- Google Scholar i10-index: 4

PUBLICATIONS

- Mahdavi F, Piri H, Shekhshossini R, **Hatefi M**. Relationship Among Isometric Hip Muscle Strength, Hip Joint Stiffness, and Dynamic Knee Valgus During Jump-Landing Tasks (Under review).
- **Hatefi, M**, Biglari M, Babakhani, F. Is there a correlation among landing stability, ankle dorsiflexion range of motion, and ankle stiffness? BMC Sports Science, Medicine and Rehabilitation. 2024
- **Hatefi M**, Balochy R. Immediate Effect of Augmented Feedback on Jumping Performance of the Athletes with Dynamic Knee Valgus. Movement & Sport Sciences. 2024.
- Babakhani F, **Hatefi M**, Balochy R. Is there a Relationship Between Isometric Hamstrings-to-Quadriceps Torque Ratio and Athletes' Plyometric Performance? Plos One journal. 2023.
- **Hatefi M**, Hadadnezhad M, Shojaedin S, Babakhani F, Khaleghi M. The Effects of the Posterior X Taping and Augmented Feedback on Lower-Extremity Kinematic and Muscle Activity Pattern During Unilateral Weight-Bearing Activities in Men with Tibiofemoral Varus Malalignment. Journal of experimental orthopedic. 2023.
- Balochy R, Babakhani F, **Hatefi M**, Hassanpur H. Investigation of Eight Weeks of Core Stability Exercises on Upper Extremity's Range of Motion, Balance, and Strength of the Badminton Players. Research in Sport Medicine and Technology. 2023.
- JalilPiran R, Babakhani F, Balochi R, **Hatefi M**. Effect of External isometric hip rotation Force on Lower Extremity Muscles Activities during Pelvic Drop with Different Hip Positions. Scientific Reports. 2022.
- **Hatefi M**, Hadadnezhad M, Shojaedin S, Babakhani F, Khaleghi M. Effects of the Real-time Feedback and Knee Taping on Lower-Extremity Function during Ergometer Pedaling in Subjects with Tibiofemoral Varus Malalignment. Gait & Posture. 2022.
- **Hatefi M**, Hadadnejad M, Shojaedin SS, Babakhani F, Khaleghi Tazji M. Comparison of the Effect of Kinesio Taping and Real-time External Feedback on Lower Extremity Function During Single-leg Squat in Individuals with Tibiofemoral Varus Alignment. The Scientific Journal of Rehabilitation Medicine. 2021 Oct 12.
- **Hatefi, M.**, Babakhani, F. & Ashrafizadeh, M. The effect of static stretching exercises on hip range of motion, pain, and disability in patients with non-specific low back pain. Journal of Experimental Orthopedic 8, 55. 2021.
- Barzegar M, Babakhani F, Balochi R, **Hatefi M**. Effect of Topical Cooling with Ice and Cold Spray on Knee Joint Position Sense of Athletes with Patellofemoral Pain Syndrome. Journal of Clinical Research in Paramedical Sciences. 2021.
- **Hatefi M**, Babakhani F, Balouchi R, Letafatkar A, Wallace BJ. Squat Muscle Activation Patterns with Hip Rotations in Subjects with Genu Varum Deformity. International Journal of Sports Medicine. 2020 Jun 2.
- Letafatkar A, **Hatefi M**, Babakhani F, Abbaszadeh H, Wallace B. The influence of hip rotations on muscle activity during unilateral weight-bearing exercises in individuals with and without genu varum: A cross-sectional study. Physical Therapy in Sport. 2020 Apr 3.
- Heydarian M, Babakhani F, **Hatefi M**, Balouchi R, Mohammadian M. Effects of a band loop on muscle activity and Knee dynamic valgus during pedaling. Gait & Posture. 2020 Sep 25.

- Babakhani, F., Heydariann, M., **Hatefi M.**, Balouci, R. The Immediate effect of kinesiotape and wobble board training on ankle joint position sense in athletes with functional ankle instability. *Journal of Advanced Sport Technology*. 2020.
- Haydarian M, Babakhani F, **Hatefi M**, Balochi R. The Effect of Band Loop on Kinematic and Electromyography of Lower Extremities during Pedaling with Ergometer in Male Students with Genuvarum: A Descriptive Study. *Journal of Rafsanjan University of Medical Sciences*. 2020 Aug 10;19(5):447-62.
- Babakhani F, Heydarian M, **Hatefi M**. Effects of Total Resistance Exercise versus Physioball Exercise Training Programs on Pain and Functional Disability among Women with Patellofemoral Pain. *Women's Health Bulletin*. 2020 Jul 1;7(3):27-35.
- Babakhani F, **Hatefi M**, Ashrafi M, Barzegar M. Effect of 8-Week CORE Stabilization Exercises on Static and Dynamic Balance Indices in Girls with Hyperlordosis. *International Journal of School Health*. 2020
- Babakhani F, **Hatefi M**. Comparing the Electromyography Activity of Core Muscles During Side Plank Exercise on Stable and Unstable Surfaces. *Journal of Sport Biomechanics*. 2019 Sep 10;5(2):102-11.
- Babakhani F, **Hatefi M**, Heydarian M, Barzegar M. Comparison of Center of Pressure and time to Stabilization in students with and without Hyperlordosis. *Journal of Sport Biomechanics*. 2018 Dec 10;4(3):41-50.

BOOK

- **Hatefi, M.**, Balouchy, R. Functional movement faults assessment: a systematic approach to establish movement fault, 2023 (In Persian)
- **Hatefi, M.**, Hadadnezhad, M., Babakhani, F. & Ashrafizadeh, M. Clinical Assessments in Musculoskeletal Disorders, 2021 (In Persian; **The chosen 'Iranian National Youth Book of the Year Award 2022'**)
- Barzegar, M., **Hatefi, M.**, Arghadeh, R. & Sharifi, A. Musculoskeletal System Injuries, 2020 (In Persian)
- Barzegar, M., Sharifi, A., **Hatefi, M.** & Arghadeh, R. Soft Tissue Injuries of the Knee Joint, 2019 (In Persian)

CONFERENCE PRESENTATIONS

- Heydarian M, Babakhani F, **Hatefi M**, Balochi R. The effect of band loop on kinematic and electromyography of lower extremities during pedaling with ergometer in individuals with and without genu varum. 12th International Congress on Sport Sciences. 2021.
- Babakhani F, Heydarian M, **Hatefi M**. Comparison of Center of Pressure and time to Stabilization in students with and without Hyperlordosis. 6th National Student Conference on Sports Science Shahid Beheshti University. 2020.
- Babakhani F, **Hatefi M**. Comparison of Electromyography Activity of Core muscles in the Side Plank on stable and unstable Surfaces. 3th Conference on Applied Research in Sport Science. 2020.
- **Hatefi M**, Babakhani F, Balochi R. Comparison of electromyographic activity of selected knee and hip muscles in squat at different angles of hip between individuals with and without genu varum. 11th International Congress on Sport Sciences. 2019.

AWARDS AND HONORS

- Chosen by the research elite of the National Elite Foundation of Iran (Shahriari Award)
- Rank 6 of the Iranian specialized doctoral entrance exam (Sport injury and corrective exercise)
- The chosen young author of the year 2022; Iranian National Youth Book of the Year Award
- Top Article in oral section (2019), 11th International Conference on Sports Science (Tehran, Iran)
- Top Article in oral section (2020), 12th International Conference on Sports Science (Tehran, Iran)

PROFESSIONAL EXPERIENCE

- Senior lecturer at Allameh Tabataba'i University, faculty of physical education since 2019 - Now; Lecturer of Sports Biomechanics, anatomy, kinesiology, corrective exercises, and Sport practical lessons (Swimming, Fitness, specific sport)
- Speech in various scientific congresses/meetings; The assessment process of postural alignment, evaluating biomechanical risk factors in athletes, providing corrective exercises based on the NASM approach, and etc.

VOLUNTEER EXPERIENCE

- Teaching the master student to work with electromyography instruments
- Teaching the master students to use Excel and SPSS software to analyze data
- Teaching the master students to use End note and mendeley software
- Giving advice to master students in doing different parts of their thesis
- Teaching parts of specialized courses (Kinesiology, Clinical assessment, Corrective exercise and etc.) as a lecturer

OTHER SKILLS

- English language (Good)
- Office software (Good)
- Electromyography system (Good)
- Force plate system (Good)
- Motion analysis/ IMU system (Good)
- Experience in using data processing software (Nexus, Mokka, Visual 3D)
- Coding experience (Matlab)

INTEREST

- Postural malalignments and movement pattern dysfunctions
- Neuromusculoskeletal Injuries
- Kinesiopathology
- Corrective Exercise and sport Rehabilitation
- Sport injures prevention and enhance athletics' performance