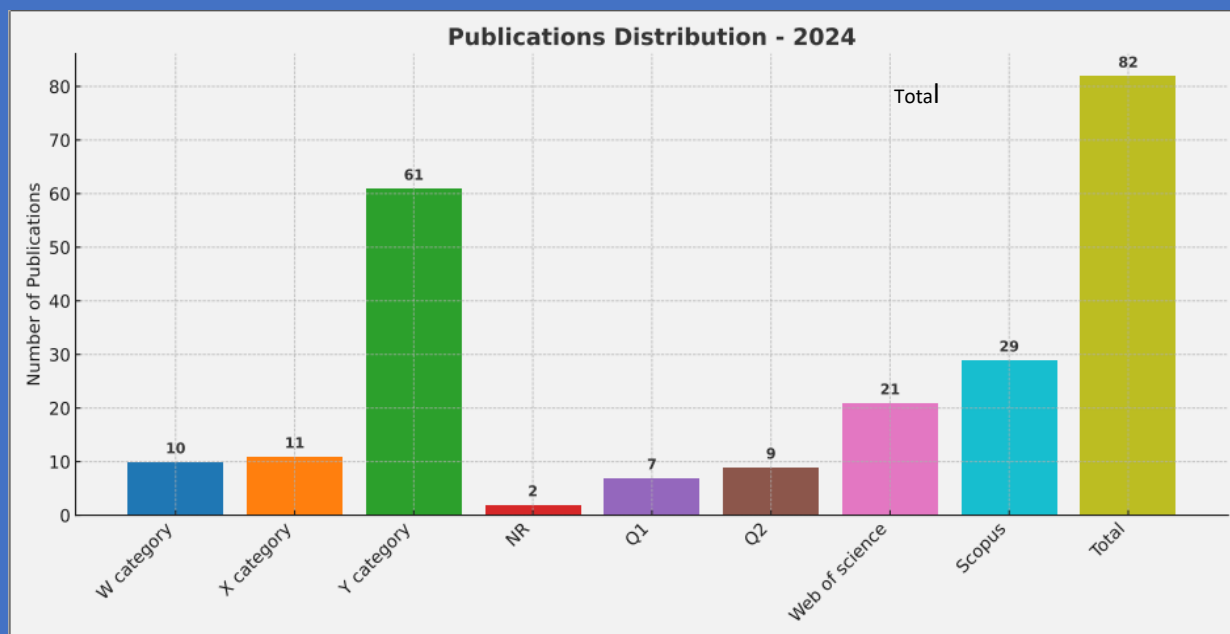


## School of Health Sciences



The comprehensive research performance across 2024. With a total of 82 publications, 2024 led with 82 outputs, prominently from Y-category journals (61), showing gradual diversification across W, X, and Y categories..

**Recognition Research Awards/Distinctions received by School/Faculty members-Top 2 authors**

**1. Dr. Umar Bacha**

**Top 2% Scientist of the world (2022-2024)**

**Highest impact factor and highest citations award**

**2. Dr. Naveed Munir**

**Research award on Highest H-index (2023-2024)**

**Highest Citation Achieved**

**A remarkable milestone by Dr. Umar Bacha, faculty member of SHS, for the most cited publication:**

**Title:** *Global, regional, and national comparative risk assessment of 79 behavioral, environmental and occupational, and metabolic risks or clusters of risks, 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015*

# Research Outlook 2024

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- School of Health Sciences (SHS)

**School of Health Sciences (SHS)**

| Title  | Journal Name   | Ranking | Issue | Volume | Department                                   |
|--|--|---------|-------|--------|--|
| Nutraceutical activities of Trigonella foenum-graecum and Nigella sativa seeds in the management of diabetes-induced in albino rats  | Journal of Food Science                                  | HEC W   | 7     | 89     | Department Biomedical Laboratory Sciences    |
| Frequency of Diastasis Recti in Second and Third Trimesters of Pregnancy in Jinnah Hospital Lahore. A Cross-Sectional Study  | Journal of Health and Rehabilitation Research            | HEC Y   | 1     | 4      | Department Biomedical Laboratory Sciences    |
| Effects of Buteyko Breathing Technique Versus Diaphragmatic Breathing on Exercise Capacity and Quality of Life in Patients with Chronic Obstructive Pulmonary Disease            | Journal of Health and Rehabilitation Research            | HEC Y   | 2     | 4      | Department Biomedical Laboratory Sciences    |
| Effects of Exercise and Kinesiotaping with and without Wedge Insole on Pain and Function in Patients with Grade 3 Knee Osteoarthritis  | Journal of health and Rehabilitation Research            | HEC Y   | 2     | 4      | Department Biomedical Laboratory Sciences    |
| Comparison of Patient Satisfaction and Quality of Life to Buteyko Versus Diaphragmatic Breathing Technique in Patients with Asthma   | Journal of Health and Rehabilitation Research            | HEC Y   | 1     | 4      | Department Biomedical Laboratory Sciences    |
| Association of Social Academic Emotional Behavior and Cognitive Health with Breakfast Skipping among School-Going Children of 7- 14 Years of Age                                 | National Journal of Medical and Health Sciences (NJMHS)  | HEC Y   | 1     | 6      | Department Biomedical Laboratory Sciences    |
| Incidence of Cachexia and its Association with Functional Capacity in Chronic Heart Failure Patients   | Pak-Euro Journal of Medical and Life Sciences            | HEC Y   | 1     | 7      | Department Biomedical Laboratory Sciences    |
| COVID-19 mRNA VACCINES FRONTRUNNERS: EVALUATION OF BIO-PHARMACOLOGICAL FEATURES AND ANTAGONISTIC EFFECTS OF PFIZER-BIONTECH AND MODERNA VACCINES                                 | Oxidation Communications                                 | HEC Y   | 47    | 3      | Department Biomedical Laboratory Sciences    |
| Radiotherapy of prostate and head-and-neck tumour: An optimal treatment planning comparison for intensity modulated radiotherapy and volumetric modulated archtherapy techniques | The Journal of the Pakistan Medical Association          | HEC X   | 1     | 74     | Department Medical Imaging & Ultrasonography |
| Unraveling the potential of methotrexate: evidence from recent clinical trials   | Gazzetta Medica Italiana Archivio per le Scienze Mediche | HEC X   | 10    | 183    | Department Medical Imaging & Ultrasonography |

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|---|--|-------|---|----|--|
| Crosslinking MRI with Histopathology: Cross-Sectional Analysis to Assess the Effectiveness in the Identification of Benign and Malignant Tumors                     | PAK-EURO JOURNAL OF MEDICAL AND LIFE SCIENCES  | HEC Y | 3 | 7  | Department Medical Imaging & Ultrasonography |
| Article Comparative Study of Multi-detector Computed Tomography and Ultrasonography Findings in Blunt Abdominal Trauma in Tertiary Care Hospitals of Central Punjab | International Health Review  | HEC Y |   |    | Department Medical Imaging & Ultrasonography |
| Comparative Study of Sonographic Evaluation of Common Carotid Intima-Media Thickness Among Obese and Non-Obese Type II Diabetic Patients                            | The Journal of Health and Rehabilitation Research (JHRR)   | HEC Y | 3 | 4  | Department Medical Imaging & Ultrasonography |
| Evaluating the effect of vitamin D3 fortification on physicochemical and sensory properties of yogurt   | Cogent Food & Agriculture  | HEC W | 1 | 10 | Department of Clinical Services              |
| Assessment of Quality of Life for Elderly Residents: A Cross Sectional Study in Nursing Home Settings   | Revista de Investigacion e Innovacion en Ciencias de la Salud  | HEC Y |   |    | Department of Clinical Services              |
| RELATION BETWEEN SMARTPHONE USAGE ADDICTION AND TEXT NECK SYNDROME IN STUDENTS OF LAHORE INSTITUTE OF SCIENCE AND TECHNOLOGY  | Pakistan Journal of Physical Therapy   | HEC Y | 1 | 7  | Department of Clinical Services              |
| Normative Value of Strength on Lower Extremity among Geriatric Population Using Dynamometer: A Cross Sectional Study  | Pakistan Journal of Physical Therapy (PJPT)  | HEC Y | 4 | 7  | Department of Clinical Services              |
| COMPARISON OF PRACTICES RELATED TO MID-MORNING SNACKS AMONG SCHOOL GIRLS OF DIFFERENT SOCIOECONOMIC STATUS  | COMPARISON OF PRACTICES RELATED TO MID-MORNING SNACKS AMONG SCHOOL GIRLS OF DIFFERENT SOCIOECONOMIC STATUS | HEC Y | 1 | 5  | Department of Clinical Services              |
| SCREENING ASSESSMENT AND EVALUATION OF MACRONUTRIENTS & THEIR COMPONENTS INTAKE AMONG CARDIAC PATIENTS AT TERTIARY CARE HOSPITAL OF LAHORE                          | International Journal of Pharmacy & Integrated Health Sciences   | HEC Y | 2 | 5  | Department of Clinical Services              |
| COMPARISON OF DIETARY INTAKE WITH USDA MY PLATE GUIDELINES IN IN-PATIENTS SETUP AT TERTIARY CARE HOSPITAL OF LAHORE   | International Journal of Pharmacy & Integrated Health Sciences   | HEC Y | 2 | 5  | Department of Clinical Services              |
| Association of restless leg syndrome with fatigue and sleep quality among students taking paracetamol   | Journal of Contemporary Pharmacy   | HEC Y | 1 | 8  | Department of Clinical Services              |
| Level of Physical Activity among Working Females Wearing High Heels   | journal of health and rehabilitation research  | HEC Y | 1 | 4  | Department of Clinical Services              |

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| Effects of Aerobic Exercise on Blood Pressure and Sleep Quality in Hypertensive Postmenopausal Female   | Journal of Health & Rehabilitation Research         | HEC Y | 2 | 4  | Department of Clinical Services                   |
| Association of Smartphone Overuse with Hand Discomfort in University  | Journal of health and rehabilitation research       | HEC Y | 3 | 4  | Department of Clinical Services                   |
| Proficiency and Ethical Standards: A Cross-Sectional Survey of Postgraduate Physical Therapy Students at RCRS Lahore  | Journal Riphah College of Rehabilitation Sciences   | HEC Y | 3 | 12 | Department of Clinical Services                   |
| ASSOCIATION OF MUSCULOSKELETAL PAIN WITH WEIGHT LIFTING IN CONSTRUCTION WORKERS OF LAHORE   | Insights-Journal of Health and Rehabilitation       | HEC Y | 2 | 2  | Department of Clinical Services                   |
| Food Advertisement and Marketing Policies Aimed at Reducing Childhood Obesity: A Review of Existing Regulations in High-Income Countries                                    | Public Health Reviews                               | HEC X |   | 45 | Department of Nutrition & Dietetics               |
| Herbal diets: Directions for improving health and wellness  | Nutrition and Health                                | HEC Y | 1 | 30 | Department of Nutrition & Dietetics               |
| MATERNAL NUTRITION AND POSTNATAL RISK FACTORS: IMPACT ON GROWTH AND DEVELOPMENT OF PAKISTANI INFANTS - FINDINGS FROM THE LAHORE BIRTH COHORT STUDY (LBSC)                   | COMMUNITY PRACTITIONER                              | HEC Y | 7 | 21 | Department of Nutrition & Dietetics               |
| Protective Effect of Commonly Used Foods and Natural Products against COVID-19  | BioScientific Review (BSR)                          | HEC Y | 2 | 6  | Department of Nutrition & Dietetics               |
| Dietary Habits and their Impact on Physical Symptoms Severity in Young Females Diagnosed with PCOS  | Lahore Garrison University Journal of Life Sciences | HEC Y | 1 | 8  | Department of Nutrition & Dietetics               |
| DEVELOPMENT OF NUTRIENT ENRICHED FLOUR BLEND FROM OATS CHIA SEEDS AND SPINACH   | Journal of Akhtar Saeed Medical & Dental College    | HEC Y | 4 | 6  | Department of Nutrition & Dietetics               |
| Impact of Work Overload on Dietary Habits Sleep Quality and Well-Being Among University Employees in Lahore Pakistan  | TSF JOURNAL OF BIOLOGY                              | HEC Y | 2 | 2  | Department of Nutrition & Dietetics               |
| Comparative effects of fascial distortion model with and without neuromuscular inhibition technique on pain range of motion and quality of life in patients with piriformis | Disability and Rehabilitation                       | HEC W |   | 45 | Department of Physical Therapy and Rehabilitation |
| Effects of clamshell exercises in terminal extension lag after ACL reconstruction   | The Knee  | HEC W |   | 48 | Department of Physical Therapy and Rehabilitation |

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| Effects of kinect-based virtual reality training on bone mineral density and fracture risk in postmenopausal women with osteopenia: a randomized controlled trial                                | scientific reports   | HEC W | 2024 |    | Department of Physical Therapy and Rehabilitation |
| Comparative effects of post isometric relaxation technique and Bowen's therapy on pain range of motion and function in patients with temporomandibular joint disorder                            | BMC Oral Health  | HEC W | 1    | 24 | Department of Physical Therapy and Rehabilitation |
| Effects of exercise on sex steroid hormones (estrogen progesterone testosterone) in eumenorrheic females: A systematic to review and meta-analysis   | BMC Womens Health  | HEC W | 1    | 24 | Department of Physical Therapy and Rehabilitation |
| Gamified Exercise with Kinect: Can Kinect-Based Virtual Reality Training Improve Physical Performance and Quality of Life in Postmenopausal Women with Osteopenia? A Randomized Controlled Trial | Sensors  | HEC W |      |    | Department of Physical Therapy and Rehabilitation |
| Comparison of muscle energy technique and mobilization with movement to reduce pain and improve functional status in subjects with anterior innominate ilio-sacral dysfunction                   | Journal of Bodywork and Movement Therapies                   | HEC W |      | 40 | Department of Physical Therapy and Rehabilitation |
| EFFECTS OF 8-WEEKS SYSTEMATIC CORRECTIVE EXERCISE PROGRAM ON BODY POSTURE AND STABILITY IN PRONATION DISTORTION SYNDROME   | Journal of Population Therapeutics & Clinical Pharmacology   | HEC X | 4    | 31 | Department of Physical Therapy and Rehabilitation |
| Effects of kinesio taping with and without active release technique in carpal tunnel syndrome  | Hand Surgery and Rehabilitation                              | HEC X | 1    | 43 | Department of Physical Therapy and Rehabilitation |
| BRONCHITIS CAUSED BY BACTERIA THAT LASTS FOR AN EXTENDED PERIOD IN CHILDREN  | Journal of Population Therapeutics and Clinical Pharmacology | HEC X | 9    | 31 | Department of Physical Therapy and Rehabilitation |
| RELATIONS OF COLORECTAL CANCER WITH GENDER AGE AND LIFESTYLE DIFFERENCE OVER AGE 45 YEARS SCREENED BY COLONOSCOPY IN LAHORE FROM 2022-2023   | Journal of population therapeutics and clinical pharmacology | HEC X |      | 31 | Department of Physical Therapy and Rehabilitation |
| EFFECTS OF 6-WEEKS PILATES EXERCISE VERSUS NEURAL DYNAMIC MOBILIZATION ON PAIN FLEXIBILITY AND QUALITY OF LIFE IN PATIENTS WITH SCIATICA   | Journal of Population Therapeutics & Clinical Pharmacology   | HEC X | 4    | 31 | Department of Physical Therapy and Rehabilitation |

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| IMPACT OF APP-BASED COGNITIVE TRAINING ON POST-STROKE UPPER EXTREMITY REHABILITATION   | Journal of Population Therapeutics & Clinical Pharmacology   | HEC X | 4  | 31 | Department of Physical Therapy and Rehabilitation |
| IMPACT OF FEAR OF FALL ON FUNCTIONAL INDEPENDENCE AMONG COMMUNITY DWELLING OLDER ADULTS  | Journal of Population Therapeutics and Clinical Pharmacology | HEC X | 9  | 31 | Department of Physical Therapy and Rehabilitation |
| "Comparative Effects Of Motor Relearning Program And Action Observation Therapy On Balance And Gait In Chronic Stroke Patients"                          | Migration Letters  | HEC X | 13 | 21 | Department of Physical Therapy and Rehabilitation |
| Comparative Effects Of Motor Relearning Program And Action Observation Therapy On Balance And Gait In Chronic Stroke Patients                            | Migration Letters  | HEC X | 13 | 21 | Department of Physical Therapy and Rehabilitation |
| EFFECTS OF CRANIOCERVICAL FLEXION EXERCISES AND SCAPULAR STABILIZATION EXERCISES IN NECK PAIN AND FORWARD HEAD POSTURE AMONG FEMALES WEARING HEADSCARVES | Pakistan Journal of Rehabilitation                           | HEC Y | 1  | 13 | Department of Physical Therapy and Rehabilitation |
| EFFECT OF MULLIGAN SPINAL MOBILIZATION WITH LEG MOVEMENT (SMWLM) ALONG WITH KINESIOLOGY TAPING IN SUBJECTS WITH SCIATICA                                 | Journal of Population Therapeutics and Clinical Pharmacology | HEC Y | 4  | 31 | Department of Physical Therapy and Rehabilitation |
| Comparison of active release and post-isometric relaxation techniques on functional performance in patients with chronic lateral epicondylitis           | Journal of musculoskeletal surgery and research              | HEC Y |    |    | Department of Physical Therapy and Rehabilitation |
| Prevalence of Upper Limb Dysfunction in Fashion Designer Students Using Fades Chairs   | Pakistan Journal of Public Health                            | HEC Y | 1  | 14 | Department of Physical Therapy and Rehabilitation |
| Estimating Prevalence of Gastrocnemous Contracture and Disability among Paramedical Staff with Plantar Fasciitis   | Pakistan journal of physical therapy                         | HEC Y | 3  | 7  | Department of Physical Therapy and Rehabilitation |
| THE PREVALENCE OF BENIGN PAROXYSMAL POSITIONAL VERTIGO AND ITS ASSOCIATION WITH QUALITY OF LIFE  | Rehman Journal of Health Sciences                            | HEC Y | 2  | 6  | Department of Physical Therapy and Rehabilitation |
| Effects of Rhythmic Stabilization and Mckenzie Techniques on Pain and Function in Patients with Non-Specific Chronic Low Back Pain                       | Pakistan Journal of health sciences                          | HEC Y | 5  | 5  | Department of Physical Therapy and Rehabilitation |
| Implementation of Formative Assessment for Learning: A Review  | Journal of Health and Rehabilitation Research                | HEC Y | 2  | 4  | Department of Physical Therapy and Rehabilitation |



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| Professional Quality of Life among Healthcare Workers: A Case Study Conducted during the COVID-19 Pandemic   | International Health Review  | HEC Y | 1  | 4 | Department of Physical Therapy and Rehabilitation |
| COMPARATIVE EFFECTS OF MACQUARIE INJURY MANAGEMENT GROUP PROTOCOL IN ADDITION TO ROUTINE PHYSICAL THERAPY ON PAIN RANGE OF MOTION AND FUNCTIONAL DISABILITY IN PATIENTS WITH KNEE OSTEOARTHRITIS | PJPT(Pakistan journal of physical therapy )                          | HEC Y | 2  | 7 | Department of Physical Therapy and Rehabilitation |
| Prevalence of Pronation Distortion Syndrome and Anterior Pelvic Tilt in Relation to Body Stability among Amateur Athletes  | PAKISTAN BIOMEDICAL JOURNAL  | HEC Y | 11 | 7 | Department of Physical Therapy and Rehabilitation |
| Effects of Progressive Resistance Exercise Training on Endurance and Functional Mobility in Children with Spina Bifida   | THE HEALERS journal of physical therapy and rehabilitation sciences. | HEC Y | 2  |   | Department of Physical Therapy and Rehabilitation |
| ASSESSMENT OF SEVERITY OF IRON DEFICIENCY AND ASSOCIATED RISK FACTORS AMONG PREGNANT WOMEN   | International Journal of Pharmacy & Integrated Health Sciences       | HEC Y | 1  | 5 | Department of Physical Therapy and Rehabilitation |
| Evaluation of Balance in Cerebral Palsy Children through Nintendo Wii  | journal of rehabilitation and clinical research                      | HEC Y | 2  | 2 | Department of Physical Therapy and Rehabilitation |
| Effect of Weight Bearing on Medial Longitudinal Arch of Foot in Healthy Adults   | journal of health and rehabilitation research                        | HEC Y | 1  | 4 | Department of Physical Therapy and Rehabilitation |
| Association of Breast-Feeding Positions with Scapular Dyskinesia in Postpartum Females   | Journal of Health and Rehabilitation Research                        | HEC Y | 1  | 4 | Department of Physical Therapy and Rehabilitation |
| Association of Isolated Gastrocnemius Tightness in Patients with Heel Pain   | Journal of Health and Rehabilitation Research                        | HEC Y | 1  | 4 | Department of Physical Therapy and Rehabilitation |
| Comparison of Intensive Physical Therapy and Electrical Stimulation to Reduce Spasticity in Stroke   | journal of health and rehabilitation research                        | HEC Y | 1  | 4 | Department of Physical Therapy and Rehabilitation |
| Prevalence of Hamstring Strain and Association with Fatigue among Domestic Cricketers in Lahore Pakistan   | Journal of Health and Rehabilitation Research                        | HEC Y | 4  | 1 | Department of Physical Therapy and Rehabilitation |
| Efficacy of Maitland Mobilization Along with Strengthening Exercises Compared with PNF Technique in Treatment of Adhesive Capsulitis   | JOURNAL OF HEALTH AND REHABILITATION RESEARCH                        | HEC Y | 2  | 4 | Department of Physical Therapy and Rehabilitation |
| Comparison between Effectiveness of Mets and Static Stretching on Trapezius in Upper Cross Syndrome  | Journal of Health and Rehabilitation Research                        | HEC Y | 2  | 4 | Department of Physical Therapy and Rehabilitation |

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|--|---|-------|---|----|---|
| Prevalence and Knowledge of Urinary Incontinence and Awareness about Physical Therapy Treatment among Young Females of Lahore  | Journal of Health and Rehabilitation Research   | HEC Y | 2 | 4  | Department of Physical Therapy and Rehabilitation |
| Association Between Neck Pain and Level of Disability Among Females Going to Beauty Parlor or Aesthetic Clinics  | JOURNAL OF HEALTH AND REHABILITATION RESEARCH   | HEC Y | 2 | 4  | Department of Physical Therapy and Rehabilitation |
| Relationship between Sleep Quality and Functional Ability in Patients with Chronic Spinal Cord Injury: A Cross-Sectional Study   | insights-journal of health and rehabilitation   | HEC Y | 1 | 3  | Department of Physical Therapy and Rehabilitation |
| PERCEPTION OF ACTIVE VIDEO GAMING IN ENHANCEMENT OF PHYSICAL ACTIVITY AMONG ADOLESCENTS  | Insights-Journal of Health and Rehabilitation   | HEC Y | 2 | 2  | Department of Physical Therapy and Rehabilitation |
| COMPARATIVE EFFECTS OF CALCANEAL LOW-DYE TAPING PLANTAR FASCIA STRETCHING AND SHAM TAPING ON ACUTE PLANTAR HEEL PAIN AND FUNCTIONAL ACTIVITY LEVEL IN FOOTBALL PLAYERS | Insights-Journal of Health and Rehabilitation   | HEC Y | 2 | 2  | Department of Physical Therapy and Rehabilitation |
| COMPLICATIONS DUE TO POST OPERATIVE KINESIOPHOBIA IN PATIENTS FOLLOWING MODIFIED RADICAL MASTECTOMY  | INSIGHTS-JOURNAL OF HEALTH AND REHABILITATION   | HEC Y | 2 | 2  | Department of Physical Therapy and Rehabilitation |
| Healthcare Accessibility: Bridging the Gap in Allied Health Services   | INSIGHTS-JOURNAL OF HEALTH AND REHABILITATION   | HEC Y | 1 | 2  | Department of Physical Therapy and Rehabilitation |
| PREVALENCE OF THORACIC OUTLET SYNDROME IN WORKERS AND PLAYERS OF FAISALABAD  | Pakistan Journal of Rehabilitation              | HEC Y | 2 | 13 | Department of Physical Therapy and Rehabilitation |
| EFFECTS OF MUSCLE ENERGY TECHNIQUE AND POSTURAL CORRECTION EXERCISES IN LORDOTIC FEMALES WEARING HIGH HEELS; A QUASI EXPERIMENTAL TRIAL                                | Rehman Journal of Health Sciences               | HEC Y | 2 | 6  | Department of Physical Therapy and Rehabilitation |
| Assessing the Dexterity Function of Dominant Hand in PUBG Players with Cell Phone Elbow Syndrome   | Journal of Rehabilitation and Clinical Research | HEC Y | 2 | 2  | Department of Physical Therapy and Rehabilitation |
| Incidence of Restless Legs Syndrome in Pakistan and Its Relationship With Depression, Gender, and Age: A Cross-Sectional Study   | Chronobiology in Medicine                       | HEC Y | 1 | 6  | Department of Physical Therapy and Rehabilitation |
| Reliability and concurrent validity of the iHandy level mobile application to measure thoracolumbar range of motion in low back pain patients                          | Physiotherapy Quarterly                         | HEC Y | 4 | 32 | Department of Physical Therapy and Rehabilitation |
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| UMT Research Outlook 2024                         |              |            |            |            |
|---|--------------|------------|------------|------------|
| School of Health Sciences (SHS)                   |              |            |            |            |
| Department  | Publications | W Category | X Category | Y Category |
| Department Biomedical Laboratory Sciences         | 8            | 1          | 0          | 7          |
| Department Medical Imaging & Ultrasonography      | 5            | 0          | 2          | 3          |
| Department of Clinical Services                   | 13           | 1          | 0          | 12         |
| Department of Nutrition & Dietetics               | 7            | 1          | 0          | 6          |
| Department of Physical Therapy and Rehabilitation | 49           | 7          | 9          | 33         |
| <b>Total</b>                                      | <b>82</b>    | <b>10</b>  | <b>11</b>  | <b>61</b>  |