



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. **State of Origin:** Osun
3. **Date/Place of birth:** 14th June 1967/Agbeye
4. **Marital Status:** Married
5. **Number and Ages of Children:** Five: 28, 26, 26, 21, 6 and 3 years
6. **Next of Kin:** Mr Onigbinde Oyinlola Mubarak
7. **Postal Address:** Zone 7, No 67, Onigbinde Ayodele Close,
New Oba road, Osogbo, Osun State,
Nigeria
8. **Permanent Address:** No 67, Zone 7, Onigbinde Ayodele
Close, New Oba Road, Osogbo, Osun
State, Nigeria
9. **E-mail Address & Phone number:** aonigbinde@unimed.edu.ng, +234 8081978220

Institutions attended and qualifications obtained with dates

- | | |
|--------------------------------|--------------|
| (a) Obafemi Awolowo University | (1986-1990) |
| (b) University of Ilorin | (1998-2001) |
| (c) University of Ilorin | (2007- 2011) |

12, 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)

13. Membership of professional bodies

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

14. Work history till present in detail; status and dates

Previous work Experience outside the University system with Dates

- (i). NYSC Physiotherapist, Sport Medical Center, Bauchi State Sports Commission, Bauchi (1990-1991)
- (ii). Physiotherapist, Sport Medical Center, Bauchi State Sports Commission, Bauchi (CONTRACT JOB-1991-1996)
- (iii). Senior Physiotherapist, University of Ilorin Teaching Hospital, Ilorin, Kwara State (1997-2004)

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

15. Administrative Positions Held

1. Head of Physiotherapy Unit, Bauchi state sports medicine clinic, Bauchi, (1990 - 1996)
2. Head, Orthopaedic posting, University of Ilorin Teaching Hospital, Ilorin (1997 - 2004)
3. Coordinator, Part 1 Medicine and Dentistry, O.A.U, Ile-Ife (2004 -2006)
4. Coordinator, Part 2 Medicine and Dentistry, O.A.U, Ile-Ife (2006 -2009)
5. Bachelor of Medical Rehabilitation programme, O.A.U, Ile-Ife (2009 -2016)
6. Head of Department, Medical Rehabilitation programme, O.A.U, Ile-Ife (2016 -2018)
7. Postgraduate Coordinator, Department of Medical Rehabilitation, O.A.U, Ile-Ife (2020 -2022)
8. Acting Dean, Faculty of Medical Rehabilitation, Univ. of Medical Sciences, Ondo (2023/2024)
9. Substantive Dean, Faculty of Medical Rehabilitation, Univ. of Medical Sciences, Ondo (2024 - till date)
10. Member of the Postgraduate Board (2023 - till date) & Chairman, Planning Committee, Interdisciplinary Discourse Lecture of the PG School (2024)
11. Chairman, University Sports Council, Univ. of Medical Sciences, Ondo (2024 - till date)
12. Chairman, Postgraduate Abstract Committee, Univ. of Medical Sciences, Ondo (2024 - till date)
13. Provision of clinical teaching and services at Unimed Teaching Hospital (2023 to date).
14. Director, Consortium for Advanced Leadership and Mentorship Training (An Institute of Association of Clinical and Academic Physiotherapists of Nigeria), (2016 - 2025)
15. Appointed by the Executive Governor of Osun state as Executive Secretary of

Odootin South LCDA (2018 - 2020).

16. External examiner, Postgraduate School, University of Ibadan, (2022- 2024)
17. 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.
18. 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.
19. A reviewer for the Journal of Orthopaedic Manual Therapists (JOMT) 2023 till Date
20. Reviewer for many national and international journals
21. National secretary general, Nigeria Society of Physiotherapy (2000 - 2004)
22. National Vice president, Nigeria Society of Physiotherapy (2006 - 2008)
23. Africa Vice president, World Congress of Physiotherapy (2008 - 2010)
24. Secretary, Board of Trustees, Association of Clinical and Academic Physiotherapists of Nigeria
25. National President, National Association of Orthopaedic Manual Therapists (NAOMT), 2016 - 2024
- 26.** Chairman, curriculum drafting committees for development of undergraduate physiotherapy training programmes in 3 Nigerian Universities and one in an International University (African Science and Entrepreneurship University, Liberia, Monrovia).
- 27.** Chairman, curriculum drafting committee for development of Postgraduate training programmes (PGD, MSc and PhD in Exercise, Sports Science and Medicine) at the University of Medical science, Ondo
- 28.** Physiotherapist in charge of Barcelona Olympics Games camp in Bauchi, 1992
- 29.** Physiotherapist in the Medical Team for All African Games, Harare, Zimbabwe, 1995

Other Distinctions/Recognition (with dates)

30. Outstanding Physiotherapist of the year (1999) – Awarded by Cooperative College, Odeomu, Osun state.
31. Distinguish Alumnus award OAU (2007) – Awarded by Obafemi Awolowo university.
32. Most Supportive staff Adviser (2007)–Awarded by Ife University Therapists Students Association (IFUTSA).
33. Most Valuable Lecturer (2009)- IFUTSA
34. Best Lecturer Award (2010) – IFUTSA
35. Most Supportive Lecturer (2011)– IFUTSA
36. Honour of Distinguished Service (2012)–Awarded by NSP, Osun State.
37. Distinguished Service Award (2012), [Nigeria Society of Physiotherapy]
38. Award of Excellence (2015) –Awarded by The Federation of Odo-otin Students Association, Adeyemi College of Education, Ondo.
39. Award of Excellence (2015) – IFUTSA
40. Symposium speaker (2016) –Awarded by the Society for The Study of Pain, Nigeria
41. Award of Excellence (2016) –Awarded by The Academic Commission of Assoc. of Physiotherapy Students, University of Ibadan.
42. Honourary Award (2019)- in recognition for Immense and Selfless contributions to the development of Agbeye Town
43. Award of Recognition as a Workshop Speaker (2023)- Awarded by Association of Clinical and Academic Physiotherapists (ACAPN)

- 44. Award of Recognition as a Guest Speaker (2023)- Awarded by The Grantees,
Department of Physiotherapy, Unimed
- 45. Award of Recognition as a Guest Speaker (2024)- Awarded by The Marven,
Department of Physiotherapy, Unimed
- 46. Certificate of Recognition by the Cameroon Society of Physiotherapy, Yaounde,
Cameroon

16. Number of Postgraduate supervision: PGD - 2, M.Sc - 7, PhD - 4

17. List of grants received

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

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- Co-investigator (2023).
- iv. Tetfund IBR grant for the Development, Reliability, Concurrent Validity of The Micro-plastic Meter Ruler and 5mm diameter- Nozzle Syringe for Dosage specifications of Topical Diclofenac Gel and Methyl Salicylate Cream among patients with musculoskeletal dysfunctions (In view)

18. List of 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

**Published Journal Articles (in Orthopaedic Rehabilitation, Pharmacophysiotherapy,
Muscle Physiology & General practice)**

1. 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)**
2. 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)**
3. 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)**
4. **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. **NIGERIA**
5. **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
6. **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. **NIGERIA**
7. **AT Onigbinde**, RA Adedoyin, OO Orijajogun, 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. **NIGERIA**
8. **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. **UNITED STATES OF AMERICA**

9. Johnson Olubusola, Awotidebe Taofeek, O.I, Oladipo, **Teslim, Onigbinde**, Mbada Chidozie, Arowoiya, Ayo. (2010). A comparative study of the quality of life at athlete and nonathlete undergraduate students of a Nigerian University. *Medicina Sportiva*. 3. 1441-1447.

ROMANIA

10. 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)**

11. **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)**

12. 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)**

13. **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. **NIGERIA**

14. 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. **NIGERIA**

15. 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. **NIGERIA**

16. **AT Onigbinde**, MK Mustapha. Effect of six weeks cycle ergometry on selected Gait Parameters of Stroke Survivors. *Internet Journal of Allied Health Sciences and Practice* 8 (3), 8, 1 - 6, 2010. **UNITED STATES OF AMERICA**
17. **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. **NIGERIA**
18. 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. **NIGERIA**
19. **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)**
20. **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)**
21. 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)**
22. **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)**

23. 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)**
24. **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. **INDIA**
25. **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)**
26. 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)**
27. **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)**
28. 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)**
29. **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)**

30. **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)**
31. **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)**
32. **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. **NIGERIA**
33. 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. **NIGERIA**
34. 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. **NIGERIA**
35. **AT Onigbinde**, MK Mustapha. Effect of six weeks cycle ergometry on selected Gait Parameters of Stroke Survivors. *Internet Journal of Allied Health Sciences and Practice* 8 (3), 8, 1 - 6, 2010. **UNITED STATES OF AMERICA**
36. Olaitan, O. 'Lanre, **A.T Onigbinde**, 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. **INDIA**
37. Olukunmi 'Lanre Olaitan, Adetayo Egun Talabi, Charles Olabode Olumoriin, Kolawole Thomas Braimoh, Olabode Olayinka Kayode, **Ayo Teslim ONIGBINDE**. Risks experience during pregnancy among teenagers in South West Nigeria *International Journal of*

Collaborative Research on Internal Medicine & Public Health Vol. 4 No. 1, 2 - 12,(January 2012). **BELGIUM**

38. **AT Onigbinde**, TO Awotidebe, JF Babalola, OI Oladipo, AO Abass, CE Mbada. Comparative efficacy of open kinetic-chain exercise and short-wave diathermy in the management of patients with knee osteoarthritis. *Medicinal Sportiva* 7 (3), 1635-1642, 2011.

ROMANIA

39. **AT Onigbinde**, OG Isaac, SO Oniyangi, TO Awotidebe, AO Ojoawo. Home based application of transdermal cryoanalgesia as interventional pain management among Nigerian physiotherapists. *Medicinal Sportiva* (2012), vol VIII, no 1, 1775- 1783 **ROMANIA**

40. **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**)

41. **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**)

42. **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. **THE NETHERLAND**

43. 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**)

44. TO Awotidebe, RA Adedoyin, BI Uwamagbe, **AT Onigbinde**, S Sanusi. Knowledge and use of Transcutaneous Electrical Stimulation (TENS) among Nigerian physical therapists. *Technology and Health Care* 20 (4), 297-304, 2012. **THE NETHERLAND**

45. Adetayo Ebum Talabi, Olukunmi ‘Lanre Olaitan, Surajudeen Tosho Bakinde **Ayodele Teslim Onigbinde**. Injury pattern among squash players in Nigeria. *International Journal of Applied Psychology and Human Performance*, Vol.7 (2012), 1550 - 1555. **UNITED STATES OF AMERICA**
46. **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. *TAF Preventive Medicine*, Volume 11 Issue 4 Pages 415-420, 2012. **UNITED KINGDOM**
47. O Obembe, **AT Onigbinde**, PO Fajinmi. Reliability and concurrent validity of Modified Barthel Index in a Nigerian language. *Journal of the Nigeria Society of Physiotherapy* 20, 21 - 24, 2012. **NIGERIA**
48. **A T Onigbinde**, Adetayo Ebum Talabi, Raheem Adaramaja Shehu, Chidozie E. Mbada (2012). Reply to “Letter to the Editor: Clinical implications for the effect of glucosamine sulfate iontophoresis on fasting plasma glucose levels” *Hong Kong Physiotherapy Journal* (2012) 30, 4e5. **HONGKONG**
49. RA Shehu, SA Onasanya, **AT Onigbinde**, EA Ogunsakin, DA Baba. Lifestyle, fitness and health promotion initiative of the University of Ilorin, Nigeria: an educational media intervention. *Ethiopian Journal of Environmental Studies and Management* 6 (3), 273-279, 2013. **ETHIOPIA**
50. Ojoawo Adesola Ojo, **Onigbinde Teslim 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. **NIGERIA**
51. Adesola O. Ojoawo, Joy C. Igudia, Chidozie E. Mbada, **Ayodele, T. Onigbinde**, Rufus, A. Adedoyin. Assessment of life satisfaction among physiotherapists from selected hospitals in

South-Western Nigeria. *Nigerian Journal of Medical Rehabilitation* 2013 Vol. 16, No 2 (2013). **NIGERIA**

52. **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>. **NIGERIA**

53. Shehu, R.A.,¹ Onasanya, S.A., **Onigbinde, T.A.**, Ogunsakin, E.A. and Baba, D.A. Lifestyle, fitness and health promotion initiative of the university of ilorin, nigeria: an educational media intervention. *Ethiopian Journal of Environmental Studies and Management* Vol. 6 No.3 273 - 279, 2013. **ETHIOPIA**

54. **Onigbinde Ayodele Teslim**, Olaogun M.O.B, Obembe Adebimpe Olayinka, Samotu Adedayo Ayobami, Bamitale Kayode D.S, Ogundele Abiola, and Adetoogun Gbadegsin 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. **NIGERIA**

55. 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. (**THE NETHERLAND**)

56. **Onigbinde A.T.**, Adebawale 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**)

57. **Onigbinde A.T.**, Ogunye O. M., Bamitale K.D.S., Adetoogun G. E., Ojoawo A.O., Kambalametore 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)

58. **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)**

59. **Onigbinde AT**, AS Adereni, KDS Bamitale, SVK Kambalametore, ... (2013). Changing the prescription status of physiotherapists: Perception of Nigerian physiotherapists. *Nigerian Journal of Medical Rehabilitation*, Vol. 16, No 2, Available at <http://www.njmr.org.ng>.

(NIGERIA)

60. **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)**

61. 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)**

62. **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)**

63. 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. **(GHANA)**

64. **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**)
65. 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**)
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72. **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. **INDIA**
73. 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. **EGYPT**
74. **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. **INDIA**
75. **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. **NIGERIA**

76. **Onigbinde A.T**, Ayodele O.Y, Ayodeji O.A; Borode O.A; Ayeni O.E, Adeogun O. M, Adebisi S.O, Adepoju. K, Kekere F.T. Opatade S.A., Akpa I.V. Inter-limbs Effect, Diffusion and Strength Predictors of Arm Flexors. *Journal of Biomedical Investigation (JBI)*, Volume 13 number 1:, 61 - 82, March-April 2025

19. Conferences and workshops attended

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, Cameroon, 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

56. Workshop on Advanced Soft Tissue Mobilization Techniques for Cervico-thoraco-lumbar dysfunctions at Nnamdi Azikwe University, Nnewi, Enugu state (13th and 14th February, 2025)

57. Physical Examination and Routine Tests: Review of System (ROS) Vs System Review (SR) at Nnamdi Azikwe University, Nnewi, Enugu state (12th)

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.

20. Extra-curricular activities

Watching football, Music production, Video editing and directing film production

21. Refrees

1. Prof Adesgun Fatusi

Department of Community Health

Faculty of Clinical Sciences

College of Health Sciences

Obafemi Awolowo University

Ile-Ife, Osun State

2. Prof R.A Adedoyin

Department of Medical Rehabilitation

Faculty of Basic Medical Sciences

Obafemi Awolowo University

Ile-Ife, Osun State

3. Prof Adesola Odole

Department of Physiotherapy

College of Medicine

University of Ibadan

Ibadan, Oyo State

A handwritten signature in blue ink, appearing to be 'Onigbinde', written in a cursive style.

30th September, 2025

Prof Onigbinde Ayodele Teslim