



**Bangladesh Health Professions Institute (BHPI)**  
CRP, Chapain, Savar, Dhaka-1343

## Biography

Nadia Afrin Urme

Lecturer,

Department of Physiotherapy

Bangladesh Health Professions Institute (BHPI).

Former Senior Clinical Physiotherapist,

Centre for the Rehabilitation of the Paralysed (CRP)

Savar | Dhaka-1343 | Bangladesh.

Email: nadiaurme41@gmail.com



Nadia Afrin Urme works as lecturer in the physiotherapy department of Bangladesh Health Professions Institute (BHPI), which is an academic institute of CRP. Before that, she worked as senior clinical physiotherapist for the Centre for the Rehabilitation of the Paralysed. As a lecturer, she teaches both undergraduate and postgraduate students and tries to keep her expertise up to date by participating in numerous professional training programs both national and international. Besides, she is highly interested in conducting research in many areas of physiotherapy. She has published research articles in international journals and conferences. Nadia Afrin Urme is a member of the Bangladesh Physiotherapy Association (BPA), the member organization of WPT. Her areas of specialty are treating spinal cord injury, teaching, research, and women's health.

### Published Article

1. Urme NA. Effect of Optimal Movement, Stretching and Strengthening Exercise to Prevent Shoulder Pain of Paraplegic Spinal Cord Injury Patients. Protocol. Io.2024.  
<https://dx.doi.org/10.17504/protocols.io.14egn3ojzl5d/v1>
2. Akter R, Urme NA, Hossain KA, Hossain T, Ahammad S, Yeasmin MH, Hossain MZ, Parvin R, Hossain MS, Zahid MA. Protocol for a randomized clinical trial comparing the efficacy of Structured Diet (SD) and Regular Therapy (RT) for adolescents with malnutrition having Autism Spectrum Disorder (ASD). Plos one. 2023 Nov 29; 18(11):e0292326.

3. Mawa Z, Benojir M, Akter R, Ahammad S, Ahmed F, Hasan MN, Urme NA, Afridi S. Musculoskeletal Disorders among the Mothers having Children with Cerebral Palsy. *Clinical and Experimental Pediatrics*. 2023 Sep; 7(3):173
4. Islam MS, Hossain KA, Hossain MS, Parvin R, Urme NA, Raigangar V, Jahid IK, Kabir MF, Zahid MA. Comparison of the effects of therapeutic exercise with either an educational booklet or vitamin-D3 supplement in the management of chronic low back pain: study protocol for an assessor blinded multicenter randomized clinical trial. *F1000Research*. 2022 Nov 21; 11(1352):1352.
5. Islam MW, Alam F, Islam A, Urme NA. Evidence-based physiotherapy management of fall prevention for the patient with Alzheimer disease: A case-based study. *Edorium Journal*. 2022; 8(2): 1-5.
6. Islam MW, Fazal AI, Urme NA, Hossain MZ. Evidence based physiotherapy management of a case with cervical radiculopathy using clinical reasoning process: a case summary. *European Journal of Preventive Medicine*. 2022; 10(5):97-101.
7. Islam MM, Sultana S, Urme NA, Sultana A, Hossain KM. Effect of Electrical Stimulation (ES) Combined with Conventional Therapy on Spasticity, Function and Ambulation for Patients with Stroke: Protocol for a Randomized Control Trial. *British Journal of Healthcare and Medical Research*- 2022; 9(4).
8. Khatun I, Hossain MA, Hossain KA, Urme NA. Effect of Maximum Repetition of Pelvic Floor Stabilization Exercise in Stress Urinary Incontinence. *Journal of Gynecology and Obstetrics*. 2022; 10(1): 32-38.
9. Alam F, Urme NA, Jahan N. Effectiveness of Specific Lumbar Stabilization Exercise for LBP among Postpartum Women: A Quasi-Experimental Study. *Journal of Advanced Academic Research*. 2021 Jun 22, 8(1): 79-95.
10. Alam F, Urme NA, Mamin FA. Commonly Used Assistive Devices in Neurological Conditions. *International Journal of Neurosurgery*. 2019 Nov 26; 3(2):21.
11. Urme NA, Alam F, Parvez N, Rahman E. Physiotherapy Management of Lumbar Radiculopathy with Hamstring Injury (Grade-II) Patient by Using Different Clinical Reasoning Process: A Case Report. *Journal of Research and Opinion*. 2019 Sep 30; 6(9):2451-9.
12. Urme NA, Alam F, Rahman E. Effectiveness of Active Cycle of Breathing Technique (ACBT) for the Patients of Bronchiectasis: A Narrative Review Study. *J Clin Respir Dis Care*. 2019; 5(142):2.
13. Alam, F., Urme, N. A., Parvez, N., & Rahman, E. Management of a Case with Spondylolisthesis & Disc Prolapse through Clinical Reasoning Process. *Journal of Medical Research and Health Sciences*. 2019; 2(9). 698–702.
14. Alam F., Urme N. A. Inspiratory Muscle Training (IMT) for Chronic Obstructive Pulmonary Disease (COPD) Patients. *Int J Neurorehabilitation*. 2019; 6 (5): 357.

### Conference Paper

- Effect of optimal movement, stretching and strengthening exercise to prevent shoulder pain of paraplegic spinal cord injury patients. Abstract was Presented at Combined ISSICON-ASCoN 2022, Delhi, India

### Awards

- Combined ISSICON-ASCoN – certificate for “Spinal Cord Society Global Medal Award – best paper presenter” in Rehabilitation Management.
- 2<sup>nd</sup> best scientific poster presenter at International virtual conference on Inclusion of Physiotherapy Professional in COVID-19 acute care & long COVID-19 rehabilitation organized by BPA on September 8, 2021