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WORK EXPERIENCE

Move Physiotherapy

Physiotherapist

31/05/2016 - Current

Owner of the clinic and part of a team composed by different professionals, including physiotherapists, S&C coaches, nutritionists and psychologists, that work together and are specialized in providing evidence-based rehabilitation.

University of Salerno

University Lecturer

01/04/2026 - Current

First-Level University Master's Programme in Musculoskeletal and Rheumatological Physiotherapy – Hip Module, University of Salerno.

University of Udine

University Lecturer

31/08/2018 - 30/09/2024

Bachelor's Degree Programme in Physiotherapy – Integrated Course in Clinical and Rehabilitation Management of Musculoskeletal Conditions, Module: Rehabilitation Methodologies for Spinal Disorders, Department of Medicine (DAME)

Physiotherapist freelance

Physiotherapist

01/2014 - Current

Owner of a personal clinic in which it is practiced musculoskeletal rehabilitation

University of Udine

University Lecturer

31/08/2020 - 31/08/2021

Bachelor's Degree Programme in Physiotherapy – Integrated Course in Rehabilitation Methodologies II, Module: Sports Rehabilitation, Department of Medicine (DAME)

Associazione Italiana Arbitri (AIA)

Physiotherapist

01/2017 - Current

Physiotherapist for soccer Italian referees

UEFA - U21 European Championship

Physiotherapist

06/2019 - 07/2019

Head of the rehabilitation area of the UEFA soccer referees at the U21 European Championship in Dacia Arena stadium (Udine)

Aurora Volley - Volleyball team

Physiotherapist

01/2015 - 01/2017

Sport physiotherapist in a volleyball team

● **Benetton Rugby - Rugby team**

Physiotherapist

04/2014 - 11/2014

Sport physiotherapist in a rugby team

● **Ambulatorio Polispecialistico e Fisiokinesiterapia Medicenter**

Physiotherapist

01/2014 - 11/2014

Physiotherapist for musculoskeletal disorders and sport rehabilitation

EDUCATION & TRAINING

● **09/2023 - 09/2025** London, United Kingdom

● **Master of science in Strength & Conditioning** Middlesex University

31/10/2025 - 03/07/2026 Pordenone

● **Advanced Musculoskeletal Pain Care Certificate** Curtin University

16/04/2026 - 19/04/2026 Conegliano

● **Persistent Low Back Pain: integrating neuroscience with mechanotherapy** Luca Maestroni

17/10/2025 - 19/10/2025 Conegliano, Italy

● **Lower and upper limb tendinopathies and sport performance** Luca Maestroni

10/05/2025 - 11/05/2025 Conegliano, Italy

● **Beyond Musculoskeletal Pain: the science and practice of Exercise as Medicine** Francesco Bettariga

25/01/2025 - 26/01/2025 Mestre

● **Entrapment neuropathies** Annina B Schmid

07/11/2024 - 10/11/2024 Conegliano

● **Persistent Low Back Pain: integrating neuroscience with mechanotherapy** Luca Maestroni

26/10/2024 - 27/10/2024 Milano, Italy

● **Strength & Conditioning Conference: principles and practice of performance and rehabilitation** Anthony Turner, Chris Bishop, Paul Read, Rhodri Llyoid, James Wild

24/05/2024 - 26/05/2024 Pordenone

● **Shoulder pain: a modern approach** Cinzia Sciocchetti

17/05/2024 - 19/05/2024 Conegliano, Italy

● **Clinical Cases** Luca Maestroni

12/04/2024 - 13/04/2024 Conegliano

● **The sporting foot complex - from rehab to sport performance** Romain Tourillon

05/04/2024 - 07/04/2024 Conegliano, Italy

● **Lower and upper limb tendinopathies and sport performance** Luca Maestroni

20/01/2024 - 21/01/2024 Conegliano, Italy

● **Principles of Strength & Conditioning - applications for maladaptive features** Luca Maestroni

23/09/2023 - 24/09/2023 Conegliano, Italy

● **Exercise in Sports and Health** Francesco Bettariga

Type of credits: ECM | Number of credits: 17

17/06/2023 - 18/06/2023 Conegliano, Italy

● **Exercise Medicine** Robert Newton

Type of credits: ECM | Number of credits: 17

13/05/2023 - 14/05/2023 Conegliano, Italy

● **Testing for return to play and high performance sport** Paul Read, Anthony Turner

24/03/2023 - 26/03/2023 London, United Kingdom

● **Cognitive Functional Therapy: a person-centered behavioral approach for people with disabling LBP** Peter O'Sullivan

18/03/2023 - 19/03/2023 Pordenone, Italy

● **Neuroscience of pain. Translating neuroscience into clinical practice. Assessment and management of individuals with persistent pain** Andrea Polli

13/11/2022 - 14/11/2022 Brescia, Italy

● **Biopsychosocial management of musculoskeletal pain application of the musculoskeletal clinical translation framework** Tim Mitchell

Type of credits: ECM | Number of credits: 18.9

20/10/2022 - 21/10/2022 Udine, Italy

● **Exercise Medicine** Robert Newton

18/10/2022 - 19/10/2022 Conegliano, Italy

● **Exercise Medicine** Robert Newton

Type of credits: ECM | Number of credits: 22.4

16/07/2022 - 17/07/2022 Brescia, Italy

● **Management of patients with musculoskeletal problems related to nerves** Colette Ridehalgh

Type of credits: ECM | Number of credits: 18.4

21/05/2022 - 22/05/2022 Pordenone, Italy

● **Aerobic capacity: interval training and agility** Anthony Turner

Type of credits: ECM | Number of credits: 23.5

04/02/2022 - 06/02/2022 Udine, Italy

● **Upper and lower limbs tendinopathies: physiotherapy and sports performance** Luca Maestroni

25/11/2021 - 28/11/2021 Udine, Italy

● **Persistent low back pain: integrating neuroscience and mechanotherapy** Luca Maestroni

09/10/2021 - 10/10/2021 Pordenone, Italy

● **Strength & Power: the foundations underlying the development of strength and power** Anthony Turner

10/09/2021 - 11/09/2021 Pordenone, Italy

● **Upper and lower limbs tendinopathies: physiotherapy and sports performance** Luca Maestroni

12/06/2021 - 13/06/2021 Italy

- **Cognitive Functional Therapy for disabling low back pain (online course)** Peter O'Sullivan
08/05/2021 - 09/05/2021 Pordenone, Italy
- **Principles of Strength & Conditioning: applications for maladaptive features** Luca Maestroni
Type of credits: ECM | Number of credits: 22.8
26/09/2020 - 28/09/2020 Pordenone, Italy
- **Strenght & Power** Anthony Turner
Type of credits: ECM | Number of credits: 20
01/08/2020 - 02/08/2020 Pordenone, Italy
- **Persistent Low Back Pain: integrating neuroscience and mechanotherapy** Luca Maestroni
01/02/2020 - 01/02/2020 Quinto di Treviso, Italy
- **Surgical and physical therapy failures in the treatment of frozen shoulder: glenohumeral arthrosis and adhesive capsulitis. Analysis, comparison and reflections on clinical cases** SICSeG
Type of credits: ECM | Number of credits: 4.2
30/11/2019 - 01/12/2019 Torino, Italy
- **The principles of PNL** Giuliano Mari
Type of credits: ECM | Number of credits: 18
05/07/2019 - 06/07/2019 Pordenone, Italy
- **Principles of Strenght & Conditioning: aplications for maladaptive features** Luca Maestroni
Type of credits: ECM | Number of credits: 11.2
19/03/2019 - 21/03/2019 Pordenone, Italy
- **Pain: sensation, perception, and pathology. The neurophysiological mechanisms underlying individual pain experience and the physiotherapist's approach** Massimo Zocchi
20/10/2018 - 21/10/2018 Brescia, Italy
- **Strenght & Conditioning** Anthony Turner
Type of credits: ECM | Number of credits: 19.7
01/07/2017 - 02/07/2017 Thun, Switzerland
- **The shoulder: complex doesn't have to be complicated** Adam Meakins
10/06/2017 - 11/06/2017 San Vendemiano, Italy
- **Running Injuries: an evidence-based approach** Samuele Graffriedi
15/12/2016 - 16/12/2016 Pordenone, Italy
- **The Painful Shoulder: back to full performance** Luca Maestroni
08/10/2016 - 09/10/2016 Certosa di Pontignano, Italy
- **Understanding Lower Limb Tendinopaties** Jill Cook
Type of credits: ECM | Number of credits: 17.5
30/07/2016 - 31/07/2016 Pordenone, Italy
- **Persistent Low Back Pain: integrating neuroscience and mechanotherapy** Luca Maestroni
29/07/2016 - 29/07/2016 Pordenone, Italy
- **Lower limb tendinopathies** Luca Maestroni

02/2016 - 02/2016

● **Evidence-based practice core curriculum** GIMBE

01/2014 - 09/2015 Savona, Italy

● **First-level University master's degree in musculoskeletal rehabilitation** University of Genoa - Savona University Campus

09/2010 - 11/2013 Udine, Italy

● **Bachelor's Degree in Physiotherapy** University of Udine

Final grade: 110/110 cum laude

09/2005 - 07/2010 Conegliano, Italy

● **High School Diploma in science** Liceo scientifico - indirizzo biologico in Collegio Immacolata

Final grade: 100/100

CONFERENCES & SEMINARS

07/10/2023 - 07/10/2023 Pordenone

● **Low back pain: It's time to change approach?**

Professor at a conference in which are present only doctors of different specializations

26/06/2023 - 26/06/2023 Pordenone

● **Low back pain: myths and facts**

Professor at a conference aimed at an audience of non-experts

09/06/2023 - 11/06/2023 Pordenone

● **Low back pain: back to basics**

Professor at a workshop for physiotherapists and doctors about the bio-psycho-social approach for a person with low back pain

05/2023 - 05/2023 Pordenone

● **Low back pain in the dental team: myths and facts**

Professor at a workshop for dentists and dental hygienists in "Athena - Dental Supplies"

15/04/2023 - 15/04/2023 Quinto di Treviso

● **Back pain in the dental team: an evidence-based approach between myths and realities**

Professor at the Aesthetic International Meeting for dentists, dental hygienists, and dental assistants

12/12/2022 - 12/12/2022 University of Udine

● **Myth busting in low back pain**

Professor at the seminar for the bachelor's degree in physiotherapy

25/11/2022 - 25/11/2022 University of Udine

● **Pain science**

Professor at the seminar for the bachelor's degree in physiotherapy

04/2022 - 04/2022 University of Udine

● **Shoulder assessment and treatment: non-specific shoulder pain**

Assistant professor at the seminar for the bachelor's degree in physiotherapy

21/04/2022 - 21/04/2022 University of Udine

● **Tendinopathies: from EBM to clinical practice. Focus on achilles tendinopathy**

Professor at the seminar for the bachelor's degree in physiotherapy

24/03/2022 - 24/03/2022 Pordenone

● **Back pain in the dental team: an evidence-based approach between myths and realities**

Professor at the conference for dentists and dental hygienists in "Athena - Dental Supplies"

02/2022 - 02/2022 University of Udine

● **Vertigo**

Assistant professor at the seminar for the bachelor's degree in physiotherapy

11/2021 - 11/2021 University of Udine

● **Adductor-Related Groin Pain: What are the criteria for return to sport?**

Supervisor for the dissertation for bachelor's degree in physiotherapy

10/2021 - 10/2021 Pordenone

● **Nutrition and sport**

Professor at the online workshop for dietitians of "Associazione Scientifica Alimentazione Nutrizione e Dietetica (ASAND)"

10/2021 - 10/2021 University of Udine

● **Pain science**

Professor at the seminar for the bachelor's degree in physiotherapy

06/2021 - 06/2021 University of Udine

● **Tendinopathies: an evidence-based approach. Focus on achilles tendinopathy**

Professor at the seminar for the bachelor's degree in physiotherapy

02/2021 - 02/2021 Pordenone

● **Let's take care of dentists: scientific evidence applied to musculoskeletal pain in dental practice**

Professor at the online workshop for dental team

11/2020 - 11/2020 University of Udine

● **What are the risk factors for shoulder tendinopathy? A literature review**

Supervisor for the dissertation for bachelor's degree in physiotherapy

04/2020 - 04/2020 University of Udine

● **Muscle injuries in sports: classification and diagnostic framework**

Supervisor for the dissertation for bachelor's degree in physiotherapy

11/2019 - 11/2019 University of Udine

● **Conservative treatment of anterior cruciate ligament injuries: a viable alternative to surgery?**

Supervisor for the dissertation for bachelor's degree in physiotherapy

11/2019 - 11/2019 University of Udine

● **Aspecific Low Back Pain: which factors contribute to the persistence of symptoms?**

Supervisor for the dissertation for bachelor's degree in physiotherapy

06/2019 - 06/2019 University of Udine

● **Tendinopathies: from EBM to clinical practice. Focus on achilles tendinopathy**

Professor at the seminar for the bachelor's degree in physiotherapy

03/2019 - 03/2019 Pordenone

● **Perspectives on musculoskeletal pain: the importance of a common language. Focus on back pain**

Professor at the conference for medical practitioners

11/2018 - 11/2018 University of Udine

● **Risk factors and preventive measures in the main tendinopathies of the lower limb**

Supervisor for the dissertation for bachelor's degree in physiotherapy

11/2018 - 11/2018 University of Udine

● **Low Back Pain: the role of imaging in the diagnostic triage process**

Supervisor for the dissertation for bachelor's degree in physiotherapy

06/2018 - 06/2018 University of Udine

● **Tendinopathies: from EBM to clinical practice. Focus on achilles tendinopathy**

Professor at the seminar for the bachelor's degree in physiotherapy

06/2018 - 06/2018 Pordenone

● **Yoga: from anatomy to injury management**

Professor at the National School of Yoga in Pordenone

04/2018 - 04/2018 University of Udine

● **Diagnostic efficacy of provocative tests in cervical radiculopathy**

Supervisor for the dissertation for bachelor's degree in physiotherapy

04/2018 - 04/2018 University of Udine

● **Effectiveness of the main physical therapies in back pain**

Supervisor for the dissertation for bachelor's degree in physiotherapy

11/2017 - 11/2017 University of Udine

● **Groin pain in the athlete: clinical features and differential diagnosis**

Supervisor for the dissertation for bachelor's degree in physiotherapy

06/2017 - 06/2017 University of Udine

● **Assessment and treatment of ankle sprain: an EBM approach**

Professor at the seminar for the bachelor's degree in physiotherapy

04/2017 - 04/2017 University of Udine

● **Tendinopathies: from EBM to clinical practice. Focus on achilles tendinopathy**

Professor at the seminar for the bachelor's degree in physiotherapy

04/2017 - 04/2017 Pordenone

● **Myths about back pain: it's time to debunk them**

Professor at the conference for Yoga practitioners

08/2016 - 08/2016 Gaiarine

● **The main injuries in soccer**

Professor at the conference for a football team and its medical staff

07/2016 - 07/2016 University of Udine

● **Lumbar radiculopathy: an evidence-based approach**

Professor at the seminar for the bachelor's degree in physiotherapy

04/2015 - 04/2015 Conegliano

● **Physical activity and soccer referees**

Professor at the conference for a group of soccer referees

01/2015 - 01/2015 Mediacenter - Conegliano

● **Popular myths: it's time to debunk them**

Professor at a conference aimed at an audience of non-experts

PUBLICATIONS

2026

● **The Impact of a Single Session of Sprint Interval Training (SIT) on Pain Pressure Threshold (PPT) in Healthy Adults**

Pacenza, F.; Brickley, G.; Crainich, U.; Bettariga, F.; Turner, A.; Maestroni, L. The Impact of a Single Session of Sprint Interval Training (SIT) on Pain Pressure Threshold (PPT) in Healthy Adults. Sports 2026, 14(6), 237.

Authors: Francesco Pacenza, Gary Brickley, Umberto Crainich, Francesco Bettariga, Anthony Turner, Luca Maestroni | **Journal Name:** Sports | **Volume, Issue and Pages:** Volume 14, Issue 6, Article 237 | **Publisher:** MDPI

2025

● **Association of muscle strength and cardiorespiratory fitness with all-cause and cancer-specific mortality in patients diagnosed with cancer**

Write here the description...

Bettariga F. et al. (2025). Association of muscle strength and cardiorespiratory fitness with all-cause and cancer-specific mortality in cancer patients: systematic review and meta-analysis. Br J Sports Med, 59(10):722-732.

Authors: Francesco Bettariga, Daniel A. Galvao, Dennis R. Taaffe, Chris Bishop, Pedro Lopez, Luca Maestroni, Giulia Quinto, Umberto Crainich, Enrico Verdini, Enrico Bandini, Valentina Natalucci, Robert U. Newton |

Journal Name: British Journal of Sports Medicine | **Volume, Issue and Pages:** Volume 59, Issue 10, Pages 722-732 | **Publisher:** British Journal of Sports Medicine

2025

● **Effects of exercise on inflammation in female survivors of nonmetastatic breast cancer: a systematic review and meta-analysis**

Bettariga F. et al. (2025). Effects of exercise on inflammation in female survivors of nonmetastatic breast cancer: a systematic review and meta-analysis. Journal of the National Cancer Institute.

Authors: Francesco Bettariga; Dennis R. Taaffe; Andrea Borsati; Andrea Avancini; Stefano Pilotto; Silvia G. Lazzarini; Pedro Lopez; Luca Maestroni; Umberto Crainich; Jack Campbell; Timothy D. Clay; Daniel A. Galvão; Robert U. Newton | **Journal Name:** Journal of the National Cancer Institute | **Volume, Issue and Pages:** Volume 117, Issue 10, Pages 1984–1998 | **Publisher:** Oxford University Press

2025

Exercise and inflammation in female survivors of breast cancer: systematic review and meta-analysis with secondary mediation analysis on body composition

Bettariga F. et al. (2025). Exercise and inflammation in female survivors of breast cancer: systematic review and meta-analysis with secondary mediation analysis on body composition. Journal of Cancer Survivorship. doi:10.1007/s11764-025-01873-7

Authors: Francesco Bettariga; Dennis R. Taaffe; Anita Borsati; Alice Avancini; Sara Pilotto; Stefano G. Lazzarini; Pedro Lopez; Luca Maestroni; Umberto Crainich; Enrico Bandini; John P. Campbell; Timothy D. Clay; Daniel A. Galvão; Robert U. Newton | **Journal Name:** Journal of Cancer Survivorship | **Volume, Issue and Pages:** Advance online publication | **Publisher:** Springer Nature

2020

Efficacia diagnostica dei test provocativi nella radicolopatia cervicale: una meta-review.

Peresson A., Della Torre E., Crainich U. Efficacia diagnostica dei test provocativi nella radicolopatia cervicale: una meta-review. Scienza Riabilitativa 2020; 22(3): 5-12

2016

Efficacia dell'esercizio fisico nei pazienti con patologie croniche

Cartabellotta A., Ciuro A., Salvioli S., Da Riolt M., Lazzari S., Crainich U., Inclimona F., Sefarini F. Efficacia dell'esercizio fisico nei pazienti con patologie croniche. Evidence Sett 2016; 8(9), e 1000152

2016

L'Integrazione alimentare nella gestione dell'osteoartrosi di anca e di ginocchio

Crainich U., Minacci M., Dell'Isola A., Testa M. *L'Integrazione alimentare nella gestione dell'osteoartrosi di anca e di ginocchio*. Scienza Riabilitativa 2016; 18(4): 5-17

HONOURS AND AWARDS

28/02/2015 Universities of Triveneto area

Project for the valorization of physiotherapy thesis from universities in the Triveneto area, for the year 2013

29/02/2016 GIMBE

Scholarship for evidence-based practice core curriculum

LANGUAGE SKILLS

MOTHER TONGUE(S): Italian

OTHER LANGUAGE(S):

English

Listening B2

Reading B2

Writing B2

Spoken production B2

Spoken interaction B2