



**UNIVERSITY OF MEDICAL SCIENCES
LAJE ROAD, ONDO, ONDO STATE
FACULTY OF MEDICAL REHABILITATION**

CURRICULUM VITAE

A. PERSONAL DATA

1. **Full Name :** ONIGBINDE, Ayodele Teslim
2. **Date/Place of birth:** 14th June 1967/Agbeye
3. **Details of Contact Address:** No 67, Zone 7, Onigbinde Ayodele
Close, New Oba Road, Osogbo, Osun
State, Nigeria
 - (a) **E-mail Address (es):** aonigbinde@unimed.edu.ng
 - (b) **Mobile Phone number(s):** +234 8081978220, 07057682042 (WhatsApp)
4. **Nationality:** Nigerian
5. **State of Origin:** Osun
6. **Local Government Area:** Odo-Otin
7. **Permanent Home Address:** Zone 7, No 67, Onigbinde Ayodele
Close, New Oba road, Osogbo, Osun State,
Nigeria
8. **Marital status:** Married
9. **Number of Children and Age:** Five: 27, 25, 25, 19, 5 years
10. **Next of Kin:** Mr Onigbinde Oyinlola Mubarak
11. **Details of Contact Address of Next of Kin:**
 - (a) **Email:** moyinlola97@gmail.com
 - (b) **Mobile Phone number:** +234 8065162119
 - (c) **Permanent Home Address:** Zone 7, No 67, Onigbinde Ayodele

Close, New Oba Road, Osogbo, Osun State,
Nigeria

- | | | |
|------------|---|--------------------------------|
| 12. | Date of Assumption of Duty: | 10 th January, 2023 |
| 13. | Rank/Status on First Appointment: | Professor |
| 14. | Present Status: | Professor |
| 15. | Date of Last Promotion: | 10th January 2023 |
| 16. | Present Salary Grade and Step: | CONUASS 7 Step 1 |
| 17. | Date of Confirmation of Appointment: | Nil |
| 18. | Faculty/Directorate: | Medical Rehabilitation |
| 19. | Department/Unit: | Physiotherapy |

B. EDUCATIONAL BACKGROUND

1. Higher Educational Institutions Attended with Dates:

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|--------------------------------|--------------|
| (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

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|-----|--|--------|
| (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**

i LATO Nigeria Limited, for research work on the ‘Effects of High Voltage current on Blood Pressure and Fasting Plasma Glucose’(2010).

ii. Mouka Nigeria LTD: Comparative Analyses of sleep quality on Orthopaedic beds (2020)

iii Tetfund grant for the Development , Feasibility testing and implementation of a context and culturally sensitive home-exercise mobile health Application for Nigerian stroke survivors (2023).

(d) **National Awards:** Nil

(e) **International Awards:** Certificate of Recognition by the Cameroon Society of Physiotherapy, Yaounde, Cameroon

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

1. Outstanding Physiotherapist of the year (1999) – Awarded by Cooperative College, Odeomu, Osun state.

2. Distinguish Alumnus award OAU (2007) –Awarded by Obafemi Awolowo university.
3. Most Supportive staff Adviser (2007)–Awarded by Ife University Therapists Students Association (IFUTSA).
4. Most Valuable Lecturer (2009)- IFUTSA
5. Best Lecturer Award (2010) – IFUTSA
6. Most Supportive Lecturer (2011)– IFUTSA
7. Honour of Distinguished Service (2012)–Awarded by NSP, Osun State.
8. Distinguished Service Award (2012), [Nigeria Society of Physiotherapy]
9. Award of Excellence (2015) –Awarded by The Federation of Odo-otin Students Association, Adeyemi College of Education, Ondo.
10. Award of Excellence (2015) – IFUTSA
11. Symposium speaker (2016) –Awarded by the Society for The Study of Pain, Nigeria
12. Award of Excellence (2016) –Awarded by The Academic Commission of Assoc. of Physiotherapy Students, University of Ibadan.
13. Honourary Award (2019)- in recognition for Immense and Selfless contributions to the development of Agbeye Town
14. Award of Recognition as a Workshop Speaker (2023)- Awarded by Association of Clinical and Academic Physiotherapists (ACAPN)
15. Award of Recognition as a Guest Speaker (2023)- Awarded by The Grandeurs, Department of Physiotherapy, Unimed
16. Award of Recognition as a Guest Speaker (2024)- Awarded by The Marven, Department of Physiotherapy, Unimed

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. Previous work Experience in other University

a. At Obafemi Awolowo University, Ile-Ife

- (iv) Lecturer II 29th September 2004 - 30th September 2007
- (v) Lecturer I 1st October 2007 - 30th September 2010
- (vi) Senior Lecturer 1st October 2010 - 30th September 2013
- (vii) Reader 1st October 2013 - 9th January 2023

b. Visiting Senior Lecturer, College of Medicine, Blantyre, Malawi 2010 – 2014

3. Work Experience in University of Medical Sciences, Ondo with Dates

Professor 10th January 2023 - Till date

4. Courses Taught within the current Academic Session:

- (i) PHT 321 – Musculoskeletal/Manual Therapy
- (ii) PHT 421 – Rheumatology and Joint Disorders
- (iii) PHT 423 – Soft Tissue disorders and Sports Physiotherapy
- (iv) PHT 522 – Professionalism, Ethics and Administration in PT
- (v) PHT 429 – Clinical Practice 1
- (vi) PHT 527 – Clinical Practice 11

Course taught Postgraduate Level

- (i) PSM 714- Exercise Therapy
- (ii) PSM 715- Exercise Physiology
- (iii) PSM 717- Introduction to Research
- (iv) PSM 813 – Techniques of Exercise therapy
- (v) PSS 716 - Introduction to management, sports science and kinesiology

5. Graduate Student Supervision within the current Academic Session

- 1. Ajao Daniel MSc (Physiotherapy)
- 2. Kekere Tosin (PHT/23/4220), MSc (Exercise and Sport Science)
- 3. Gbologe Segun (PHT/23/4219), MSc (Exercise and Sport Science)
- 4. Rotibi Babatola PGD (Exercise and Sport Science)

6. Current Undergraduate Student Supervision: 5

Postgraduate Supervision: 3

- 1. Tosin Kekere (MSc, 2023/24)
- 2. Gbologe Oluwasegun (MSc, 2023/24)
- 3. Babatola Rotibi (PGD, 2023/24)

D. MEMBERSHIP OF PROFESSIONAL BODIES

- (i). Nigeria Society of Physiotherapy (1991 - 2016)
- (ii) Nigerian Association of Orthopaedic Manual Therapy (2005 – till date)
- (vi) 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 (in Orthopaedic Rehabilitation, Pharmacophysiotherapy & Muscle Physiology)

- 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 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**, vol 4, No 1, 29-32.

- xiii. 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)**
- xiv. 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)**
- xv. 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)**
- xvi. 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)**
- xvii. 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)**

- xviii. 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)**
- xix. 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)**
- xx. 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)**
- xxi. 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)**
- xxii. Onigbinde AT, IA Orolade (2012).** An assessment of knowledge and opinion of Nigerian physiotherapists on application of iontophoresis in the management of selected skin disorders and arthritis. *Technology and Health Care* 20 (3), 169-177, 2012
- xxiii. 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)**

- xxiv. **Onigbinde Ayodele Teslim**, Olaogun M.O.B, Obembe Adebimpe Olayinka, Samotu Adedayo Ayobami, Bamitale Kayode D.S, Ogundele Abiola, and Adetoogun Gbadegesin Elubode (2013) Electromotive drug administration of Magnesium sulphate on spastic biceps brachii of stroke survivors: A Technical report. Online Journal of Medicine and Medical Science Research, Volume 2, Issue 4, pp. 38-43; April, 2013
- xxv. **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., Kambalatore 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 Un-stimulated 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)**
- xxxi. **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)**
- 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., Raji A.O., Soetan O.A., Ibikunle A.F (2016). 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)**
- 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.**, 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**)
- Xxxvi **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**)
- xxxvii. 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**)
- xxxviii. **Onigbinde A.T.**, Tihamiyu 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 Ayodele Teslim**, Awotidebe Taofik Oluwole, Wahaab Oluwaseyi David (2018). Reliability of ‘ACAPN’ Clinical Assessment Tool for Differential Diagnoses of Pathologies in Clinical Physiotherapy. *International Journal of Clinical and Developmental Anatomy*; 4(2): 40-53
- Xlii **Onigbinde Ayodele Teslim**, Odetunde Marufat Oluyemi, Okonji Adaobi Margaret, Ayoade Ademola Shefiu, Adewuni Abayomi Stephen (2021). Reliability and Concurrent Validity of a Clinical Syringe with 5mm-Nozzle in the Quantification of Topical Methyl Salicylate. *Health Research*, Volume 5, Issue 2, page 69-77
- xliii 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.
- xliv Taofeek Oluwole Awotidebe, Olufesola Motunrayo Fasakin, Olufemi Oyeleye Oyewole, Usman Eniola Bello , Adekola Babatunde Ademoyegun , **Ayodele Teslim Onigbinde**, Chidozie E. Mbada, Adekola John Odunlade and Rufus

- Adesoji Adedoyin (2023). Nigerian physiotherapists' knowledge, attitude, and practice of digital physical therapy: a cross-sectional study. *Bulletin of Faculty of Physical Therapy* 28:5, 1 – 8.
- xlvi **Onigbinde Ayodele Teslim**, Alufoge Oluwayomi Charles, Oyedemi Jeremiah· Borode Adebisola Olabisi, Ayodeji Adedayo Oluwabunmi, Ugwu Chinonso, Ajao Daniel (2023)· Opinion and knowledge of Nigerian nurses on the role of physiotherapy in decubitus ulcers management. *Journal of Orthopaedic Manual Therapists*, vol 1, No 1, 79 – 89.
- xlvi **Onigbinde A.T**, Ajao D.D, Oyedemi J, Akinfolarin Y.T, Afolabi T. O, Afolabi A.D, Awotipe A, Borode K, Borode T, Ugwu C. A, Onigbinde O. M, Ayeni O. E (2023). Relationship between computer workstation ergonomics and spinal pain among non-academic staff in a Nigeria university community. *Journal of Orthopaedic Manual Therapists*, vol 1, No 1, 32 – 47.
- xlvii **Onigbinde A.T**, Lasisi K, A.B Bello, N.R Agbaje, Adewuni A.S, Adeyemi T, Madume A.K. (2023).Comparative analyses of the effects of Glucosamine and Chondroitin Iontophoresis on Cartilage Thickening, Interleukine-6 and Uric Acid in patients with Knee Osteoarthritis. *Indian Journal of Physiotherapy and Occupational Therapy*/Volume 17 No. 1 –8.
- xlvi **MO Odetunde, AM Okonji, AP Adeoye, AT Onigbinde** (2024). Acceptance and adoption of tele-rehabilitation by physiotherapists from Nigeria, a low resource setting: a mixed-method study. *Bulletin of Faculty of Physical Therapy* 29 (1), 23, 1 - 15

Xlix Ayeni OE, Olayemi M, **Onigbinde AT**, Kekere FT, Ayinla S. Comparative Analyses of Hamstring Tightness and Sitting Duration Among Professional and Non Professional Drivers in a Nigerian Community. *Eur J Med Health Res*, 2024;2(3), 61 - 70

L. **AT Onigbinde**, GR Oluwagbotemi, DD Ajao, AO Borode, AO Ayodeji, CA Ugwu, AG Ibitoye (2024). Physical Activity of Undergraduate Students in Medicine and Physiotherapy Programmes in a Nigerian Medical University, *Indian Journal of Physiotherapy and Occupational Therapy*/18, Issue 2, 63 - 79

Li **Onigbinde, A.T**; Omisore, O.B; Adejumobi, A.S; Ayinla, S.C; Ayeni, O.E; Kekere, T.F (2024). Comparative Effects Of Magnesium Sulphate Iontophoresis On Post-Stroke Elbow Flexors Spasticity- *Journal Of Biomedical Investigation (JBI)* Vol. 12 no. 1, 79 -93 April-May 2024

Published Journal Articles (in Others Areas)

1. **AT Onigbinde**. Physiotherapy management of the sickle cell hemiplegic patient A Case Report. *Journal of the Nigeria Society of Physiotherapy* 14 (2), 57-60, 2002

2. **AT Onigbinde**, RA Adedoyin, BJ Sangodeyi. Relevance of physiotherapy in the management of faecal incontinence. *Journal of the Nigeria Society of Physiotherapy* 15 (2), 50-54, 2005

3. **AT Onigbinde**. The impact of internship programme and its effects on the physiotherapy practice in Nigeria. *Nigerian Journal of Medical Rehabilitation*, vol. 11, .(No. 2), 86 - 91, January 2006.
4. **AT Onigbinde**, RA Adedoyin, OO Oriajogun, AE Uloko. Effect of Percussion and Postural Drainage Positions on Cardiovascular and Respiratory Parameters. *Nigerian journal of Medical Rehabilitation (NJMR)*; Vol. 12, No. I & 2, (Issue No.20) Dec. 2007, 16-20, 2007
5. **AT Onigbinde**, Rufus A Adedoyin, Bukola Janet Sangodeyi, Job Evaluation of Clinical Physiotherapists in the South West of Nigeria, *Nigerian journal of Medical Rehabilitation (NjMR)*vol 12, issue 1 & 2 25 - 29, 2007
6. OE Johnson, **AT Onigbinde**, SA Onasanya, AEI Emechete, TO Gbela. An Assessment of Ergonomic Work Stations and Pain among Computer Users in a Nigerian University Community. *Nigerian Journal of Medical Rehabilitation*,Vol. 13, No. I & 2, Issue No. 21), 7 - 10, Dec. 2008
7. **AT Onigbinde**, RA Adedoyin, MOB Olaogun, OA Ojoawo, AO Akinpelu, ...Efficacy of Glucosamine Iontophoresis in knee osteoarthritis. *Nigerian Medical Practitioner* 54 (3), 66-69, 2008
8. A Obembe, **AT Onigbinde**, O Johnson, A Emechete, M Oyinlola. Occupational injuries among physical therapists in South-West, Nigeria. *Nigerian Journal of Medical Rehabilitation*, vol. 13, No.1 & 2, (Issue No. 21), 25-30, 2008

9. OA Obembe, **AT Onigbinde**, RA Adedoyin, OG Adetunmbi. Opinion of a section of Nigerian physiotherapists on training and utilization of middle level workers. *Journal of the Nigeria Society of Physiotherapy* 16 (1), 23-31, 2008
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12. **AT Onigbinde**, KF Olafimihan, A Ojoawo, RA Adedoyin, O Omiyale, ...Effect of Ultraviolet radiation (Type B) on decubitus ulcers. College of Allied Health & Nursing at Nova Southeastern University, *Internet Journal of Allied Health Sciences and Practice*, vol 8, no 1, 1 - 6, 2010
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16. **A.Teslim, Onigbinde**, Olaitan, O. 'Lanre, A.E, Talabi. (2011). Occupational stress coping strategies among lecturers in ilorin metropolis, Nigeria. Instasci journal of medical sciences and clinical research research. 1 (1), 2011.

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22. **A.T Onigbinde**, IG Ogunsanya, SO Oniyangi, TO Awotidebe, AO Ojoawo. An evaluation of risk factors and preventive techniques for decubitus ulcers in selected Nigeria hospitals. Volume 11 Issue 4 Pages 415-420, 2012
23. **AT Onigbinde**, AS Adereni, KDS Bamitale, SVK Kambalametore, ...Changing the prescription status of physiotherapists: Perception of Nigerian physiotherapists *Nigerian Journal of Medical Rehabilitation*, Vol. 16, No 2 (2013), Available at <http://www.njmr.org.ng>
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26. Ojoawo Adesola Ojo, **Onigbinde Tesilim Ayodele**, Adeyanju Solomon. Skinfold Parameter as Predictor of Body Density for Undergraduate Female Students in a Nigeria University Community. *The Nigerian Health Journal*, Vol. 13, No 1, January — March, 2013, 40 - 47.
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29. OL Dominic, AE Talabi, B Kayode, **AT Onigbinde**, A Ojoawo, OA Onifade. Body composition of Kwara state basketball players-implications for peak performance: Body composition of Kwara state basketball players-implications for peak performance *Ghana Journal of Health, Physical Education, Recreation, Sports and Dance* , volume 9, Issue 1, 74 - 92, 2016

30. **Onigbinde AT**, Awotidebe Taofik Oluwole, Wahaab Oluwaseyi David. Reliability of 'ACAPN' Clinical Assessment Tool for Differential Diagnoses of Pathologies in Clinical Physiotherapy. International Journal of Clinical and Developmental Anatomy 2018; 4(2): 40-53

31. **AT Onigbinde**, Adeola Godwin Olubukola , Nwosu Ifeoma Blessing Cross-Education Effects of Motor-Level Transcutaneous Electrical Nerve Stimulation on Quadriceps Motor Function Recovery Among Stroke Survivors. Pathology and Laboratory Medicine 2018; 2(2): 35-40

Published Journal Articles ('Special Issue': A dedicated Volume to Pharmacophysiotherapy)

1. **AT Onigbinde**, AO Daniel, T Nesto, O Adesola. Comparative effects of a single treatment session using glucosamine sulphate and methyl salicylate on pain and hamstring flexibility of patients with knee osteoarthritis. American Journal of Health Research 2 (5-1), 40-44, 2014

2. **AT Onigbinde**, TA Idowu, Perception of Nigerian physiotherapists on enlistment, legislation and benefits of supplementary prescribing. American Journal of Health Research 2 (1), 1 - 5, 2014

3. **AT Onigbinde**, OT Olaoluwa, M Grace, NB Mlenzana, M Shamilar, T Nesto. Physiotherapists as supplementary prescribers: opinion of Nigerian doctors American Journal of Health Research 9 (1), 12-16, 2014

4. **AT Onigbinde**, OM Ayodele. Opinion of Nigerian pharmacists on enlistment of physiotherapists as supplementary prescribers of relevant medications. American Journal of Health Research 2 (5-1), 29-33, 2014

5. **AT Onigbinde**, OO Jeremiah, T Nesto, M Grace. Patient's perception of Nigerian physiotherapists as supplementary prescribers. American Journal of health research 2 (5-1), 6-11, 2014

6. GO Ayeni, OM Morakinyo, O Olaniyi, **AT Onigbinde**, O AkindeleAyeni. Prevalence and Relationship between Analgesic and Alcohol Consumption, Smoking Habit and Occurrence of Lowback Pain amongst Craftsmen in a South-East Nigerian Community. American Journal of Health Research 8 (1), 45-49, 2014.

7. Oluwafemi Oluwasegun, Adeyanju Solomon Adekunle, **Onigbinde AT**. Relationship between selected anthropometric variables, cardiovascular risk factors and endurance walk in non-insulin dependent diabetic participants. American Journal of Health Research 2014; 2(5-1): 61-66

5. **Edited and Referred Conference Proceedings:** Nil

6. **Articles Accepted for Publication:** Nil

7. **Manuscripts Submitted for Publication:** 1

8. **Creative Work: Onigbinde Ayodele Teslim**, Odetunde Marufat Oluyemi, Okonji Adaobi Margaret, Ayoade Ademola Shefiu, Adewuni Abayomi Stephen (2021). Reliability and Concurrent Validity of a Clinical Syringe with 5mm-Nozzle in the Quantification of Topical Methyl Salicilate. Health Research, Volume 5, Issue 2, page 69-77

9. Technical Reports

Onigbinde Ayodele Teslim, Adetayo Ebun 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:

1. K. Lasisi, A.T. Onigbinde, S.C. Ayinla, O.E. Ayeni, T.F. Kekere A. Awotipe, K. Borode, T. Ayodeji, T. Adeyemi, A.S. Adewuni, B.G. Ibitoye, C. A Ajao, A.K. Madume, C.A. Ugwu. Comparative Effects of Isometric Quadriceps Training, Glucosamine and Chondroitin Sulphate Iontophoresis on Pain Intensity and Physical Functions of Patients with Knee Osteoarthritis.
2. A.T. Onigbinde, Adewa F.E, Ugwu C. An Evaluation of the Knowledge of Nigerian Physiotherapists on Electro-Physical Agents

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 have created awareness and contributed to the

verdant area of Pharmacophysiotherapy as an emerging speciality in physiotherapy; to treat pains and avoid disability.

I have served my profession in different capacities, these included, the National Secretary General for the Nigeria Society of Physiotherapy (2000-2004), National vice-President (2006 - 2008), Vice-president, World confederation for Physical Therapists-Africa Region (2008 - 2010) and the Chairman, Nigeria Society of Physiotherapy, Osun State (2010 – 2014). I was among the only 6 Physiotherapists who went to the 8th All African Games, Lusaka (1995) where I won Silver medal as an official with a team. I am the Secretary of the Board of Trustees of the Association of Academic and Clinical Physiotherapists of Nigeria and the Director and Fellow of the Consortium for Advanced Leadership and Mentorship Programme (FCALMP).

G. CONFERENCES, SEMINARS AND WORKSHOPS ATTENDED WITH DATES

1. National conference of Nigeria Society of Physiotherapy: Oluyole 91, September 18 – 23rd 1991.
2. Physiotherapy in Obstetrics Gynaecology Organized by Nigeria Society of Physiotherapy in Sokoto Sept. 3-6, 1992.
3. Recent Advancement in Orthopedic Physical Therapy at National Orthopedic Hospital Igbobi, Lagos 10th Sept. 1997.
4. Congenital and acquired orthopedic disorders of childhood organized by NOH/WHO at Igbobi, 7th -10th Sept. 1997.

5. Staff Performance Appraisal Organized by Institute of Personnel Management of Nigeria, Kwara State Breach, U.I.T.H., Ilorin 19th -20th Nov. 1999.
6. Physiotherapy in the Prevention of Sudden natural Death, organized by Nigeria Society of Physiotherapy at Osogbo 7-10th Dec., 1999.
7. Professionalism in Physiotherapy, NOH, Igbobi 24th May, 2001.
8. Prevention and Management of Stress and Stroke, Osun State Nigeria Society of Physiotherapy, 5th Sept, 2001
9. Physiotherapy in Medical Emergencies / Intensive Care and Outcome measure in physiotherapy practice, Nigeria Society of Physiotherapy 7th -9th May, 2002.
10. Current Trend in the Management of Chronic Pains, Nigeria Society of Physiotherapy 23rd - 25th October 2002 (Port-Harcourt).
11. Myofacial Techniques in the Management of musculoskeletal Pain, Ondo Nigeria Society of Physiotherapy, 22nd May 2003.
12. Physiotherapy in Public Health 25th -29th October 2004, Lagos, organized by Nigeria Society of Physiotherapy.

13. 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.
14. Management of Stroke, 2nd -3rd June, 2004 organized by Nigeria Society of Physiotherapy
15. Physiotherapy and needs: Towards improved Quality of Life 31st October – 3rd November 2006 organized by Nigeria Society of Physiotherapy
16. Effect of Physical Therapy Intervention and Pharmacokinetic Variables (WCPT African Regional Congress, Tanzania, 2006).
17. Home Based Physiotherapy Practice among Nigerian Physiotherapists (WCPT African Regional Congress, Tanzania, 2006).
18. Physiotherapy and Establishment Matters 9th March 2007. Organized by Nigeria Society of Physiotherapy.
19. Challenges ahead of Physiotherapists and Physiotherapy education in Nigeria 21st -22nd February 2007. Organized by Committee of Heads of Physiotherapy Departments in Nigeria.
20. Disease of civilization World Confederation for physical therapy, 7th biennial congress 19th-22nd August 2008.
21. 9th annual conference of the society for the study of pain, Nigeria, July 26th -28th 2006

22. Nigeria Association of Orthopaedic Manual Therapy Group. Management of knee joint dysfunctions, 24th June, 2009

23. The Nigeria Society of Physiotherapy conference. Physiotherapist & Needs: Towards Improved Quality of life, on 31st October to 3rd November 2006

24. Nigeria Society of Physiotherapy Osun state chapter. Research methods in physiotherapy, on 4th April 2007

25. Annual Scientific Conference of Nigeria Society of Physiotherapy. Community based rehabilitation, 22nd-27th October, 2007

26. The Nigeria Society of Physiotherapy workshop. Physiotherapist and establishment matters, 9th march, 2007.

27. International association for the study of pain. Improving pain education among physiotherapy Educators in Nigeria”, August 10th-13th, 2009

28. 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.

29. 50TH Annual scientific conference of the Nigeria Society of Physiotherapy held at Enugu, October, 2010.

30. 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.

31. 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

32. 6th Annual Scientific Workshop of Nigeria Association of Orthopaedic Manual Therapists at Physiotherapy Department, Lagos University Teaching Hospital, Lagos, Date: August 3-5, 2015.

33. 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.

34. 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.

35. 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).

36. 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 Port Harcourt Teaching Hospital between 11th and 14th July 2018.

37. 8th Annual scientific workshop of the Nigerian Association of Orthopaedic Manual Therapists (NAOMT), Abeokuta, Ogun State, 2021

38. 9th Annual scientific workshop of the Nigerian Association of Orthopaedic Manual Therapists (NAOMT), 2022

39. 10th Annual scientific workshop of the Nigerian Association of Orthopaedic Manual Therapists (NAOMT) , Benin, Edo State, 2023

40. Paper Presenter at the Second National Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN) at the Conference Hall of Danic Hotel, Enugu, Enugu State. October 15th -20th October, 2018.

41. 3rd Scientific Conference and Annual General Meeting of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN) “Garden City 2019” at the University of Port Harcourt, Rivers state. 14th – 19th October, 2019.

42. Participant at the 8th Annual Scientific “Hands-On-Skill” Workshop of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN) at the Medical Illustration Unit of the Obafemi Awolowo University, Ile Ife, Osun State, Nigeria. 8th – 11th March, 2020.

43. Participant at the 5th National Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN).

44. Participant at the 6th National Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN)- tagged OLUYOLE 22. Healthcare system dynamics in Nigeria: The patient, the Physiotherapist and the public – 10th – 14th October, 2022.

45. 7th National Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria (ACAPN)- tagged Sunshine 2023, Ondo State

Recent Lectures and Workshops Facilitated

46. International workshop on Integrative Approach to Non-Specific Low Back Pain in Manual Therapy: New Concept, Yaounde, Caneroon, 13th and 14th July 2019

47. Induction Lecture at the University of Medical Sciences. Topic: Professionalism, Leadership and Mentoring- Keys to Excellence in Physiotherapy career, 2022.

48. ‘The Grandeurs’ Graduation lecture. University of Medical Sciences. Topic: Competency, Team Building, Supportive Supervision and True Professionalism in a young Physiotherapist, 2023

49. Pre-Conference Workshop of National Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria. Topic: Myofascial Release Techniques in the Management of Musculoskeletal Disorders 2022

50. Pre-Conference Workshop of National Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria. Topic: Gait disorders in Musculoskeletal dysfunctions, Sunshine 2023, Ondo State

51. Special Workshop, Federal Medical Center, Abeokuta. Topic: Mobilization Techniques in Thoracolumbar Dysfunctions

52. Special Workshop, Osun State University Teaching Hospital. Topic: Recent Advances in Mobilization Techniques for Lumbosacral Dysfunctions

53. 'The Marvens' Graduation lecture. University of Medical Sciences. Topic: "Beyond the Clinic Walls: Exploring the Diverse Landscape of Physiotherapy & Maintaining Your Work-Life Balance", 2024.

54. Pharmacophysiotherapy & Iontophoresis: Injection without the needle. ACAPN'S Monthly Webinar series (May 2023).

55. 1st Faculty Lecture (2024). Physiotherapy: The Realms of Fantasy, The errors and The Scientific Reality. Faculty of Medical Rehabilitation

H. CURRENT RESEARCH ACTIVITIES

I am sustaining my research interest in pharmacophysiotherapy, Orthopaedic Rehabilitation and Clinical Electrophysiology. Also, I am focusing on research work establishing the current knowledge of Nigerian physiotherapists and standardizing dosage prescription for Topical Medications.

I. CURRENT RELEVANT INFORMATION

1. Service within the Department: Teaching and Research

2. Service within the Faculty: Dean, Faculty of Medical Rehabilitation (2023/2024)

3. Service within the University: Member of the Postgraduate Board & Chairman, Planning Committee, Interdisciplinary Discourse Lecture of the PG School (2024)

4. Services outside the University

- i. Provision of clinical teaching and services at Unimed Teaching Hospital (2023 to date).
- ii. A reviewer for Nigerian Journal of Medical Rehabilitation (2012 till date)
- iii. Director, Teslol Clinical Concept International: A Professional Organization (2010 till date)
- iv. Director, Consortium for Advanced Leadership and Mentorship Training (An Institute of Association of Clinical and Academic Physiotherapists of Nigeria), (2016 till date)
- v. Appointed by the Executive Governor of Osun state as Executive Secretary of Odootin South LCDA (2018 - 2020).
- vi. External examiner, Postgraduate School, University of Ibadan, (2022- 2024)
- vii. Member of the National Universities' Commission (NUC) ad-hoc Verification panel to evaluate Bachelor of Medical Rehabilitation (Physiotherapy) programme of the University of Nigeria, Enugu campus, Enugu state, Nigeria, 2023.
- viii. Member of the National Universities' Commission (NUC) ad-hoc Verification panel to evaluate Bachelor of Medical Rehabilitation (Physiotherapy) programme of the Nnamdi Azikwe University, Nnewi campus, Anambra state, Nigeria 2023.
- ix. A reviewer for the Journal of Orthopaedic Manual Therapists (JOMT) 2023 till Date

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. 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. Similarly, the importance and relevance of topical medications in clinical physiotherapy practice were established in some literature review, exploratory survey and clinical trials. 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. 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. Some papers advocated the need for physiotherapists to improve their knowledge of pharmacotherapy as findings revealed poor knowledge on top medications. 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. 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. 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 order 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. 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. 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.

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. Another study reported that the level of cardiovascular risk was low among the subjects selected.

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