

MD. MONERUZZAMAN | BPT, MSc (Rehabilitation Medicine and Physiotherapy)

PhD Researcher, China Rehabilitation Research Center

Capital Medical University, Beijing, China.

Nationality: Bangladeshi; Date of Birth: 1993-11-01

E-mail: md.moneruzzaman@mail.ccmu.edu.cn

Cell-phone: +86 1761 005 5466 (Current)



Professional Bio:

I am a rehabilitation medicine practitioner. I have worked as a clinical and sports physiotherapist in a Rehabilitation Center and Professional Soccer Club. My current research interest is in Neuroscience, I am enthusiastic about clinical and academic research, as well as motor neuro-rehabilitation and cognitive neuroscience. I love to work hard and be a team player.

Core skills:

- Cognitive Neuroscience
- Neuro-rehabilitation
- Stroke Management
- Cardiac Rehabilitation
- Brain Disease
- Exercise therapy

Work experience:

Academic Researcher

2023 to Current

China Rehabilitation Research Center, Beijing, China.

Key Responsibilities:

- Conduct analytical and methodological study.
- Collaborate with National and International projects.
- Clinical data analysis and cooperation with other laboratories.

Contact: + 86 1370 135 6685 (Supervisor, 2023)

Sports Physiotherapist

2018 to 2019

Chittagong Abahoni Ltd- Professional Football Club, Segunbagicha, Dhaka, Bangladesh.

Key Responsibilities:

- Treat national and international professional soccer players.
- On and off-field sports injury management.
- Primary and emergency health care.
- Plan a rehabilitative exercise program and routine health check-ups.

Contact: + 880 1747 688 001 (Team Manager, 2019)

Clinical Physiotherapist

2017 to 2018

CPHD General Hospital Limited, Physiotherapy and Rehabilitation Department, Tejgaon, Dhaka, Bangladesh.

Key Responsibilities:

- Patient assessment and diagnosis.
- Plan treatment and consult with a supervisor.
- Perform manual and exercise therapy for the patient.
- Plan a home-based rehabilitative exercise program and follow-up.

Contact: + 880 1711 074 691 (Dr. S N Talukder, PT; In-charge)

Intern Physiotherapist

2016 to 2017

Gonoshasthay Kendra Hospital, Physiotherapy Department, Savar, Dhaka, Bangladesh

Key Responsibilities:

- Attend patient and consult with a resident physiotherapist.
- Perform manual and exercise therapy for the patient.
- Report and note the patient's current condition and changes in the treatment plan.
- Educate patients about home-based rehabilitative exercise or disease-related personal care.
- Communicate with other health practitioners

Contact: + 880 1717 702 145 (Dr. Nasima Yesmin, PT; HOD)

Education & qualifications:

MSc Masters of Rehabilitation Medicine and Physical therapy | Marks: 92.83%
2020/09 – 2023/06 Shandong University, Jinan, Shandong, China -250012.
Thesis: "Cardiac rehabilitation after coronary artery bypass graft and Stroke."
Supervisor: Prof. Wang Young-Hui; MD, Ph.D.

Protocol Publication:

1. **Moneruzzaman Md**, Changwe GJ, Sun W, Wang. Y. Efficacy of multiple versus single exercise therapy on CABG patients: a systematic review and meta-analysis. [Internet].

Available from: https://www.crd.york.ac.uk/PROSPERO/display_record.php?RecordID=259327

2. **Moneruzzaman Md**, Xiao-He Li, Wei-Zhen Sun, Kellina Maduray, Mei-Ling Luo, Manzur Kader, and Yong hui Wang. 2023. "Hemodynamics Status of Post-Stroke Rehabilitative Patients: A Systematic Review and Meta-Analysis of Control Trials." doi: 10.17605/OSF.IO/WC4ZV.

These projects explored the comparative effectiveness of exercise therapy on functional and exercise capacity, hemodynamics and quality of life after coronary artery bypass graft and Stroke.

Academic achievement: Chinese government scholarship for the post-graduate program.

BPT Bachelor of Physiotherapy | CGPA: 3.40 out of 4.00
2012/08 – 2017/08 Gono Bishwabidyalay, Savar, Dhaka, Bangladesh -1341.
Thesis: "Effectiveness of myofascial release technique among neck pain garments worker in a selected area of Bangladesh."
Supervisor: Ropak Chandra Roy; MDM, MPH
Publication: Book of Abstract, 1st International Conference for Rehabilitation Professionals 2017; 22nd December 2017; Page No: 40(2).

Neck pain is considered a primary work-related complication among garment workers due to workload and time. This thesis focused on the reason behind their neck pain and the myofascial release treatment effect.

Academic achievement: Best organizer award, 2nd place in poster presentation competition.

Research and Publications:

1. Title: Current Exercise-based Rehabilitation Impacts on Poststroke Exercise Capacity, Blood Pressure, and Lipid Control: A Meta-analysis.
Citation: **Moneruzzaman Md**, Tang Z, Li X, et al. Current exercise-based rehabilitation impacts on poststroke exercise capacity, blood pressure, and lipid control: a meta-analysis. *Front Cardiovasc Med.* 2025;12. doi:10.3389/fcvm.2025.1457899
2. Title: Efficacy of multiple exercise therapy after coronary artery bypass graft: a systematic review of randomized control trials.
Citation: **Moneruzzaman Md**, Wei-Zhen Sun, Geoffrey J. Changwe, and Yong-Hui Wang. 2023. "Efficacy of Multiple Exercise Therapy after Coronary Artery Bypass Graft: A Systematic Review of Randomized Control Trials." *Reviews in Cardiovascular Medicine* 24(5):141. doi: 10.31083/j.rcm2405141.
3. Title: Causal inferences behind patient preference to seek physical therapy: a cross-sectional study
Citation: **Moneruzzaman Md**, Reyad-ul-Ferdous Md, Roy RC, et al. Causal inferences behind patient preference to seek physical therapy: a cross-sectional study. *Bulletin of Faculty of Physical Therapy.* 2025;30(1):23. doi:10.1186/s43161-025-00276-0.
4. Title: Effectiveness of lower limb robotic rehabilitation on peak of oxygen uptake among patients with stroke: A systematic review and meta-analysis
Citation: Wu, Yu, Jian Liu, **Moneruzzaman Md**, Jun Zhao, and Shicai Wu, 'Effectiveness of Lower Limb Robotic Rehabilitation on Peak of Oxygen Uptake among Patients with Stroke: A Systematic Review and Meta Analysis', *BMJ Open*, 14.10 (2024), p. e082985, doi:10.1136/bmjopen-2023-082985.
5. Title: Prediction of Poststroke Independent Walking Using Machine Learning: A Retrospective Study
Citation: Tang Z., Su W., Liu T., Lu H., Li H., Han K., **Moneruzzaman, Md.**, Long, J., Liao X., Zhang X., Shan L., & Zhang, H. Prediction of Poststroke Independent Walking Using Machine Learning: A Retrospective Study. *BMC Neurology* 24, 332 (2024).
6. Title: Interactions between circulating inflammatory factors and autism spectrum disorder: a bidirectional Mendelian randomization study in European population.

- Citation:** Long, J., Dang, H., Su, W., **Moneruzzaman, Md.** & Zhang, H. Interactions between circulating inflammatory factors and autism spectrum disorder: a bidirectional Mendelian randomization study in European population. *Front. Immunol.* **15**, 1370276 (2024).
7. Title: Optogenetic Neuromodulation in Inflammatory Pain
Citation: Liang, Y., Zhou, Y., **Moneruzzaman, M.** & Wang, Y. Optogenetic Neuromodulation in Inflammatory Pain. *Neuroscience* S0306-4522(23)00504-3 (2023) doi:10.1016/j.neuroscience.2023.11.009.
 8. Title: Stem Cell Therapy for Diabetic Foot Ulcers: Theory and Practice
Citation: Nalisa DL, **Moneruzzaman Md**, Changwe GJ, et al. Stem Cell Therapy for Diabetic Foot Ulcers: Theory and Practice. Calafiore R, ed. *Journal of Diabetes Research*. 2022;2022:6028743. doi:10.1155/2022/6028743
 9. Title: Benefits and Risks Associated with Long-term Oral Anticoagulation after Successful Atrial Fibrillation Catheter Ablation: Systematic Review and Meta-analysis.
Citation: Maduray K, **Moneruzzaman Md**, Changwe GJ, Zhong J. Benefits and Risks Associated with Long-term Oral Anticoagulation after Successful Atrial Fibrillation Catheter Ablation: Systematic Review and Meta-analysis. *Clin Appl Thromb Hemost*. 2022;28:107602962211184. doi:10.1177/10760296221118480
 10. Title: Acceptability and effectiveness of stationary bike intervention on health outcomes among older adults: a systematic review of intervention studies
Author: Akter T., **Moneruzzaman, Md.**, Maduray K., & Kader M.
Under Review: BMC Geriatric.
 11. Title: Identification of potential key genes between multiple sclerosis and amyotrophic lateral sclerosis.
Authors: Sun Wei-Zhen, **Md. Moneruzzaman**, Xiao-He Li, Mei-Ling Luo, Wang Yong-Hui
Under Review: BioMed Research International.
 12. Title: Chemokine CCL2 and its receptor CCR2 in the spinal cord are involved in myofascial trigger point pain.
Authors: Sun Wei-Zhen, Hui Jin, **Md. Moneruzzaman**, Xiao-He Li, Mei-Ling Luo, Wang Yong-Hui
Under Review: Journal of Pain Research.
 13. Title: Negative Pressure Wound Therapy Regenerates Wagner Grade IV Diabetic Foot Ulcer: Case Study of a Septuagenarian Female
Authors: David Lubasi Nalisa, Musaku Mwenechanya, **Md. Moneruzzaman**, Youchaou Mobet, Abdulrahman Balde, Yidan Liu, Yanyun Liu, Haibo Lu, Yu Jin Ma, Hong Wei Jiang
Under Review: Journal of Diabetic Research and Clinical Practice

Professional specialization courses: (total of 375 Credit hours)

1. Certificate on MoCA Cognitive Assessment | Certified by Z. Nasreddine | 22 August 2024 | www.mocacognition.com
2. Matlab Onramp | Matlab Academy | 11 March 2024 | certificate.html?id=8cefb6ee-7ab6-439c-b5a9-93052d7190cb&
3. Data Analytics and Visualization in Health Care | **3 Credits** | Certified by RTIx | 28 May 2023 | Rochester Institute of Technology, USA
4. Writing in the Science | Certified by Coursera On-line Course | 15 December 2022 | Stanford University, USA
5. Certificate in Laboratory Animal Research and Care | Experimental Animal Center of Shandong University Qilu Hospital | Qilu Hospital Laboratory Animal Center, Jinan, Shandong, China.
6. Certificate in Sports Nutrition | **19 Credit hours** | 19th to 21st April 2019 | Bangladesh Academy of Dietetics & Nutrition (BADN), Dhaka, Bangladesh.
7. Certificate in General Training in Manual therapy and Manipulation | **200 Credit hours** | 4th January to 3rd July 2018 | Abida's Institute of Manual Therapy, Dhaka, Bangladesh.
8. Certificate in Radiology and Imaging | **32 Credit hours** | 27th October and 3rd, 10th, and 17th November 2017 | Bangladesh Health Professions Institute (BHPI), Savar, Dhaka, Bangladesh.
9. Certificate in Positional Release Therapy & Integrated Management of Cervical & Lumbar Spines | **16 Credit hours** | 23rd and 24th September 2016 | Bangladesh Physiotherapy Association, Savar, Dhaka, Bangladesh.
10. Certificate in Rajan's Eclectic Approach for stroke/ hemiplegic | **28 Credit hours** | 25th to 28th August 2016 | Academy of Physiotherapy, Dhaka, Bangladesh.

11. Certificate in Myofascial trigger points and Myofascial Release | **16** Credit hours | 22nd and 23rd May 2016 | Bangladesh Physiotherapy Association, Savar, Dhaka, Bangladesh.
12. Certificate in Neuro-Rehabilitation | **24** Credit hours | 20th and 21st August 2015 | Academy of Physiotherapy, Dhaka, Bangladesh.
13. Certificate in Invasive Physiotherapy & Kinesio Taping | **24** Credit hours | 12th, 19th & 26th June 2015 | Academy of Physiotherapy, Dhaka, Bangladesh.
14. Certificate in Osteopathic Methods for Management of Lumbosacral Dysfunction | **16** Credit hours | 6th & 7th March 2015 | Movement solution India, Punjabi University, India.
15. Six-Month Diploma in Computer Office Application Program | Result: Grade A | Bangladesh Technical Education Board – December 2017 | Institute: Gonoshasthaya Vocational and Technical Training Institute, Savar, Dhaka, Bangladesh.

Conferences:

- **National Physiotherapy Conference** | 2nd December 2017 | Venue: Local Government Engineering Department (LGED) auditorium, Agargaon, Dhaka | Organizer: Bangladesh Physical therapy Association.
- **1st International Conference for Rehabilitation Professionals 2017** | 22nd and 23rd December 2017 | Venue: Krishibid Institution Bangladesh (KIB), Farmgate, Dhaka, and Centre for Rehabilitation of the Paralyzed (CRP), Savar, Dhaka | Organizer: Bangladesh Physiotherapy Association.

Seminars, Workshops & Webinars:

- GRADEpro from A to Z | February 2022 | Webinar hosted by Evidence Prime, Canada.
- 7 tips and tricks to differentiate disc, facet, and SI-joint pain by Dr. Steven De Conick | March 2022 | Webinar hosted by Cyriax europe, Belgium.
- Systematic review by NIHR Global Health Research Group IMPACT | October 2020 | Webinar hosted by Cochrane common mental disorders.
- Rayyan lecture by Dr. Mourad Ouzzani (rayyan project lead) | October 2020 | Webinar hosted by Qatar University.
- Seminar on differential diagnosis and management of shoulder pain | 22nd July 2016.
- Workshop on neck pain integrated management | 29th July 2016.
- Workshop on the clinical reasoning in musculoskeletal physiotherapy practice & bio-mechanism | 9th October 2015.
- Seminar on differential diagnosis & physiotherapeutic manual therapy approaches in low back pain | 31st December 2014.
- Workshop on management of shoulder injury | 21st November 2014.

Extra-Curricular Activities:

- Organizing Secretary (2023-24), Executive Member (2022-23) of Bangladesh China Youth Student Association (BCYSA) | <http://www.bcyasa.org/member-details/1123>
- Anchor at various departmental programs in Gono Bishwabidyalay, Bangladesh.
- Participated in inter-department debates and indoor and outdoor sports competitions.
- As an organizer of various functions and programs at school, college, and university.
- Office secretary at 'BANDHAN', a voluntary club of Gono Bishwabidyalay & member of 'APON', a village voluntary club in Jamalpur, Bangladesh.
- Certificate in basic photography course from Dhaka University Photographic Society (DUPS), Bangladesh.
- Member of Nanchang University, China, and Jahangirnagar University, Bangladesh Skating Club.
- Participated in free health camps and physiotherapy camps inside and outside the campus, which Gonoshasthaya Kendra conducted.
- Have been an enthusiastic person in donating blood, blood grouping campaigns, and vitamin A+ campaigns.

Language skills:

- Bengali (Native)
- English (Professional)
- Hindi & Urdu (Communicative)
- Chinese (Intermediate Learner)
- Arabic (Primary learner)

Hobby:

- Photography
- Traveling
- Reading book
- Gardening

Other skills:

- Data analysis (SPSS, STATA, MatLab)
- Windows and Linux Operating System

Carrier strength and weakness:

- Office management
- Communicative
- Leadership
- Teamwork
- Self-learner
- Emotional

Online Presences:

- ORCID: 0000-0001-8824-2116
- LinkedIn: linkedin.com/in/mmshihab
- ResearchGate: Md-Moneruzzaman
- X: @Dr_MMshihab
- Facebook: @mmshihab.pt

References:**Prof. Zhang Hao**

MD, Ph.D.

Vice-director, China Rehabilitation Research Center, Beijing, China.

Department of Neuro-rehabilitation

Bo'ai Hospital of Capital Medical University, Beijing, China.

E-mail Address: zhanghao@crcr.com.cn

She is my supervisor from Capital Medical University, China.

Prof. Yong-Hui Wang

MD, Ph.D.

Vice-director, Department of Physical Medicine and Rehabilitation

Qilu Hospital of Shandong University, Jinan, Shandong, China.

Contact no: **+86 18560 083 581**

E-mail Address: yonghuiw6606@126.com

She was my post-graduate program supervisor at Shandong University, China from 2020 to 2023.

Declaration

I do hereby declare that all the above information is accurate.

Date: 30 March 2025



Signature of the Candidate