

Curriculum Vitae

Luca Maestroni

**BSc Physiotherapy (UniMIB)
MSc Manipulative Physiotherapy (Curtin)
MSc Sports Physiotherapy (Curtin)
HCPC Registered Physiotherapist (UK)**



Education and qualifications

In 2006 I finished the secondary school and began my Bachelor in Physiotherapy in Milan (Italy).

In 2009 I completed my Bachelor in Physiotherapy at University Milano-Bicocca (Italy), in 2012 I obtained a Master Degree in Manipulative Physiotherapy at Curtin University of Technology in Perth (Western Australia) and in 2014 I've completed my second Master Degree in Sports Physiotherapy at Curtin University of Technology (Western Australia).

My goal is to obtain a PhD on persistent low back pain or lower limb injuries.

Postgraduate courses

Jul - Dec 2014 – Master Degree in Sports Physiotherapy at Curtin University of Technology (Australia)

Aug-Nov 2012 – Master Degree in Clinical Physiotherapy (Manipulative Therapy Major) at Curtin University of Technology (Australia)

Feb-Aug 2012- Graduate Certificate in Clinical Physiotherapy (Manipulative Therapy Major) at Curtin University of Technology (Australia)

Jan-Feb 2010- COMT Certificate in Orthopedic Manual Therapy at Curtin University with Manual Concepts

Advanced training/courses

- 17-18 February 18 “The Pain Jigsaw” (Martin Rabey and Niamh Moloney) Brescia Italy
- 2 December 17 “Translating Neuroscience into Clinical Practice” (Martin Rabey and Niamh Moloney) Brescia Italy
- 22-23 July 17 “Explain Pain Supercharged” (Lorimer Moseley) Amsterdam Netherlands
- 10-11 June 17 “Athletic Groin Pain” (Enda King) Brescia Italy
- 30-31 January 16 “The Shoulder: complex doesn’t have to be complicated” (Adam Meakins) Watford UK
- 27 June 15 “Tendinopathy: forget the recipes and learn to rehabilitate tendons” (Peter Malliaras) London UK
- 27 August 14 “The body in mind: recent discoveries of altered body maps in chronic pain” (Lorimer Moseley) Curtin University Theatre Australia
- 2-3 October 10 “VIII National Congress of Manual Therapy” Italy
- 27-28 March 10 “The CO-C3 Segmental Dysfunction Role in Primary Headache” Level I (Dean Watson) Cambridge UK
- 26-27 September 09 “Clinical Neurodynamics Upper Quarter” (Michael Shacklock) Bologna Italy

Work experience

July 2016 – present

Freelance Educational Consultant

I decided to create this educational format for Physiotherapists in order to deliver the best evidence based practice workshops useful for ordinary clinical practice. Workshops will be tailored to specific Physiotherapists' needs and level of expertise. Whereas my knowledge is not sufficient, I would be very glad to invite international specialists in the area of interest

June 2016 – present

MSK and Sports Physiotherapist (Bergamo/Brescia – Italy)

Self-employed Physiotherapist

Diagnosis, treatment and management of sports and musculoskeletal outpatients

March 2015- April 2016

The Jersey Sports and Spinal Clinic (St Helier – Jersey Island – GB)

Clinical Lead Physiotherapist

Positively contribute to the delivery of effective physiotherapy by the team by providing appropriate clinical leadership, educational and development expertise. Bring innovation, advanced clinical skills and strategic direction to their particular area of expertise by expanding and developing practice; implementing clinical governance and delivering improved outcomes for patients. Provide structured ongoing peer support and clinical advice for colleagues To be an ambassador for and make a distinguished contribution to The Jersey Sports & Spinal Clinic, the profession and promote the business within the medical profession and locally by robust and effective communication systems. Clinical work at the level of an expert autonomous practitioner, undertaking advanced musculoskeletal assessment of patients presenting with acute, chronic and/or highly complex physical and psychosocial presentations. Interpret and analyse clinical and non-clinical information using highly advanced investigative and analytical skills, providing diagnosis/prognosis, treatment and advice regarding treatment options to patients and referring GP's and consultants .Sports rehabilitation for Jersey Rugby players.

August 2014-January 2015

Cottesloe Sports Physiotherapy (Australia)

MSK/ Sports Physiotherapist (Part Time)

Provide highly skilled and specialised assessment, diagnosis and treatment for patients within the clinic presenting with acute and chronic Musculoskeletal and Sports related disorders. Sports rehabilitation for Australian National Hockey Players, Australian National Swimmers and Australian National Surfers.

February 2014- September 2014

The Jersey Sports and Spinal Clinic (St Helier – Jersey Island – GB)

Senior MSK Physiotherapist

Clinical work at the level of an expert autonomous practitioner, undertaking advanced musculoskeletal assessment of patients presenting with acute, chronic and/or highly complex physical and psychosocial presentations. Interpret and analyse clinical and non-clinical information using highly advanced investigative and analytical skills, providing diagnosis/prognosis, treatment and advice regarding treatment options to patients and referring GP's and consultants .Sports rehabilitation for Jersey Rugby players. Take an active part in developing knowledge and practice and contribute to the In Service Training programme. Provide peer support and clinical advice for colleagues.

June 2013- January 2014

Josephine Lawson Physiotherapy Clinic (107 Fenchurch Street – London – UK)

Physiotherapist/Manual Therapist

Work clinically at the level of an expert autonomous practitioner, undertaking advanced neuromuscular assessment of patients with complex musculoskeletal conditions, providing diagnosis/prognosis, treatment and advice regarding treatment options to patients and referring GP's and consultants. Physiotherapy service to UBS Bank Employees twice per week.

March 2012- March 2013

Postgraduate MSK Physiotherapist at Curtin University

- **Curtin University Clinic Bentley Western Australia**
- **SWAN Hospital Midland Western Australia**
- **Bentley Hospital Bentley Western Australia**

Supervised clinical practice with an emphasis on development of advanced competencies in Musculoskeletal physiotherapy practice. Emphasis on advanced skills in patient/client communication, physical examination, interpretation of clinical information and development of evidence-based physiotherapy treatment plans. Evaluation of response to treatment and modification of treatment at an advanced level. Understanding of the indications for inter-professional patient/client referral and inter-professional management consistent with advanced practice in physiotherapy.

November 2009 – December 2011

Fisioservice and Centro IRO (Italy)

Self-employed Physiotherapist

Diagnosis, treatment and management of musculoskeletal outpatients. Clinical Supervisor for the University Milano-Bicocca Undergraduate Students. Sports rehabilitation for Italian Serie B and Serie C football players, Italian Serie A2 Volleyball players, Italian Serie B Rugby players.

MEMBERSHIP

2014- 2015 AHPRA Postgraduate Physiotherapist Australia

2014-present MCSP (Chartered Society of Physiotherapy UK)

2013- present HCPC Physiotherapist UK

2012- 2013 AHPRA Postgraduate Physiotherapist Australia

2010- Member of AIFI Association of Italian Physiotherapists

LANGUAGES SPOKEN

Italian Native Speaker

English IELTS 8.0

Russian. Basic Knowledge

TECHNICAL COMPETENCES (and respective lecturers)

- **Advanced Anatomy and Pathology of musculoskeletal system:**
 - Steven Edmonston, Evan Coopes, Martin Rabey (*anatomy lab with specimens and lectures*);

- **Musculoskeletal assessment and treatment:**
 - Peter O’Sullivan, Michelle Sterling, Toby Hall, Kim Robinson, Tim Mitchell, Rob Waller, Helen Slater, Dean Watson (*cervical and lumbar spine*);
 - Steven Edmonston, Tim Mitchell, Rob Waller (*thoracic spine and rib cage*);
 - Mark Oliver, Darren Beales, Jeff Boyle (*SIJ*);
 - Michael Monaghan, Tim Mitchell, Rob Waller (*HVT High Velocity Thrust*);
 - Alison Thorpe, Jenny McConnell, Adam Meakins (*shoulder girdle*);
 - Tim Mitchell, Michelle Kendall, Chris Perkin, Enda King (*hip*);
 - Suzanne Brooke, Heidi Welch, Evan Coopes, JP Caneiro (*knee, ankle and foot*);
 - Toby Hall, Kim Robinson, Helen Slater, Tim Mitchell, Rob Waller, Alfio Albasini (*neural tissue*);
 - Sonia Ranelli, Helen Slater (*elbow, wrist and hand*);
 - Jill Cook, Mervin Travers, Peter Malliaras (*tendon, failed load injuries*);
 - Greg Mullings (*muscle injuries*);

- **Management of Pain Disorders (pharmacological and multimodal intervention):**
 - Helen Slater, Stephen Shug, Max Zusman, Tony Wright , Stephanie Davies, Lorimer Moseley

- **Applied Clinical Sports Competencies:**
 - Strength and Conditioning

- Swimming Athletes
- Jumping and landing Athletes
- Running Athletes
- Overhead Athletes
- Exercise prescription, energy systems, periodization and load management
- Pharmacotherapy and drugs in Sports
- Nutrition and Hydration
- Environmental conditions
- Sports Psychology
- Junior, Adolescent, Ageing, Paralympic and Female Athletes
- Cyclists and Triathletes
- Field Sports and Technology

*** Taping techniques:**

- McConnell Concepts (Jenny McConnell);
- Mulligan Concepts (Toby Hall, Kim Robinson);

Invited lecturer and teaching experience

- 4 December 2015 “Swimming injuries in elite athletes and prevention strategies to improve athletic performance” 2 hours IMC-St Helier-Jersey (UK)
- 29 July 2016 “Lower limb Tendinopathies” 5 hours Move Physiotherapy – Pordenone-Italy
- 30-31 July 2016 “Persistent Low Back Pain: Integrating Neuroscience with Mechanotherapy” 16 hours Move Physiotherapy – Pordenone –Italy
- 11 November 2016 “Lower limb Tendinopathies” 5 hours MES Fisioterapia – Barcelona – Spain
- 12-13 November 2016 “Persistent Low Back Pain: Integrating Neuroscience with Mechanotherapy” 16 hours MES Fisioterapia – Barcelona - Spain
- 19-20 November 2016 “Persistent Low Back Pain: Integrating Neuroscience with Mechanotherapy” 16 hours Move Fisioterapia – Pordenone -Italy
- 17-18 December 2016 “The Shoulder: Back to Full Performance” 16 hours Move Fisioterapia – Pordenone – Italy

- 10-12 March 2017 “Persistent Low Back Pain: Integrating Neuroscience with Mechanotherapy” 24 hours Move Physiotherapy – Pordenone –Italy
- 18-19 March 2017 “Lower and Upper limb Tendinopathies” 16 hours EduMed – Brescia-Italy
- 13-14 May 2017 “Lower and Upper limb Tendinopathies” 16 hours Sports Medical Center –Amsterdam- Holland
- 3 September 2017 “Return2Play Workshop” Invited Speaker on “Achilles Tendinopathy” Sports Medical Center – Amsterdam – Holland
- 25-26 November 2017 “The Shoulder: Back to full Performance” Clinica San Francesco – Bergamo – Italy
- 13-14 January 2018 “Lower and Upper limb Tendinopathies” 16 hours EduMed – Brescia-Italy
- 10 February 2018 “Principles of Strength and Conditioning. Applications for maladaptive features” 9 hours – Pordenone - Italy
- 3-4 March 2018 “Lower and Upper limb Tendinopathies” 16 hours EduMed – Brescia-Italy

RESEARCH

- Experimental Thesis: “Relationship between lumbar syndromes and neurodynamics tests” (University of Milan-Bicocca 2009)
- Research Project: “An investigation into postsurgical pain one year following total knee replacement (Curtin University of Technology in collaboration with Royal Perth Hospital 2012)

PUBBLICATIONS

Wright et al. (2014) "Abnormal Quantitative Sensory Testing is Associated with Persistent Pain One Year After TKA" Clinical Orthopaedics and Related Research
<http://www.ncbi.nlm.nih.gov/pubmed/25293497>

REFERENCES

I’m available to provide references upon request.

This Curriculum Vitae is true and correct as at 28/04/2018

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Luca Maestroni