



Dr. Shibili Nuhmani

Personal Data

Nationality | Indian

Date of Birth | 25-05-1981

Department | Physical Therapy

Official UoD Email | snuhmani@uod.edu.sa

Office Phone No. | 31237

Language Proficiency

Language	Read	Write	Speak
Arabic	Yes	Yes	No
English	Yes	Yes	Yes
Others	Hindi, &Malayalam	Hindi, &Malayalam	Hindi, &Malayalam

Academic Qualifications:

Date	Academic Degree	Place of Issue	Address
April 2014	PhD (Physiotherapy)	India	Singania University
May 2007	Master in physiotherapy (Sports Medicine)	India	Jamia Hamdard
December 2002	Bachelor in physiotherapy	India	University of Calicut

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	Anthropometry and functional performance in elite Indian junior tennis players
Master	Effect of classic soft tissue mobilization and prolonged stretching on hamstring flexibility

Professional Record:

Job Rank	Place and Address of Work			Date
Assistant professor	University of Dammam	Dammam	KSA	24 th May 2015 –till date
Assistant professor	Jamia Hamdard	New Delhi	India	16 th July 2009 – 12 th May 2015



Lecturer	Jamia Hamdard	New Delhi	India	4 th September 2008 – 16 th July 2009
Teaching Assistant	Jamia Hamdard	New Delhi	India	6 th November 2007 – 4 th September 2008
clinical physiotherapist	Relief Point Clinic	New Delhi	India	16 th may 2007 – 5 th November 2007
Chief Physiotherapist	Portland Al - Salama Hospital	Calicut	India	22 nd July 2004 - 26 th July, 2005

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Director , off campus	Jamia Hamdard	January – may 2015

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Orooj M, Nuhmani S, Muaidi QI.	Common injuries in field hockey	Saudi Journal of Sports Medicine. 2016 Jan 1;16(1):20.
2	Zaidi S, Nuhmani S, Jalwan J	Retrolisthesis: An update	Saudi Journal of Sports Medicine. 2015 May 1; 15(2):111.
3	Raina S, Nuhmani S	Factors leading to lateral ankle sprain: a review of the literature.	Journal of Musculoskeletal Research. 2014 Dec;17(04):1430001
4	Umair Anwar, Shibili Nuhmani	Lower Quarter Plyometrics for Soccer players	Saudi Journal of sport medicine. 2015; 15(1):20-25
5	Fozia Bashir, Shibili Nuhmani	Therapeutic Management of Tennis Elbow	Saudi Journal of sport medicine. 2015; 15(1):13-19.



6	Zuheb Ahmad Siddiqui , Shibili Nuhmani , Abdul Salam Ansari	Traumatic Rotator Cuff Tear In A Young Recreational Athlete: A Case Report.	International Journal of Scientific Research. 2014;6(3):376-378
7	Purnima Gautham, Shibili Nuhmani	Plantar fasciitis - A review of literature.	Saudi Journal of sport medicine. 2014; 14(2):69-73
8	Moazzam H Khan, Shibili Nuhmani	Frozen Shoulder – A review of literature	Journal of musculoskeletal pain .2014; 22(3):308-313
9	S. J. Kachanathu, B. Anand, S. Nuhmani, A. R. Hafez	Efficacy of neuromuscular electrical stimulation of quadriceps femoris muscle in knee osteoarthritis.	Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin. Phys Rehab Kur Med 2014; 24(02): 87-91
10	Shibili Nuhmani, Moazzam H Khan	Lateral Ankle Sprain –An update	Journal of musculo skeletal research. December 2013, Vol. 16, No. 04
11	Shaji John Kachanathu, Shinu Philip, Shibili Nuhmani, Mohan Natho, Ganeshwerarao Melam, Syamala Burgadda.	A comparative study on effect of different positional isometric neck exercises training on neck pain and functional ability in patients with neck pain	Scholars Journal of Applied Medical Sciences.2014; 2(1A):91-95
12	Shaji John Kachanathu, Herlin Kaur, Mohan Natho, Shibili Nuhmani	The effect of open and closed kinematics chain exercises in the management of meniscal injuries.	Journal of Scientific and Innovative Research, 2013; 2 (5): 927-931.
13	Kumar S, Nuhmani S , Ananad P	Dynamic balance deficit and recovery time after aerobic and anaerobic fatigue protocol	International Journal of Physiotherapy Research and Practice. 2014;1(1):1-12.
14	Dinesh Chand, Shibili Nuhmani, Shaji John	Comparison on the effect of retro walking and stretching on balance and flexibility	Medicina Sportiva (2013), Romanian Sports Medicine Society . Vol IX 4(36).
15	Shibili Nuhmani, Nasreen Akthar	Biomechanics and common injuries in professional tennis.	Journal of Science. 2014;4(1):1- 6
16	Shibili Nuhmani, Nasreen Akthar	Anthropometry and functional performance of elite Indian junior players	Journal of Science.2014;4(1):55-59
17	Shibili Nuhmani, Nasreen Akthar	Role of BMI and Waist Hip ratio on functional performance of elite Indian junior tennis players	International Journal of Scientific Research.2013;2(12):422-23
18	Shanana, Shibili Nuhmani, Saurabh Sharma	Comparison of internal and external attention focusing strategy on power gain with plyometric on upper limb	Physiotherapy and occupational therapy Journal.2013;6(3):13- 20.
19	Kachanathu Shaji J, Kumar Manoj, Jaiswal Pawas, Nuhmani Shibili, Vellappally Sajith	A comparative study on cryo, pulsed ultrasound and its combination therapies on delayed onset of muscle soreness.	International Journal of Medical Research & Health Sciences.2013;2(4):786-792



20	Shaji John Kachanathu, Ashraf Hafez Ramdan, Shibili Nuhmani, Sajith Vellapalil	A comparison of walking aids with anterior crutiate ligament rehabilitation	Journal of Physiotherapy and Sports medicine.2013;2(1):49-55
21	Shaji John Kachanathu, Divya Mallyan, Shibili Nuhmani, Sajith Vellapallil	Pulsed versus continuous ultrasound therapy: As a management of lateral epicondylitis.	Innovative Journal of Medical and Health Sciences.2013;3(5):242-245
22	Shaji John Kachanathu, Shibili Nuhmani, Dinesh Chand	Efficacy of retrowalking Vs Passive stretching on hamstring tightness and balance in young collegiate students.	Indian Journal of Applied Research.2013;3(9):466-468
23	S. J. Kachanathu, P. Bhatia, S. Nuhmani, V. Venu	Efficacy of muscle listening with conventional physiotherapy management on sub acute stroke patients-A pilot study.	Scientific Journal of medical sciences.2013:8(2)
24	Shaji John Kachanathu, Priyanka Bhatia, Shibili Nuhmani, Vishal Venu.	Efficacy of meditation with conventional physiotherapy management on sub acute stroke patients	Scholarity Journal of Medicine. 2013;3(5):48-52
25	Nida Usman, ShibiliNuhmani	Osteo Arthrits of Knee-A review of current concepts.	Middle East Journal of Age and Aging.2013;10(2):38-42
26	Mohd.Waseem, Shibili Nuhmani,C.S.Ram	Efficacy of Muscle Energy Technique on hamstring muscles flexibility in normal Indian collegiate males	Calicut Medical Journal 2009; (7)
27	M.Waseem, Nuhmani S., Ram C.S	Comparison of three different techniques on hamstring muscle flexibility in Indian collegiate male	Medicina Sportiva .Journal of Rumanian sports medicine society .No 19,2009
28	Mohd . Waseem, Shibili Nuhmani, C.S. Ram, Anjani Agarwal, Shabana Begum, Faheem Ahmad Shamim Ahmad.	A comparative study of the impact of the muscle energy technique and eccentric training on popliteal angle: hamstring flexibility in Indian collegiate males	Serbian journal of sports sciences 2010
29	Md. Javed Khan, Shibili Nuhmani, Chaya Garg, Mamta Lodwal, Moazzam H Khan.	Comparison of the effect of prophylactic knee brace on static balance among collegiate football players using dominant and non dominant leg.	International Journal of Current Research and Review Vol. 04 issue 12.P 110-116 P162-166.
30	Waseem Mohd., Nuhmani Shibili, Ram C.S	Comparative effectiveness of static stretching and muscle energy technique on hamstring flexibility in normal Indian collegiate males.	Indian Journal of Physiotherapy and Occupational Therapy Year : 2010, Volume : 4, Issue : 3
31	Moazzam Hussain Khan, Shibili Nuhmani, Gagan Kapoor, Nisar Ahmed, Deepti Agnihotri.	Effects of ice with active warm up and active warm up alone on performance in football player.	International Journal of Biomedical and Advance Research.2012; 03(11):841-846



32	M.Waseem, Nuhmani S., Ram C.S	Comparison of three different techniques on hamstring muscle flexibility in Indian collegiate male	Medicina Sportiva .Journal of Rumanian sports medicine society . Vol No :V,No:3(19)-2009
33	Shibili Nuhmani ,Moazzam H Khan	Lateral Ankle Sprain – A review	Saudi Journal of sport medicine. 2014; 14(1):14-20
34	Shibili Nuhmani.	Plantar fasciitis: A review of current concepts	Indian Journal of Basic & Applied Medical Research; December 2012: Issue-5, Vol.-2, P. 414-418.
35	Kachanathu, S. J., Alenazi, A. M., Algarni, A. D., Hafez, A. R., Hameed, U. A., Nuhmani, S., & Melam, G.	Effect of Forward and Backward Locomotion Training on Anaerobic Performance and Anthropometrical Composition.	Journal of Physical TherapyScience.2014;26(12):18791882
36	Mohd. Waseem. Shibili Nuhmani, C. S. Ram, Yadav Sachin	Lateral epicondylitis: A review of the literature.	Journal of Back and Musculoskeletal Rehabilitation.2012;25:131-142.
37	Shibili Nuhmani A.V, Kalpana Zutshi, K Gokula Kannan, Farooque M.	Effect of classic soft tissue mobilization and prolonged stretching on hamstring flexibility	Medicina Sportiva (2011), Romanian Sports Medicine Society .2011;7(2): 1557 – 1562

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
	Muazzam Hussain Khan, Shibili Nuhmani, Gagan Kapoor	Comparison of three warm up protocols in functional performance of athletes'	international congress of sports medicine ,October 2009 , New Delhi

Current Researches

#	Research Title	Name of Investigator(s)
	Preseason Medical screening and associated injuries on professional	Qassim I Muaidi Shibili Nuhmani



athletes in Saudi Arabia- A prospective cohort study	
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Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
	National seminar on sports medicine	New Delhi, 20-3-2010.	Co organizing Secretary
	Ind international conference & Workshop of physical therapy	New Delhi, December 14th 2013	Resource Person
	UGC National Seminar on Sports Medicine	Malappuram, 28, 29-2 ,2011	Resource Person
	National seminar on sports medicine	New Delhi, 20-3-2010.	Resource Person

Membership of Scientific and Professional Societies and Organizations

- Member , Delhi council for physiotherapy and occupational therapy (DCPTOT)
- Member, International Society of Physiotherapy Journal Editors (ISPJE)

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Clinical Practice		

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Foundation in sports PT	3429513	
	Advanced Clinical Practice I	3429521	
	Advanced Clinical Practice II	3429530	

Guest/Invited Lectures for Undergraduate Students



#	Activity/Course Title and Code	Subject	College and University or Program	Date
	Athletic Taping	Physical Education	University of Calicut	29-02-2011

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1.	Master in sports physical therapy	Comparison of plantar loading pattern on natural grass and artificial turf during walking, running, jumping and cutting activities	UOD	2016
2.	Master in sports physical therapy	Proprioception and invertor evertor muscle strength in athletes with ankle sprain	UOD	2016

Administrative Responsibilities, Committee and Community Service

Committee Membership

#	From	To	Position	Organization
	2012	2015	Coordinator , Disaster management program	Jamia Hamdard
	2013	2015	Member, Board of studies , Department of Rehabilitation Sciences	Jamia Hamdard

Scientific Consultations

#	From	To	Institute	Full-time or Part-time
	April 2007	May 2015	Delhi Lawn Tennis Association	Part Time

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	MS Office, SPSS
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Last Update

20/12/2016