

CURRICULUM VITAE

A. PERSONAL DATA

1. **Names :** ONIGBINDE, Ayodele Teslim
2. **Date/Place of birth:** 14th June 1967/Agbeye
3. **Contact Address:**
 - (a) **Residential Address** No 67, Zone 7, Onigbinde Ayodele Close, New Oba Road, Osogbo, Osun State, Nigeria
 - (b) **E-mail Address (es):** aonigbinde@unimed.edu.ng
 - (c) **Mobile Phone number(s):** +234 8081978220
4. **Nationality:** Nigerian
5. **State of Origin:** Osun
6. **Senatorial District:** Osun Central
7. **Local Government Area:** Odo-Otin
8. **Permanent Home Address:** Zone 7, No 67, Onigbinde Ayodele Close, New Oba road, Osogbo, Osun State, Nigeria
9. **Marital status:** Married
10. **Number of Children and Age:** Five: 24, 22, 22, 17, 3 years
11. **Next of Kin:** Mr Onigbinde Oyinlola Mubarak
12. **Contact Address of Next of Kin:**
 - (a) **Residential Address:** Zone 7, No 67, Onigbinde Ayodele Close, New Oba Road, Osogbo, Osun State, Nigeria
 - (b) **Email:** moyinlola97@gmail.com
 - (c) **Mobile Phone number:** +234 8065162119
13. **Date of Assumption of Duty:** 10th January, 2023
14. **Rank/Status on First Appointment:**
15. **Present Status:** Professor
16. **Date of Last Promotion:** 1st October, 2013
17. **Present Salary Grade and Step:** CONUASS 7 Step 1
18. **Date of Confirmation:** -
19. **Faculty** Medical Rehabilitation
20. **Department:** Physiotherapy

B. EDUCATIONAL BACKGROUND

1. **Higher Educational Institutions Attended with Dates:**
 - (a) Obafemi Awolowo University (1986-1990)
 - (b) University of Ilorin (1998-2001)
 - (c) University of Ilorin (2007- 2011)
2. **Academic/Professional Qualifications and Distinctions obtained with dates**
 - (a) Bachelor of Medical Rehabilitation (BMR) Physiotherapy (1990)
 - (b) Master of Education (MED) Exercise Physiology (2001)
 - (c) PhD Human Kinetics (2011)

3. Other distinctions and Awards with dates

(a) **Scholarship:** Nil

(b) **Fellowship:** Travel Fellowship of the Obafemi Awolowo University, Ile-Ife to deliver Nwugarian Technique workshop at World Congress of Physical Therapists, Dare Salam, Tanzania, 2006.

(c) **Research Grant:** LATO Nigeria Limited (a company that imports medical equipments) for research work on the 'Effects of High Voltage current on Blood Pressure and Fasting Plasma Glucose' in the year 2010.

(d) **National Awards:** Distinguished Service Award (2012), (Awarded by Nigeria Society of Physiotherapy)

(e) **International National Awards:** Nil

(f). Other Distinctions/Awards (with dates)

(i) Outstanding Physiotherapist of the year, awarded by Ife Physiotherapy Students Association (1999)

(ii) Distinguish Alumnus award OAU, awarded by the Department of Medical Rehabilitation, OAU, Ile - Ife (2007)

(iii) Most Supportive staff Adviser, awarded by Ife Physiotherapy Students Association (2007)

C. WORK EXPERIENCE WITH DATES

1. Previous work Experience outside the University System with Dates

(i). NYSC Physiotherapist, Sport Medical Center, Bauchi State Sports Commission, Bauchi (1990-1991)

(ii). Senior Physiotherapist, Sport Medical Center, Bauchi State Sports Commission, Bauchi (1991-1996)

(iii). Senior Physiotherapist, University of Ilorin Teaching Hospital, Ilorin, Kwara State (1997-2004)

2. Work Experience in Obafemi Awolowo University with Dates:

(i). Lecturer II 39th September 2004 - 30th September 2007

(ii) Lecturer I 1st October 2007 - 30th September 2010

(iii) Senior Lecturer 1st October 2010 - 30th September 2013

(iv) Reader 1st October 2013

4. Courses Taught at last Academic Session:

(i) MRH 301 – Kinesiology in Rehabilitation

(ii) MRH 402 – Theory & Practice of Manipulative Therapy

(iii) MRH 302 – Pathokinesiology in Rehabilitation

(iv) MRH 414 – Exercise therapy and remedial gymnastics 1 & 2

(v) MRH 409 – Clinical Experience and Clinical work in P.T

(vi) MRH 501 – Clinical Experience and Clinical work in P.T

(vii) MRH408 – Electrotherapy 1 & 2

(viii) MRH 303 – Assist in Teaching Physical & Occupational Therapy in Medical Conditions

Co-taught

- (i) MRH 601- Advance Kinesiology
- (ii) MRH 605- Business Physical Therapy
- (iii) MRH 602 – Peadiatric Physical Therapy

5. Last Graduate Student Supervision

LASISI Kamil (BMSP12/13/H/1679): Comparative effects of glucosamine sulphate and methyl salicilate iontophoresis on interlukin-6, cartilage thickening and selected clinical indices among patients with knee osteoarthritis (PhD).

6. Current Undergraduate Student Supervision: 4

D. MEMBERSHIP OF PROFESSIONAL BODIES

- (i). Nigeria Society of Physiotherapy (1991 - 2016)
- (ii) Nigerian Association of Orthpeadic Manual Therapy (2005 – till date)
- (iv) Association of Clinical and Academic Physiotherapists of Nigeria (2016 – till date)

E. PUBLICATIONS:

1. Theses/Dissertations

- (i). **Onigbinde A.T.** Effects of Glucosamine Sulphate Iontophoresis On Exercise Stimulated Glucose, Pain and Flexibility In Subjects With Knee Osteoarthritis (PhD thesis), 2011.
- (ii). **Onigbinde A.T.** Muscle length and Angular specificity as determinants of Bicep brachii Muscular Strength, Med Thesis- Department of Physical and Health Education, University of Ilorin (MSc thesis), 2001.
- (iii). **Onigbinde A.T.** Comparison of muscular strengths of right and left hand dominant subjects, BMR Dissertation- Department of Medical Rehabilitation, O.A.U, Ife (Undergraduate Project), 1990.

2. Books and Monographs

- (i) **Onigbinde A. T., Adetayo T. E and Gbadegesin E.A.** Osteoarthritis:Glucosamine sulphate iontophoresis and Exercise therapy. *Lambert Academic Publisher*, 1st edition, 2012. ISBN 978-3-659-12680-2
- (ii) **Onigbinde A. T and Makinde F.** Pharmacology: Clinical relevance to Physiotherapy. *Lambert Academic Publisher*. 1st edition, 2012. ISBN 978-3-8484-8553-6

3. Contribution to Books: Nil

4. Published Journal Articles

- i. Balogun J.A., **Onigbinde A.T.** (1991) Predictors of the Elbow Flexors and Knee Extensors Isometric Strength in Males Age 18-20: A Preliminary Report. *Journal of Physical Therapy Science*; 3: 7-12. (JAPAN)
- ii. Balogun J.A., **Onigbinde A.T.** (1991) Intra-tester Reliability and Validity on the Takei Kigi Kogyo Hand Grip Dynamometer. *Journal of Physical Therapy Science*; 3: 55-60. (JAPAN)
- iii. Balogun J.A., **Onigbinde A.T.** (1992). Hand and Leg Dominance: Do they really Affect Limb Muscle Strength. *Physiotherapy Theory and Practice*; 8: 89-96. (UNITED STATE OF AMERICA)
- iv. Adedoyin R.A., Balogun M.O., Adekanla A.A., Oyebami M.O., Adebayo R.A., **Onigbinde A.T.** (2006). An Assessment of Cardiovascular Risks among the People of a Nigerian University Community. *European Journal of Cardiovascular Prevention and Rehabilitation*; 13: 551-554. (UNITED STATE OF AMERICA)
- v. **Onigbinde A.T.**, Adedoyin R.A., Johnson O.E. (2006) Effect of Physical Therapy Intervention on Pharmacokinetic Variables - A Preliminary Review. *Nigerian Journal of Medical Rehabilitation*; 11: 6 - 9. (NIGERIA)
- vi. Oyeyemi A., Uti V, Oyeyemi L., **Onigbinde A.T.** (2007) Knowledge, Attitude and Willingness of Nigerian Physiotherapy Students to Provide Care for Patients Living with Acquired Immunodeficiency Syndrome. *Physiotherapy Theory and practice*; 23, (5): 281-290. (UNITED STATE OF AMERICA)
- vii. **Onigbinde A T.**, Adetogun G. E., Ojoawo A., Omotuyi O. C. (2009). Comparative Efficacy of Low Metal Glucosamine Sulphate Iontophoresis in the Management of Lumbar Spondylosis. *Indian Journal of Physiotherapy and Occupational Therapy*; 3: 12 - 15. (INDIA)
- viii **Onigbinde A T.**, Awotidebe T., Awosika H. (2009) Effect of 6 weeks wobble board exercises on static and dynamic balance of stroke survivors. *Technology and Health Care*; 17: 387 – 392. (THE NETHERLAND)
- ix. Adedoyin RA., Fadodun T., Andoh C., Olaogun MOB., **Onigbinde A.T.**, Awotidebe TO., Aikomo A. (2009) Effects of Transcutaneous Electrical Nerve Stimulation and Interferential Current on Pain Threshold in Cold Induced Pain among Apparently Health Subjects. *Fizyoterapi Rehabilitasyon*; (20) 1: 33-38. (TURKEY)
- x. **Onigbinde A.T.**, Oyerinde O., Talabi A.E., Obiyemi O.O., Ogunsakin E.A., Adesoye A.A., Sheu R.A., Oniyangi S.O, Oriajogun O.O (2009). Effect of therapeutic exercises on some selected drugs. *Nigeria Journal of Medical Rehabilitation*; 14 (22): 1 – 4. (NIGERIA)
- xi Adedoyin R. A., Ogundapo F.A.; Chidozie E. M., Babatunde A. A., Olubusola E. J.,

- Onigbinde A.T., Emechete A.A.I (2009).** Reference values for handgrip strength among healthy adults in Nigeria. *Hong Kong Physiotherapy Journal*, 27: 21 – 29. **(HONG KONG)**
- xii. **Onigbinde A.T., Adedoyin R.A., Ojoawo O.A., Johnson O.E., Obembe A.O., Olafimihan F.K., Omiyale O.M., Oniyangi S (2010).** Effects of ultraviolet radiation (Type B) on wound exudates, appearance and depth description *Technology and Health Care*; 18: 1–6. **(THE NETHERLAND)**
- xiii. **Ojoawo A. O., Onigbinde A. T., Awotidebe T. O., Elegbeleye O., Bamiwuye S (2010).** Acute effects of prone traction technique on cardiovascular responses of subjects with low back pain. *Indian Journal of Physiotherapy and Occupational Therapy*; 4 (4): 90 – 92. **(INDIA)**
- xiv. **Onigbinde A. T., Talabi A.E., Ojoawo A.O., Adedoyin R.A., Onifade O.A., Olaitan O.L., Oniyangi S., Belloni O (2010).** Effects of glucosamine sulphate iontophoresis on hamstring flexibility of subjects with knee osteoarthritis. *Medicinal Sportiva* (3): 1405 – 1410. **(ROMANIA)**
- xv. **Ojoawo A. O, Onigbinde A. T, Awotidebe T. O (2010).** Pattern of musculoskeletal pain among elderly outpatients in a Nigerian Tertiary Health Institution. *Ghana Journal of Physiotherapy* Vol 2 No 1, 10 – 17. **(GHANA)**
- xvi. **Onigbinde A.T., Talabi A.E., Ogunsakin E.A., Adesoye A.A., Awotipe A., Mbada C.E., Obiyemi O.O., Oyerinde O., Oyeseun O., Sheu A (2010).** Acute effect of Lidocaine Iontophoresis on Pain and Joint Motions during Application of Mobilization Techniques– A Technical Report. *Ghana Journal of Physiotherapy*; 2 (1): 23 - 29. **(GHANA)**
- xvii. **Onigbinde A T., Talabi A E., Sheu R. A (2011).** Acute Effects of combination of Glucosamine Sulphate Iontophoresis with Exercise on Fasting Plasma Glucose of Subjects with Knee Osteoarthritis. *Hong Kong Physiotherapy Journal*; 29: 79 – 85. **(HONG KONG)**
- xviii. **Onigbinde A T., Talabi A E., Okulaja I.A., Dominic O (2011).** Comparative efficacy of cycle-ergometry exercise and glucosamine sulphate iontophoresis in pain management of subjects with sub-acute knee osteoarthritis. *Medicinal Sportiva*; 25: 1517 – 1521. **(ROMANIA)**
- xix. **Onigbinde A.T., Olaogun M.O.B., Kennedy I (2012).** An Evaluation of the Knowledge Level of Nigerian Physiotherapists on Topical Pharmacotherapy. *Hong Kong Physiotherapy Journal*; 30: 36 – 42. **(HONG KONG)**
- xx. **Onigbinde A. T., Ogunsanya I. G., Oniyangi S. O (2012).** Pressure Ulcer Incidence among High Risk Inpatients in Nigeria. *British Journal of Nursing*; 21 (12): S4 – S10. **(UNITED KINGDOM)**
- xxi. **Mohammed J., Adedoyin R. A., Awotidebe T. O., Onigbinde A. T (2012).** Influence of Parental Socioeconomic Status on Lung Functions Indices of Children in Ile-Ife, Nigeria. *Journal of Nigeria Society of Physiotherapy*; 20: 67 – 72. **(NIGERIA)**

- xxii. **Onigbinde A.T., Bamitale K. D.S., Olaogun M.O.B., Makinde O. O., Adetoogun G. E., Odeyemi E (2013).** Opinion and knowledge of Nigerian Physiotherapists on Relevance and Usefulness of Pharmacology Education on Dosage of Topical Medications. *International Journal of Pharmacy and Pharmacology*, 2, (4): 55 – 63. **(UNITED STATE OF AMERICA)**
- xxiii. Obembe A. O., Johnson O.E., Tanimowo., **Onigbinde A.T., Emechete A.A.I (2013).** Musculoskeletal Pain among Undergraduate Laptop Users in a Nigerian University. *Journal of Back and Musculoskeletal Rehabilitation*, 26: 389–395. **(NETHERLAND)**
- xxiv. **Onigbinde A.T., Adebowale A. C., Ojoawo A.O., Odejide A. S., Arilewola B (2013).** Comparative Effects of Pulsed and Continuous Short Wave Diathermy on Pain and Selected Physiological Parameters among Subjects with Chronic Knee Osteoarthritis. *Technology and Health Care*, 21: 433 – 440. **(THE NETHERLAND)**
- xxv. **Onigbinde A.T., Ogunye O. M., Bamitale K.D.S., Adetoogun G. E., Ojoawo A.O., Kambalmetore SVK., Wazakili M., M’kumbuzi V (2013).** Comparative effects of different concentrations of sorbitan monooleate on Electromotive administration of diclofenac diethylamine in subjects with knee osteoarthritis. *Medicina Sportiva*, IX, (2): 2116-2122. **(ROMANIA)**
- xxvi. **Onigbinde A.T., Akindoyin O., Faremi F. A., Adaobi O., Oniyangi S., Olaitan O. L (2013).** An Assessment of Hamstring Flexibility of Subjects with Knee Osteoarthritis and their Age Matched Control. *Clinical Medicine Research*, 2, (6): 121-125. **(UNITED STATE OF AMERICA)**
- xxvii. **Onigbinde A.T., Adeoya O., Egwu M., Adedoyin R. A., Awotidebe T. O., (2013).** Reliability and con-current validity of Bathroom Weighing Scale and Sphygmomanometer in Quantifying Magnitude of Digital Postero-Anterior Spinal Pressure., *Technology and Health Care*; 20: 397 – 405. **(THE NETHERLAND)**
- *xxviii. **Onigbinde A.T., M’Kumbuzi V., Olaogun M. O., Afolabi J. O., Nondwe B. M., Manie S., Tarimo N., Mukoka G (2014).** Side Effects of Non-steroidal Anti-inflammatory drugs: The Experience of Patients with Musculoskeletal Disorders. *American Journal of Health Research*, July 2(4): 106-112. **(UNITED STATE OF AMERICA)**
- *xxix. **Onigbinde A.T., Adeloye O.O., Akindoyin O., Tarimo N (2014).** Effects of Motor-Level Transcutaneous Electrical Nerve Stimulation on Ipsilateral and Unstimulated Contralateral Quadriceps Femoris. *Technology and Health Care*, 22, 759 – 766. **(THE NETHERLAND)**
- *xxx. **Onigbinde A.T., Ojo A.M., Bamitale K.D., Wiesener T.** An assessment of inter-professional knowledge of Nigerian Pharmacists on Topical Dosage Specificity; and the Effects of Electro-Physical Agents on Drugs. *American Journal of Health Research*, September, 2(1): 17-21. **(UNITED STATE OF AMERICA)**

AMERICA)

- *xxx. **Onigbinde A.T.**, Olatipe C.F., Tarimo N, Mukoka G (2014). Selected Topical Medications: Patterns, Knowledge and Preference in Clinical Practice among Nigerian Physiotherapists. *American Journal of Health Research*, 2(1): 22-28. **(UNITED STATE OF AMERICA)**
*Publications after last promotion
- *xxxii. Olaoye A.O., Anne A.I. Emechete., **Onigbinde A.T.**, Mbada C.E (2016). Awareness and Knowledge of Occupational Therapy Among Nigerian Medical and Health Sciences Undergraduates. *HongKong Journal of Occupational Therapy*, 27, 1-6. **(HONG KONG)**
- *xxxiii. **Onigbinde A.T.**, Ajiboye R.A., Bada A.I., Isaac S.O (2017). Inter-limb effects of isometric quadriceps strengthening on untrained contra-lateral homologous muscle of patients with knee osteoarthritis. *Technology and Health Care* 25, 19 – 25. **(THE NETHERLAND)**
- *xxxiv **Onigbinde A.T**, Olaoye A.O, Lasisi K (2016). Clinical and Radiographic Indices as Correlates and Predictors of Self-Reported Physical Functions in Patients with Chronic Knee Osteoarthritis. *Rehabilitation Sciences*, 2016; 1(1): 9-15. **(UNITED STATE OF AMERICA)**
- *xxxv. **Onigbinde A.T.**, Ayanlade O.B., Olaoye A.O., Ibikunle A.F (2017). Comparative Analyses of Effects of Posture Variations on Neuromuscular Efficiency of Para-vertebral Muscles in Patients with Low Back Pain. *European Journal of Clinical and Biomedical Sciences*; 3(1): 24-33. **(UNITED STATE OF AMERICA)**
- *xxxvi. Omole J.O., Egwu M.O., Mbada C.E., Awotidebe T.O, **Onigbinde A.T** (2017). Comparative Effects of Burst Mode Alternating Current and Resisted Exercise on Physical Function, Pain Intensity and Quadriceps Strength among Patients with Primary Knee Osteoarthritis. *Rehabilitacja Medyczna (Med. Rehabil)*, 21 (2): 10 -18. **(POLAND)**
- *xxxvii. Onigbinde A.T., Raji A.O., Soetan O.A., Ibikunle A.F. Medication prescription policy for Nigerian physiotherapists: Perception of Orthopaedic Surgeons and Neurologists on Educational Training and Clinical Management Plans. *International Journal of Pharmacy and Pharmacology*(5), 184 – 193. **(UNITED STATE OF AMERICA)**
- *xxxviii. **Onigbinde A.T.**, Tiamiyu O. M., Fafolahan A. O., Adejumobi A . S., Olatoye F. S (2017). Topical Medications and Dosage Specificity: Somatotype and Anatomical Body Girths as Correlates and Predictors of Finger Tip Units Metric Length. *Saudi Journal Medical and Pharmaceutical Sciences*, (3), 728-740. **(SAUDI ARABIA)**
- *xxxix. **Onigbinde A.T.**, Bukola H. A., Adetoogun G. E. B., Adeoye F. I., Emmanuel O. F (2017). Ethanol and polysorbate-20 as permeability enhancer for iontophoretic administration of glucosamine sulphate in patients with low back pain, *Journal of the Romanian Sports Medicine Society*, (1), 2812-2819. **(ROMANIA)**

- *xl **Onigbinde A.T., Owolabi A. R., Lasisi K., Sarah O. I., Ibikunle A. F (2018).** Symptoms-modifying Effects Of Electromotive Administration Of Glucosamine Sulphate among Patients With Knee Osteoarthritis. *Hong Kong Physiotherapy Journal.* (38), 1 –13 (**HONG KONG**)
- *xli **Onigbinde A. T, Odetunde M. O, Okonji A M, Ayoade A. S, Okonji A.M, Ayoade A S, Adewuni A S (2018).** Reliability and Concurrent Validity of a Clinical Syringe with 5mm-Nozzle in the Quantification of Topical Methyl Salicylate. *Health Research*, vol 5, issue 2, 69 - 77.
- *xlili **Onyeso K. O, Joseph O. U, Eze C. J, Onigbinde A. T , Canice C. A, Ezema C. I, Onwuakagba I, Abaraogu U. O, Awhen A. P, Anikwe E. E, Akinola O, Kalu M. E. (2022).** Musculoskeletal imaging authority, levels of training, attitude, competence, and utilisation among clinical physiotherapists in Nigeria: a cross-sectional survey. Accepted for publication in *BMC Medical Education*, 22:701, 1 - 11.
5. **Edited and Referred Conference Proceedings: Nil**
6. **Articles Accepted for Publication: Nil**
7. **Manuscripts Submitted for Publication: Nil**
8. **Creative Work: Nil**
9. **Technical Reports:**
- i. **Onigbinde Ayodele.T, Adedoyin R. A (2010).** Effects of high voltage healthron device on blood pressure and plasma glucose of normal subjects – A technical report. *Indian Journal of Physiotherapy and Occupational Therapy* (2009), vol 4, No 1, 29-32.
 - ii. **Onigbinde Ayodele Teslim, Adetayo Egun Talabi, Raheem Adaramaja Shehu, Chidozie E. Mbada.** Clinical implications of the effects of glucosamine sulfate iontophoresis on fasting plasma glucose levels”, *Hong Kong Physiotherapy Journal* (2012).
10. **Papers and Works in progress:**
- i. **Inter-rater Reliability of Plastic Meter Ruler in Dosage Specification for Topical Methyl Salicylates Ointment using Finger Tip Unit Metric Length**
 - ii. **Dosage specification for topical medications using clinical Syringe tube.(2020)**
 - iii. **Transdermal Administration of Glucosamine Sulphate: Lateralization Effects of Cross-frictional Massage on Plasma Glucose Concentration (2021)**
 - iv. **Pattern and utilization of upper extremity specific clinical outcome measures for pain and disability: a retrospective study (2021)**
 - v. **Profile and satisfaction of patients with knee osteoarthritis on clinical evaluation and management techniques**

***Publications after last promotion**

- vi. Comparison of static and dynamic balance of patients with chronic knee osteoarthritis and apparently age-matched control
- vii. Commutative effect of cross-frictional massage and glucosamine sulphate cream on fasting plasma glucose

F. PROFESSIONAL ACCOMPLISHMENTS

I have contributed immensely to the rare field of Pharmacophysiotherapy or Rehabilitative Pharmacotherapeutics with special focus on transdermal delivery of relevant drugs using procedure of iontophoresis and quantification of specific doses for topical medications, especially in Orthopaedic Rehabilitation. I was a member of the Medical team that took care of athletes during camp at Bauchi in preparation for Olympic Games at Spain in 1992 and also a member of the medical team for Nigeria's contingent at the 6th All African games, Harare, Zimbabwe in 1995. I have served as the Chairman, Residency and Doctor of Physiotherapy curriculum drafting committees in preparation for the commencement of specialization training programme (National Postgraduate Physiotherapy College of Nigeria) and a 6 year undergraduate training programme in Nigeria (2006 – 2008; 2010 – 2014 respectively). I have been a resource person for National and International workshops on Orthopaedic and Manual Therapy Clinical Practice for over two decades. Furthermore, I am the Publisher of a Private Professional News Magazine in Nigeria known as *Physio Digest*.

G. CONFERENCES, SEMINARS AND WORKSHOPS ATTENDED WITH DATES

- i. National conference of Nigeria Society of Physiotherapy: Oluyole 91, September 18 – 23rd 1991.
- ii. Physiotherapy in Obstetrics Gynaecology Organized by Nigeria Society of Physiotherapy in Sokoto Sept. 3-6, 1992.
- iii. Recent Advancement in Orthopedic Physical Therapy at National Orthopedic Hospital Igbobi, Lagos 10th Sept. 1997.
- iv. Congenital and acquired orthopedic disorders of childhood organized by NOH/WHO at Igbobi, 7th -10th Sept. 1997.
- v. Staff Performance Appraisal Organized by Institute of Personnel Management of Nigeria, Kwara State Breach, U.I.T.H., Ilorin 19th -20th Nov. 1999.
- vi. Physiotherapy in the Prevention of Sudden natural Death, organized by Nigeria Society of Physiotherapy at Osogbo 7-10th Dec., 1999.
- vii. Professionalism in Physiotherapy, NOH, Igbobi 24th May, 2001.
- viii. Prevention and Management of Stress and Stroke, Osun State Nigeria Society of Physiotherapy, 5th Sept, 2001.
- ix. Physiotherapy in Medical Emergencies / Intensive Care and Outcome measure in physiotherapy practice, Nigeria Society of Physiotherapy 7th -9th May, 2002.

- x. Current Trend in the Management of Chronic Pains, Nigeria Society of Physiotherapy 23rd -25th October 2002 (Port-Harcourt).
- xi. Myofacial Techniques in the Management of musculoskeletal Pain, Ondo Nigeria Society of Physiotherapy, 22nd May 2003.
- xii. Physiotherapy in Public Health 25th -29th October 2004, Lagos, organized by Nigeria Society of Physiotherapy.
- xiii. HIV/AIDS – Myth, Facts, Meeting Point, Fight against AIDS- Where are we? October, 2004, Abeokuta. Organized by Nigeria Society of Physiotherapy 5th World Confederation for Physical Therapy, Africa Regional Congress, Lusaka, Zambia 26th April-2nd May, 2004.
- xiv. Management of Stroke, 2nd -3rd June, 2004 organized by Nigeria Society of Physiotherapy
- xv. Physiotherapy and needs: Towards improved Quality of Life 31st October – 3rd November 2006 organized by Nigeria Society of Physiotherapy
- xvi. Effect of Physical Therapy Intervention and Pharmacokinetic Variables (WCPT African Regional Congress, Tanzania, 2006).
- xvii. Home Based Physiotherapy Practice among Nigerian Physiotherapists (WCPT African Regional Congress, Tanzania, 2006).
- xviii Physiotherapy and Establishment Matters 9th March 2007. Organized by Nigeria Society of Physiotherapy.
- xviii. Challenges ahead of Physiotherapists and Physiotherapy education in Nigeria 21st -22nd February 2007. Organized by Committee of Heads of Physiotherapy Departments in Nigeria.
- xix. Disease of civilization World Confederation for physical therapy, 7th biennial congress 19th-22nd August 2008.
- xx. 9th annual conference of the society for the study of pain, Nigeria, July 26th - 28th 2006
- xxi. Nigeria Association of Orthopaedic Manual Therapy Group. Management of knee joint dysfunctions, 24th June, 2009
- xxii. The Nigeria Society of Physiotherapy conference. Physiotherapist & Needs: Towards Improved Quality of life, on 31st October to 3rd November 2006
- xxiii. Nigeria Society of Physiotherapy Osun state chapter. Research methods in physiotherapy, on 4th April 2007
- xxiv. Annual Scientific Conference of Nigeria Society of Physiotherapy. Community based rehabilitation, 22nd-27th October, 2007
- xxv. The Nigeria Society of Physiotherapy workshop. Physiotherapist and establishment matters, 9th march, 2007.
- xxvi. International association for the study of pain. Improving pain education among physiotherapy Educators in Nigeria”, August 10th-13th, 2009

- xxvii. 49th Annual scientific conference of the Nigeria Society of Physiotherapy held at Banquet hall, national arts theaters, Lagos State on 27th -31st October, 2009. Theme: 50 years of Nigeria Society of Physiotherapy: changing the culture, making a difference.
- xxviii. 50TH Annual scientific conference of the Nigeria Society of Physiotherapy held at Enugu, October, 2010.
- xxix. 52ND Annual scientific conference of the Nigeria Society of Physiotherapy held at Benin, Edo State, Advancing Physiotherapy practice in Nigeria, October 30 – 2nd Nov 2012.
- xxx. 54TH Annual scientific conference of the Nigeria Society of Physiotherapy held at Asaba, Delta State, Advancing Physiotherapy practice in Nigeria, October 30 – 2nd Nov 2014.
- xxxi. 6th Annual Scientific Workshop of Nigeria Association of Orthopaedic Manual Therapists at Physiotherapy Department, Lagos University Teaching Hospital, Lagos, Date: August 3-5, 2015.
- xxxii. 55th Annual scientific conference of the Nigeria Society of Physiotherapy held at Lokoja, Kogi State, Advancing Physiotherapy practice in Nigeria, October 30 – 2nd Nov 2015.
- xxxiii. 56th Annual scientific conference of the Nigeria Society of Physiotherapy held at Kaduna, Kaduna State, Advancing Physiotherapy practice in Nigeria, October 30 – 2nd Nov 2016.
- xxxiv. Chronic Non-Communicable Diseases- Holistic Approach for Physiotherapists at the Main Auditorium, Obafemi Awolowo University Teaching Complex, Ile-Ife, Osun State, Nigeria between 18th and 21st October 2017; organized by Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN).
- xxxv. 7th Annual scientific workshop of the Nigerian Association of Orthopaedic Manual Therapists (NAOMT): Management of Lumbar-Pelvic-Femoral Complex dysfunctions in Hip pathologies held at University of Portharcourt Teaching Hospital between 11th and 14th July 2018.

H. CURRENT RESEARCH INTEREST/ACTIVITIES

I am sustaining my research interest in pharmacophysiotherapy, Orthopaedic Rehabilitation and Clinical Electrophysiology. Also, I am focusing on research work related to policy establishing supplementary prescription of relevant drugs by Nigerian physiotherapists as it is the current trend in the United Kingdom.

3. Service within the University: Teaching and Research

4. Services outside the University

- i. Provision of clinical teaching and services at O.A.U.T.H.C, Ile-Ife.
- ii. A reviewer for the Journal, Rehabilitation Sciences (2012 till date)
- iii. A reviewer for Annals of Medical and Health Sciences research journal (2010 - 2012)
- iv. A reviewer for Nigerian Journal of Medical Rehabilitation (2012 till date)
- v. External examiner for Postgraduate School, University of Lagos (2014)
- vi. External examiner for Department of Physiotherapy, University of Maiduguri (2016- 2018)
- vi. Director, Teslol Clinical Concept International: A Professional Organization (2010 till date)
- vii. Consultant Physiotherapists, Onward Specialist Hospital, Osogbo (2000 -2018)
- viii. Director, Consortium for Advanced Leadership and Mentorship Training (An Institute of Association of Clinical and Academic Physiotherapists of Nigeria), (2016 till date)
- VIII. Appointed by the Executive Governor of Osun state as Executive Secretary of Odootin South LCDA (2018 - 2020).

J CONTRIBUTIONS TO KNOWLEDGE

Major thrust: Rehabilitative pharmacotherapeutics (Pharmacophysiotherapy) is the least explored specialty in physiotherapy despite the importance and relevance in clinical practice. Several of my studies focused on orthopaedic rehabilitation (osteoarthritis, low back pain, decubitus ulcers, sports and human performance) with most focusing on transdermal delivery of topical medications through Electromotive Drug Administration (iontophoresis) of drugs such as glucosamine sulphate cream, low metal glucosamine salt, diclofenac diethyl amine, methyl salicylate and lidocaine gel [14, 16 – 18, 20, 25, 39, 40]. Most findings established clinical relevance and proven effectiveness of treatment techniques adopted in pain alleviation among patients with musculoskeletal dysfunctions in several of my studies [16 - 19, 25, 39, 40]. Similarly, the importance and relevance of topical medications in clinical physiotherapy practice were established in some literature review, exploratory survey and clinical trials [5, 10, 16 – 19, 22, 25, 28, 30, 31, 37-40]. A study established that patients with musculoskeletal disorders who took oral Non-steroidal anti-inflammatory drugs (NSAIDs) experienced dizziness and abdominal pains. The study identified that most patients preferred alternative means of administration such as iontophoresis and ultrasonophoresis where applicable, and that this would increase their health care choices. Hamstring flexibility was established to be poor in patients with knee OA but retraining is usually neglected in knee osteoarthritis while another study confirmed that administration of glucosamine sulphate through iontophoresis significantly improved hamstring flexibility [14, 16]. Also, some studies established that the cumulative use of 1%, 0.5%w/v sorbitan monooleate, methylated spirit and polysorbate-20 as surfactants enhanced transdermal permeation of diclofenac diethylamine/glucosamine sulphate through iontophoresis in subjects with knee osteoarthritis and low back pain patients respectively [38]. In a study, the potentiality of glucosamine sulphate

iontophoresis, lowering plasma glucose of patients with osteoarthritis was established; and the clinical implication is that caution should be observed when applying the procedure on diabetic patients on regular medication/exercise therapy [27]. Some papers advocated the need for physiotherapists to improve their knowledge of pharmacotherapy as findings revealed poor knowledge on top medications [19, 22, 31]. There are arrays of topical medications being used in clinical settings but a study showed that most physiotherapists were mostly familiar with diclofenac sodium and methyl salicylate. In this study, most physiotherapists showed good knowledge of functions of diclofenac sodium and glucosamine sulphate but poor understanding of topical magnesium sulphate as an analgesic and a muscle relaxant; and lidocaine as an anesthetic agent.

There is increasing scope of practice in physiotherapy to encompass supplementary prescription (SP) by non-medical health professionals in the United Kingdom. Considering poor geographical distribution and dearth in manpower of doctors in Nigeria, policy research paper among orthopaedic surgeons and neurologists advocated that 8 - 12 weeks would be adequate to train physiotherapists with pharmacology education and 24 – 30 weeks for those without previous education during undergraduate training to assume the position of Supplementary prescribers in Nigeria [37]. Another study on electromyographic activities of patients with low back pain established that different postures affected neuromuscular efficiency of patients. Also, neuromuscular efficiency at the para-vertebral muscles of low back pain patients for most spinal postures were significantly lower than that of the apparently healthy participants [35]. Finger Tip Unit (FTU) is used in clinical practice as a subjective description without metric value or precise measurement to guide the dose of topical drugs that should be applied on the skin in other to minimize side effects and encourage adherence to therapy but rough guides are provided for both children and adults in the literature. A paper established normative data for the Fingertip Unit Metric Length of different age groups between 10 and 70 years and found that it ranged between 2.4 and 2.7cm and it differed across different age groups [38]. The outcome of the study also advocates that the fingertip unit metric length of the patients, anthropometric values and body Somatotype should be taken into consideration when determining specific doses for topical medications.

Minor thrust: There are few reports on muscle physiology [1, 2, 3, 12, 24, 33, 36]. Muscle strength prediction aids orthopaedic and neurologic rehabilitation as the pre-injury muscular strength and functional ability could be computed from the predictive equations derived [1, 2, 3].

General Physiotherapy: There are few studies on general physiotherapy practice and administration. A study showed poor attitude of Nigerian students to render care for People Living With Aids [6]. Another study reported that the level of cardiovascular risk was low among the subjects selected [4].

In conclusion, my research findings have contributed immensely to the specialties of Orthopaedic Rehabilitation, Pharmacophysiotherapy and Muscle physiology.



Signature----- Date 26th November 2022

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