

ANDREA TAMBORRINO

Profile

I am a Specialist Musculoskeletal Physiotherapist with four years of postgraduate experience.

I work in private practice where I exclusively assess and treat NHS, 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 most use in my clinical practice are patient education, advice, exercise therapy and manual therapy.

My main field of interest in clinical practice is chronic musculoskeletal pain management.

I also work in the field of musculoskeletal physiotherapy education as lecturer at P.G. Dip. in Science and Practice of Musculoskeletal Physiotherapy of University of Molise and as supervisor at P.G. Dip. in Manual Therapy and Musculoskeletal Rehabilitation of University of Padua, in Italy.

Finally, I am a member of GTM executive committee, the IFOMPT Italian member organization.

Work experience

- ❖ Musculoskeletal Physiotherapist
Complete Physiotherapy; Wellington House, Hemdean Road; Reading RG4 7QF, UK;
From October 2018 to present.
- ❖ Lecturer at P.G. Dip. in Science and Practice of Musculoskeletal Physiotherapy;
University of Molise, Italy;
From January 2019 to present;
I'm responsible for the teaching of Musculoskeletal Physiotherapy Methodology especially for the part about the pain science.
- ❖ Supervisor at P.G. Dip. in Manual Therapy and Musculoskeletal Rehabilitation;
University of Padua, Italy;
From January 2018 to present;
I am responsible for the supervision of practical sessions of the lumbar spine and temporomandibular joint lessons, and for students' internship.
- ❖ Musculoskeletal Physiotherapist, self-employed private practitioner;
Fisioterapia Tamborrino, Via Puglie, 1/B – Taranto (TA), Italy;
From June 2013 to September 2018;
I treat 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

- ❖ M.Sc. 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.

- ❖ P.G.Dip. in Manual Therapy and Musculoskeletal Rehabilitation;
University of Padua;
Graduated on 21 December 2015;
Specialization course in musculoskeletal physiotherapy accredited by IFOMPT and qualifying for the title of Orthopaedic Manipulative Physical Therapist (OMPT).
- ❖ B.Sc. 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

- ❖ 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 that already are 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

- ❖ Member of GTM executive committee, the IFOMPT italian member organization, for 2017-2019 association mandate;
- ❖ Italian mother tongue, good English reading ability – especially with scientific papers – discreet ability to dialogue in English;
- ❖ 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).