



UMT 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

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

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

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

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

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

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

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
Total	82	10	11	61