Curriculum Vitae

Mahdi Ul Bari

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Work address: CRP Road, Chapain, Savar, Dhaka-1343, Bangladesh
Permanent address: 75, Gaital, Kishoreganj, Bangladesh
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Education

University of Dhaka- Bangladesh Health Professions Institute (BHPI) Savar, Dhaka-1343
Bachelor of Science in Physiotherapy February 6, 2018 – February 28, 2025

- Clinical placements: Orthopedics and Traumatology, Spinal cord injury, Neurology, Cardiopulmonary, Pediatrics, Musculoskeletal unit
- Undergraduate dissertation: Effectiveness of Core Stability Exercise for the Functional Improvement of Spinal Cord Injury patients.
- **Cumulative GPA: 3.25**

Gurudayal Govt. College (Higher Secondary)

- Background subject: *Science*
- **GPA: 4.5/5**

Skills and Interests

Computer:

Statistical Language: R	▮▮▮▮▮▮▮▮▯▯	Microsoft Word	▮▮▮▮▮▮▮▮▮▮
Statistical Software: SPSS	▮▮▮▮▮▮▮▮▯▯	PowerPoint	▮▮▮▮▮▮▮▮▮▯
Microsoft Excel	▮▮▮▮▮▮▮▯▯▯	Adobe Illustrator	▮▮▮▮▮▯▯▯▯▯

Language proficiency: Bangla (Native) and English
Research Interest: Neurology & Musculoskeletal system, Big Data, Cohort studies

Professional experience & Training

Centre for the Rehabilitation of the Paralysed (CRP), Savar, Dhaka-1343 July 1, 2025-Present

- Current job position: Clinical Physiotherapist
- Job responsibilities: Regular physiotherapy provision, planning physiotherapy programs, educating patients about the condition and accurate assessment; attending case conferences; collaborating with interdisciplinary professionals; adhering to the code of conduct and ensuring patient safety.

Internship March 1, 2024 - February 28, 2025

- **Centre for the Rehabilitation of the Paralysed (CRP),** Savar, Dhaka-1343
  → Musculoskeletal Unit (3 months)- Neurology Unit (3 months)- Pediatric Department (3 months)- Spinal Cord Injury (3 months)
  → **Final evaluation: Excellent** (Top 5%)

Skill Trainings

Training on **Spinal Pain Management** November 22 – November 27, 2025

- **Trainer: Professor Dr Md Anwar Hossain, PhD** (Head of the Physiotherapy Department, CRP)
- Training hours: 120 Hours
- Training objectives: To learn radiology (X-ray, MRI) for efficient diagnosis of spinal conditions, Brief course on McKenzie approach, Mulligan approach, Soft Tissue Techniques and Spinal Manipulation.

Training on **Positioning and Early Mobilization after Burn Injury** October 12, 2025

- **Trainers: Tarek Hussain, Mercy Ama Agtuahene**- Rehab Specialist, UK EMT
- Training hours: 3 hours
- Training objectives: To learn skin contracture prevention and pain management techniques after burn. Basic training on wound care and pressure sore management.

Training on **Household Survey** December 25, 2021

- **Trainers: S.M. Mulk Uddin Tipu** (Resource person on ECD); **Professor Md. Obaidul Haque** (Vice Principal, Bangladesh Health Professions Institute)
- Training duration: 2 hours

Journal Publications

Sharmin, F., Hossain, M.F., Bari, M.U. *et al.* (2025). **Impact of lifestyle factors on depression, anxiety, and functional recovery in ischemic stroke survivors in Bangladesh: a cross-sectional study.** *Discover Public Health* 22, 616. DOI: https://doi.org/10.1186/s12982-025-01018-2

Sharmin F, Hossain MF, Bari MU *et al*. (2025). **Effectiveness of task-oriented circuit training on the motor performance of ischaemic stroke patients: a study protocol for randomised clinical trial.** BMJ Open Sport Exercise Medicine 17, 11(2). DOI: 10.1136/bmjsem-2025-002604; PMID: 40256644; PMCID: PMC12007049.

Research Experience

Tracking a Change of Trends in Spinal Cord Injury in Bangladesh (2011 to 2021): An Epidemiological Findings from an 11-Year Single-Centre Study. DOI: https://doi.org/10.1101/2025.10.08.25337543

Responsibilities and Summary: I conducted a ten-year study of 3,575 spinal cord injury (SCI) cases at Bangladesh's largest SCI rehabilitation center to identify trends and causes of disability. Analyzing patient records and conducting follow-up interviews, I found that 93% of injuries were traumatic, primarily from falling from height and road accidents. When analyzed for non-traumatic causes, spinal tuberculosis (TB), Pott's disease and myelopathy was the most prevalent causes. Pressure sore was found to be the leading cause of mortality. In addition, I summarized the record data into special modeling to reveal the density of SCI in different divisions of Bangladesh. I found that Dhaka which is the capital city of Bangladesh has the most cases of SCI. I also found that women are more exposed to Pott's disease when compared with male SCI patients.

Feasibility, Usability, and Acceptability of a Novel Open-source Low-cost Manual Standing Wheelchair DOI: https://doi.org/10.1080/17483107.2025.2591868

Responsibilities and Summary: CRP has developed a low-cost, open-source manual standing wheelchair with the aim of providing an affordable alternative to expensive medical equipment. When I was doing my internship, I got engaged in the study where we had recruited thirty participants to evaluate the chair's usability and safety through questionnaires and hands-on testing. I was responsible for statistical testing and visualizing the meaning of the data. The results showed high user satisfaction, with participants reporting increased confidence, ease of use, and a greater ability to participate in household activities.

Present Status of Physical Impairments of Children with Cerebral Palsy at Ambience of Inclusive Education: A Cross-Sectional Study from Bangladesh

Responsibilities and Summary: I conducted the statistical analysis of a cross-sectional study on 201 children with Cerebral Palsy (CP) in inclusive schools to evaluate how physical impairments affect their functional independence. The research project aimed to improve academic participation and life outcomes for children with CP in low-resource environments. By using standardized assessment tools like the GMFM-88 and WeeFIM, I analyzed the motor function and manual dexterity of students aged 6–14. The results revealed that over half of the children with spastic CP suffered from severe balance deficits, and both age & CP subtypes significantly impacted their ability to perform daily tasks.

Exercise therapy for improvement of upper limb motor function of stroke survivors- a systematic and meta-analysis

Responsibilities and Summary: As the lead statistician, I managed the data extraction and synthesis for a systematic review investigating the effectiveness of various physiotherapy interventions on upper limb motor recovery for stroke survivors. I led a group of 10 data extractors and analyzed over 8,000 potential studies from major medical databases (2012–2022). By rigorous screening process the final inclusion was 91 high-quality randomized clinical trial articles. In collaboration with a data analytics expert, I applied statistical frameworks to evaluate the outcomes of exercise therapy, robotics, and virtual reality across diverse patient groups. The analysis is ongoing and PROSPERO registration for the study is on-going.

Undergraduate thesis: **Effectiveness of Core Stabilization Exercises for Functional Improvement of Spinal Cord Injury (SCI) Patients.** URL: http://dspace.crp-bangladesh.org:8080/xmlui/handle/123456789/998

Summary: The study was a Quasi Experimental study design that measured pre-test and post-test results. 28 patients were allocated based on inclusion criteria. The age range was 18-78 years. The participants received daily sessions for 5 days/week for 4 weeks. American Spinal Injury Association (ASIA) Impairment Scale was used to measure the SCI level. Spinal Cord Impairment Measure version 3 (SCIM-3) was used to measure the functional independence of SCI patients. Among the measured functional activities, self-care, and mobility (room and toilet) activities were improved but respiratory and sphincter activities did not improve after the intervention.

Awards

Attended at **"Case Study and Policy Making Competition"** organized by Nohor Initiatives. A team led by me, "The Silver Trio" was the winning team of the competition. The winning presentation was on **"Case Study and Policy Making for the Spinal Cord Injured Patients in Bangladesh"**.

Volunteer Experience

Mymenshingh 25K Marathon 2024 15th November 2024, Mymenshingh

Worked as a "Sports Physiotherapist" within the medical team for the marathon "Dhaka Road Runners-2024. I provided comprehensive on-site medical support to participants. My responsibilities included to educate the runners about injury prevention and dynamic warm-up guidance as well as immediate treatment for acute injuries such as muscle strains, cramps, and joint pain at medical stations throughout the race. I also provided post-race recovery advice and assessed the runners if they needed follow-up care.

Volunteer service at the Physiotherapy department of CRP January 1, 2024- February 29, 2024

I served as a volunteer Physiotherapist at CRP. Was appointed at the Musculoskeletal department. Conducted detailed assessments of the patients, educated about their condition, provided physiotherapy and advised them about home exercises.

Professional Membership

Member of Bangladesh Physiotherapy Association (BPA). Membership No: 1733

References

Prof. Dr. Mohammad Anwar Hossain, PhD
Sr. Consultant and Head of Physiotherapy Department, CRP
Address: CRP, Savar, Dhaka-1343
Mobile: 01730059633
Email: anwar_physiobd@yahoo.com

Prof. Md. Obaidul Haque
Vice Principal of BHPI, CRP
Address: CRP, Savar, Dhaka-1343
Mobile: 01730059640
Email: physioobaid@gmail.com

Personal Information

Full name: Mahdi Ul Bari
Nickname: Ha-mim
Father's name: Md Habibul Bari
Mother's name: Hafsa Akter
Spouse name: Rifah Sharmila Akter Sammi
Nationality: Bangladeshi
Permanent residence: 75, Gaital, Kishoreganj, Bangladesh
Religion: Islam

Blood Group: O positive
Height: 6 feet 1 inch
Weight: 80 kg
Co-morbidity: None

I herewith declare that all the above information is true in my best knowledge.
I understand that any willful mistake described here may lead to my disqualification.

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Mahdi Ul Bari