

Zahra Yousefi Chermahini

CONTACT



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About me

Phd of sports physiology. A graduate of clinical physiology in the master's degree. I have work experience in prescribing special sports activities for patients since 2014, as well as massage therapy and manual therapy and correction of abnormalities on patients with muscle and skeletal pain and cardiac rehabilitation on cardiac patients under the supervision of a physician.

Languages

English

Intermediate

Farsi

Native

OBJECTIVE

Rehabilitation, Massage Therapy, Exercise

EDUCATION

PHD 2018-2024

Sport Physiology

University: Ali Abad Branch Islamic Azad university

Effect of eight weeks of home cardio-respiratory rehabilitation exercise on left ventricular systolic function and exercise tolerance capacity in heart failure patients

Master's Degree 2013-2018

Clinical physiology

Score: 17.69

Effects of Combined Training on the Levels of Obestation, Ghrelin, and Insulin Resistance in overweight women

WORK EXPERIENCE

Rehabilitation and Massage Therapist

Harley Street Fertility Centre, Mauritius

September 2025 - Present

Exercise Prescription Specialist

Sepehr Heart Health Center | Tehran, Iran | 5 years from March 2020 to January 2024

- Designed and prescribed individualized exercise programs for cardiac patients

- Worked closely with healthcare professionals to ensure safe and effective rehabilitation

- Educated patients about exercise safety during recovery phases.

Massage Therapist

Private Spine Clinics | Tehran, Iran | 4 years from July 2017 to February 2020

- Delivered therapeutic massage treatments for musculoskeletal and spinal conditions.

- Specialized in sports massage, injury recovery, and pain management.

- Developed customized rehabilitation programs to meet individual patient needs.

Assistant in cardiac rehabilitation

Mohammad Hossein Najafi's Cardiology Clinic

Duration: 2019-2021

City: Tehran

Special muscle rehabilitation for the elderly

Duration: 2017-2023

Neurosurgery Clinic

Muscle rehabilitation

Neurosurgery Clinic

Duration: 2017-2023

City: Tehran

SKILLS

Therapeutic and Sports Massage Techniques

Clinical Exercise Prescription

Personalized Training and Rehabilitation Program Design

Nutritional Counseling for Patients and Athletes

Pain Management and Recovery Planning

Patient-Centered and Evidence -Based Care

CARTIFICATES

Physical Fitness Coach Level2

Date: 2019

Location: I.R.Iran Sport for all Federation

The Sport Massage workshop

Date: 2013

Location: Sports Medicine Federation of I.R.Iran

Exercise Prescription In Diabetes and Hypertension

Date: 2018

Location: Sports Medicine Federation of I.R.Iran

Aquatic Exercise Therapy Course

Date: 2019

Location: Sports Medicine Federation of I.R.Iran

Massage Practitioner

Date: 2021

Location: Iran Technical and Vocational Organization

Swedish massage

Date: 2021

Location: Iran Technical and Vocational Organization

Functional Training Coaching Course

Date: 2019

Location: NSCA. IRN

Equipment Use

Date: 2011

Location: I.R.Iran Federation of Sport Aerobics and Fitness

Sport Nutrition

Date: 2011

Location: I.R.Iran Federation of Sport Aerobics and Fitness

Correction Exercise

Date: 2011

Location: I.R.Iran Federation of Sport Aerobics and Fitness

Massage level 1

Date: 2011

Location: I.R.Iran Federation of Sport Aerobics and Fitness

Russian Classical Massage Course

Date: 2020

Location: Tehran

Anatomy for Massage Practitioner Course

Date: 2020

Location: Tehran

Postural Assessment, Stretching Massage Course

Date: 2020

Location: Tehran

Kinesiology and Biomechanics for massage practiti

Date: 2020

Location: Tehran

Swedish Classical Massage Course

Date: 2020

Location: Tehran

Physical and Mental Preparation for massage practi

Date: 2020

Location: Tehran

Physiology for Massages Practitioner Course

Date: 2020

Location: Tehran

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Date: 2017

Location: Federation of public sports

Exercise design

Date: 2017

Location: Federation of public sports

The training program according to differences in g

Date: 2019

Location: Exercise design

The basics of resistance training in bodybuilding

Date: 2017

Location: I.R.Iran Bodybuilding Federation

Nutrition and Supplements sport

Date: 2017

Location: I.R.Iran Bodybuilding Federation

Practicing Designer

Date: 2017

Published articles

Effect of eight weeks of home cardio-respiratory rehabilitation exercise on the cardiac performance of 40-60-year-old patients with heart failure.

Exceptional Talent Development Center, Tehran University of Medical Sciences | Neuroscience Research Center, Iran University of Medical Sciences. Journal of Thritha. 2023

Effects of Combined Training on the Levels of Obestation, Ghrelin, and Insulin Resistance in overweight women.

Journal of Research & Health. 2020; 10(5):287-294.
<http://dx.doi.org/10.32598/JRH.10.5.552.3>

Effects of eight weeks of cardio-respiratory rehabilitation homebased training on respiratory muscle function of patents whit heart failure.

Scientific and medical Journal of Jondi Shapour . Article Code JSMJ-2404-3491

References

- Former Ambassador of Denmark to Iran
- Former Chargé d'Affaires of France in Iran
- Former Ambassador of Switzerland to Iran
- Former International Immigration Ambassador in Iran

Further references available upon request.