

Negar E. Gorji
PhD in Medical Physiopathology

University of Turin, Department of Medical Sciences, Molinette Hospital, Torino, Italy.
Tel: (+39) 331 1768122, **Email:** negar.eshaghigorji@edu.unito.it , negar.e.gorji@gmail.com

EDUCATION & QUALIFICATION

Research assistant

Rizzoli Orthopedic Institute, Bologna, Italy

Prof M. Grazia Benedetti

1/10/2018- 30/12/2018

PhD Candidate in Medical Pathophysiology

University of Turin, Molinette hospital, Turin, Italy

Prof E. Ghigo, Prof. Marco Minetto

1/10/2016-1/10/2018

Research Assistant in Exercise Physiology and Sport Sciences

Azad University of Sari, Iran

Prof M. Habibian

2013-2015

Master of Exercise Physiology

Azad University of Sari, Iran 4/4(A)

Prof P. Farzanegi

2011-2013

Bachelor in Physical Education & Sport Sciences

Payam Noor University of Behshahr, Iran 3/4(B)

Prof S. Panahi

2006-2009

RESEARCH EXPERIENCE AND SKILLS

Working both in the hospital environment and Gym with patients and sports players, I have gained the following experience and skills:

Very good knowledge in Electromyographic analysis of muscles, surface EMG system and software packages for EMG signal process. A high experience in working on Muscle ultrasound images assessment and software packages for image processing. Bone age estimation and prediction of adult height in patients and sport players. Good skills in processing data and the data to extract parameters of interest. Since 2017 I'm involved in the project "Bone age estimation and prediction of adult height in young soccer players" A 10 years study with very young future soccer players of Juventus team and the second phase of the investigation will be done 10 years later.

THESIS & RESEARCH INTERESTS

PHD THESIS: A comparison of the EMG activity of dominant and non-dominant shoulder muscles of high-level volleyball athletes and identify possible associations of shoulder adaptations with movement speed and shoulder pathology. A common project between the volleyball team of the University of Turin gym(CUS) and Polytechnic University of Turin and Molinette Hospital. I was engaged in applying the tests, preparing the subjects for the experiments, Electrode placement, Video recording, working with the subjects and measurements on them regularly. I was then taking the data and video records for processing and discussion with the team members and my mentor. My Ph.D. thesis involved working with Prof. Ghigo, Prof. Botter, and my supervisor Prof. Minetto at the University of Turin.

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RESEARCH INTERESTS

- *Electromyography assessments in clinical populations and athletes*
- *Quantitative muscle and tendon ultrasonography*
- *Muscle ultrasound images assessment*
- *Rehabilitation and Health Promotion*
- *Nutrition and Exercise Performance*
- *Motor Activity and Exercise testing*
- *tDCS & electric brain stimulation*
- *Physical Education and Sport*
- *Bone age Estimation*
- *Exercise Physiology*
- *Muscle Damage*
- *Skeletal Muscle*

EXPERIMENTAL EXPERIENCES

Worked with:

Bioelectrical Impedance Analysis, seca mBCA 515 (seca, Hamburg, Germany)

TDSC (Soterix Medical Inc., New York, NY, USA)

SPINAL MOUSE® (MVM) ITALIA

Softwares for EMG assessments

Ultrasound device

ImageJ software & ...

SEMINAR & WORKSHOP PARTICIPATION

- International conference on Sport Medicine. Lyon, France, 28th May, 2018.
- Energy shortage in sports: consequences for bones, heart, "performance and more". Molinette Hospital, Turin, Italy, 11th May 2018.
- Advances in human-machine interfaces: applications to neuromuscular training and rehabilitation. Molinette Hospital, Turin, Italy, 12th January 2018.
- XVIII National Congress of the Italian Society of Clinical Movement Analysis. Turin, Italy, 4-7th October 2017.
- IX National SISMES Congress. University of Brescia, Italy, 29-1th October 2017.

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- Applied research, State of the art in EMG, L'OT Bioelectronics Day 2017. Turin, Italy, 15th September 2017.
- Building your career in EU. Organized by the Doctoral School of the University of Turin. Turin, Italy, 9th May, 2017.
- Sports medicine & rehabilitation: bridges to innovation; Academy of Medicine, Turin, Italy, 14-15th October, 2016.
- Ultrasound High-Frequency Surface: Principles & Clinical Applications. Molinette Hospital, Turin, Italy, 3th May 2016.
- New frontiers in Telemedicine, ehCOS suites. Molinette Hospital, Turin, Italy, 28th June 2016.

PUBLICATIONS

1. Minetto MA, Caresio C, Salvi M, D'Angelo V, **Gorji NE**, Molinari F, Arnaldi G, Kesari S, Arvat E. Ultrasound-based detection of glucocorticoid-induced impairments of muscle mass and structure in Cushing's disease. *J Endocrinol Invest*.10 (9) 2018.
2. Minetto MA, Motta G, **Gorji NE**, Lucini D, Biolo G, Pigozzi F, Portincasa P, Maffiuletti NA. Reproducibility and validity of the Italian version of the International Physical Activity Questionnaire in obese and diabetic patients. *J Endocrinol Invest*. 41(3) 2018.
3. Giacchino M, Caresio C, **Gorji NE**, Molinari F, Massazza G, Minetto MA. Quantitative analysis of patellar tendon size and structure in asymptomatic professional players: sonographic study. *Muscles Ligaments Tendons J*. 7 (3) 2018.
4. Minetto MA, Gamero G, Gays G, Vigo S, Caresio C, **Gorji NE**, Massazza G. Effectiveness of an innovative mattress overlay for improving rehabilitation in low back pain: A pilot randomized controlled study. *J Back Musculoskelet Rehabil*. 31 (6) 2018.
5. **Gorji NE**, Mahdiraji HA, Abadei SR, Farzanegi P, Celery as an Effective Supplement for Pilates Exercise in Weight Loss Studies. *International Medical Journal*. 22 (3) 2015. <http://web.b.ebscohost.com/abstract>
6. Amouzad Mahdirejei H, Fadaei Reyhan Abadei S, Abbaspour Seidi A, **Gorji NE**, Rahmani Kafshgari H, Ebrahim Pour M, Bagheri Khalili H, Hajeizad F, Khayeri M. Effects of An Eight-Week Resistance Training on Plasma Vaspin Concentrations, Metabolic Parameters Levels and Physical Fitness in Patients with Type 2 Diabetes. *Cell J*. 16(3) 2014.
7. **Gorji NE**, Habibian M, Farzanegi P. 8 Weeks Pilates Training Effects on Fetuin-A Levels and Anthropometric Indicators in Sedentary Overweight Women. *International Medical Journal*. 21(6) 2014.

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AWARDS & PRIZES

- 3th Grade, Swimming Referee, from Iranian Amateur Swimming Federation (IASF); August, 2009-present.
- 3th Level Coaching Certification for Kabaddi, from Kabaddi Federation (P.E.O of Iran); March, 2010-present.

LANGUAGE PROFICIENCIES

(Writing, Reading, Speaking)
Persian, English, Italian (intermediate)