



## **CURRICULUM – VITAE**

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## **PUBLICATIONS**

- ❖ Resistance Training lead to clinically meaningful Improvement in control of Glycemia and Muscular Strength in untrained middle-aged patients with Type 2 Diabetes Mellitus. **North American journal of Medical Sciences, August 2012, Volume4, Issue8, 336-343**
- ❖ Reliability and Validity of EN-TreeM Dynamometer for Measurement of Shoulder Rotator Strength in Volleyball Player. **Journal of Clinical and Diagnostic Research, March 2016 , Vol-10(3): 5-9**
- ❖ Physical and balance performance following exercise induced muscle damage in male soccer players. **Journal of Physical Therapy Science, July2016, Vol-28(10): 2942-2949**
- ❖ Effects of two different mobilization techniques on pain, range of motion and functional disability in patients with adhesive capsulitis: a comparative study. **Journal of Physical Therapy Science, August 2016, Vol-28(12): 3342-3349**
- ❖ Preconditioning by light- load eccentric exercise is equally effective as low- level laser therapy in attenuating exercise-induced muscle damage in collegiate men. **Journal of Pain Research, August 2017, 10, 1-9**

- ❖ Postactivation potentiation following acute bouts of plyometric versus heavy-resistance exercise in collegiate soccer players. **BioMed Research International, February 2018, 1-8**
- ❖ Comparisons of Neuromuscular Training versus Quadriceps Training on Gait and WOMAC Index in Patients with Knee Osteoarthritis and Varus Malalignment. **Journal of chiropractic medicine, 2019, 18(1), 1-8.**
- ❖ Effects of selective strengthening of tibialis posterior and stretching of iliopsoas on navicular drop, dynamic balance, and lower limb muscle activity in pronated feet: A randomized clinical trial. **The Physician and sportsmedicine, 2019, 47(3), 301-311.**
- ❖ Electromyographic analysis of upper trapezius, abductor pollicis longus and abductor pollicis brevis during smartphone use in different positions among young male and female subjects. . **International journal of adolescent medicine and health 2019.**
- ❖ Activity of shoulder girdle muscles during the perfect push-up and push-up bar exercises using different hand positions in young overhead athletes. **Sport Sciences for Health, 2020 16(1), 65-73.**
- ❖ Impact of retrowalking on pain, range of motion, muscle fatigability, and balance in collegiate athletes with chronic mechanical low back pain. **Sport Sciences for Health, 2021, 17(2), 307-316.**
- ❖ Effect of physical exercise on cardiac autonomic modulation in hypertensive individuals: a systematic review and meta-analysis. **Current Hypertension Reviews, 2023, 19(3), pp. 149-172**
- ❖ The association between isometric shoulder strength and sports performances in university soccer players: a cross-sectional study. **Cureus, 2024, 16(10): e72041. DOI 10.7759/cureus.72041**
- ❖ Association of H-reflex parameters and peroneal nerve conduction velocity with dynamic balance and agility in university athletes: a cross-sectional study. **Comparative Exercise Physiology 2024, 20(4), 353-362**

## **PROFESSIONAL MEMBERSHIPS**

- The Indian Association of Physiotherapy-Registration number L-18549
- The Delhi Council for Physiotherapy and Occupational Therapy- Registration number PR-381