

ANDREA TAMBORRINO

Profile

I am a Specialist Musculoskeletal Physiotherapist, MACP full member, with four years of postgraduate experience.

I work for Nuffield Health Bloomsbury Fitness and Wellbeing Gym where I exclusively assess and treat insurance and self-pay MSK outpatients.

My clinical practice is based on the biopsychosocial model and on the rigorous use of the best available scientific evidence.

The treatment techniques that I use in my clinical practice are mainly patient education, advice, exercise therapy and manual therapy.

My main field of interest is pain management and I am a member of PPA.

I also work in the education field as lecturer at PgD in Science and Practice of Musculoskeletal Physiotherapy of University of Molise and, in the past, as supervisor at PgD in Manual Therapy and Musculoskeletal Rehabilitation of University of Padua, both Italian universities.

Finally, I was member of GTM executive committee, the Italian IFOMPT member organization, for the mandate 2017-2019.

Work experience

- ❖ Senior Physiotherapist;
Nuffield Health Bloomsbury Fitness and Wellbeing Gym; Mecklenburgh Place, London WC1N 2AY;
From September 2019 to present;
I treat exclusively musculoskeletal disorders, especially non-traumatic conditions such as low back pain, neck pain, shoulder pain, tendinopathies, and muscle injuries, all of them in direct access.
- ❖ Lecturer at P.G. Dip. in Science and Practice of Musculoskeletal Physiotherapy;
University of Molise, Italy;
From January 2019 to present;
My role is teaching contents about clinical reasoning, pain science, and pain management.
- ❖ Musculoskeletal Physiotherapist;
Complete Physiotherapy; Wellington House, Hemdean Road; Reading RG4 7QF, UK;
From October 2018 to August 2019.
I treat exclusively musculoskeletal disorders, especially non-traumatic conditions such as low back pain, neck pain, and shoulder pain, all of them in direct access.
- ❖ Supervisor at P.G. Dip. in Manual Therapy and Musculoskeletal Rehabilitation;
University of Padua, Italy;
From January 2018 to December 2019;
My role has been supervising the practical sessions of the lumbar spine and temporomandibular joint lessons.
- ❖ Musculoskeletal Physiotherapist, self-employed private practitioner;
Fisioterapia Tamborrino, Via Puglie, 1/B – Taranto (TA), Italy;
From June 2013 to September 2018;
I treated exclusively musculoskeletal disorders, especially non-traumatic conditions like low back pain, neck pain, shoulder pain, most of them in direct access.
- ❖ Physiotherapist in private practice that provides services for Italian National Health System;
OSMAIRM s.r.l. and Physio Rehab Group Società Cooperativa, Laterza (TA), Italy;
From October 2012 to December 2015;
I treated outpatients with severe and permanent disability, especially of neurological type.
- ❖ Physiotherapist in a football team;
Martina Franca 1947 s.r.l., Martina Franca (TA), Italy;
From August 2012 to October 2012;
I treated football players with musculoskeletal injuries, such as muscle injuries, ankle and knee sprains, groin pain, etc.
- ❖ Physiotherapist in private clinic that provides services for Italian National Health System;
Cittadella della Carità, Taranto (TA), Italy;

From July 2012 to September 2012;
I treated resident geriatric patients with severe and permanent disability.

Education

- ❖ MSc in Rehabilitation Science of Health Professions;
University of Florence;
Graduated on 23 October 2017 with vote of 110/110 cum laude;
The degree program provides skills on clinical governance, teaching, and scientific research for rehabilitation health professionals.
- ❖ PgD in Manual Therapy and Musculoskeletal Rehabilitation;
University of Padua;
Graduated on 21 December 2015;
Specialisation course in musculoskeletal physiotherapy accredited by IFOMPT.
- ❖ BSc in Physiotherapy;
University of Bari;
Graduated on 20 April 2012 with vote of 101/110;
Qualifying course for the profession of physiotherapist in Italy.

More relevant professional courses and conferences

- ❖ GTM (Italian IFOMPT MO) Conferences 2016, 2017, 2018, 2019.
- ❖ Treatment of chronic musculoskeletal pain;
Jo Nijs, Andrea Polli;
2017.
- ❖ Dry needling – base level;
Cesar Fernandez De Las Penas;
2015.
- ❖ Kaltenborn concept – upper and lower limb;
Jochen Schomacher
2013.
- ❖ Mulligan concept – base level A + B;
Stefano Serrecchia;
2013.
- ❖ Sahrman concept – lumbar spine;
Guido Barindelli;
2013.

Scientific research activity

- ❖ Validity and reliability of Italian cross-cultural adaptation of Central Sensitization Inventory: a cross-sectional study;
The study was notified to the ethics committee and we started the data collection phase.

Conference speaker or teacher at professional courses

- ❖ The management of shoulder instability in the sport;
Mantova, 21-22 September 2018;
My report was about the conservative treatment.
- ❖ Physical Therapy Excellence: forum of excellence in musculoskeletal physiotherapy;
Bologna, 23 June 2018;
Physiotherapists already PhDs or PhD students submitted their scientific activity; my report had the following title: "Exercise therapy combined with pain neuroscience education compared to exercise therapy alone for pain and disability relief in subjects with chronic musculoskeletal pain: an RCT".
- ❖ Distance learning course – Physiotherapy elements in musculoskeletal rehabilitation;
I wrote the unit 5 about pain modulation in musculoskeletal physiotherapy.
- ❖ AIFI Puglia conference – Chronic pain in rehabilitation;
Bari, 27 May 2017;

- ❖ *My report was about chronic pain and exercise therapy.*
- ❖ 2nd SISPEC course of 2017 – The flat foot;
Taranto, 20 May 2017;
My report was about the rehabilitation treatment in subjects with pediatric flat foot.
- ❖ GTM Academy Emilia-Romagna – Advanced rehabilitation in shoulder pain;
Bologna, 29 April 2017;
My report was about shoulder instability.
- ❖ ASL TA course – Manual handling of loads and patients;
Taranto, 22 March 2017, 19 April 2017, 3 May 2017, 24 May 2017;
My report was about the effectiveness of exercise therapy for prevention of low back pain.

Other skills

- ❖ Former member of GTM executive committee, the italian IFOMPT member organization, for 2017-2019 mandate;
- ❖ Italian native speaker, English level B2-C1;
- ❖ Italian driving licence B;
- ❖ Good ability to use clinical practice management software as TM2, EMIS Web, Vision;
- ❖ Good ability to use statistical analysis software as SPSS or PSPP;
- ❖ Aikido instructor (3rd dan).

FIRMA OSCURATA AI SENSI DELLA VIGENTE NORMATIVA SULLA PRIVACY