

PERSONAL INFORMATION

Silvia Borghi



 Physiotherapist, OMT at “Studio Privato di Fisioterapia”
Castenaso (Bologna)

 +39



Nationality Italian

POSITION

Studio Privato di Fisioterapia – Physiotherapist, OMT, Referent
University of Bologna – Accademic Tutor at Master in “Fisioterapia Muscoloscheletrica”

WORK EXPERIENCE

- 2005: physiotherapist at “Convalescenziario Opera Pia Laura Rodriguez Y Laso Dè Buoi” in San Lazzaro di Savena (Bologna)
- 2005-2006: physiotherapist at Azienda Ospedaliero-Universitaria S.Orsola-Malpighi (Bologna)
- 2006-2008: physiotherapist at medical center “Idroterapic” in Bologna
- From August 2008 to December 2018: physiotherapist at “Studio Privato Di Fisioterapia Vanti” in Castenaso (Bologna)
- From 2019 Referent “Studio Privato di Fisioterapia” in Castenaso (Bologna)
- 2012: collaborator at Master in Manual Therapy and Muscular-Skeletal Rehabilitation for lumbo-pelvic region (University of Padova)
- 2014-2015: Accademic Tutor at Master in Manual Therapy and Muscular-Skeletal Rehabilitation (Upper Quadrant) [University of Padova]
- 2016-2017: Accademic Tutor at Master in Manual Therapy and Muscular-Skeletal Rehabilitation (Lower Quadrant) [University of Padova]
- From 2016-2017 to today: Accademic Tutor at Master in Physiotherapy and Muscolo-Skeletal Rehabilitation (Lower Quadrant) [University of Bologna]

EDUCATION AND TRAINING

- 2005 – Physiotherapy Degree (Università di Medicina e Chirurgia di Bologna)
- 2005/6 – McKenzie Method of Mechanical Diagnosis and Therapy (part a, b, c,d)
- 2006 - Fascial Manipulation (L. Stecco)
- 2006 – Lymphatic Drainage and Edema Therapy
- 2007 – RPG – Souchard Method
- 2008/2010 - Master in Manual Therapy and Muscular-Skeletal Rehabilitation (Università degli Studi di Padova)
- 2011 – Pelvic Floor Rehabilitation for Urinary Incontinence
- 2012 - Pilates Fisios – Silvia Raneri Method (Matwork e Piccoli Attrezzi)
- 2014 – MET: Medical Exercise Therapy for ankle, knee and hip - Holten Institute
- 2014 – CRT: Cognitive Rehabilitation Therapy - Holten Institute
- 2014 - NOI – L1: Mobilization of the Nervous System
- 2017 - Terapia Manuale Funzionale dell'Articolazione Temporo-Mandibolare
- 2018 - Maitland Level 1
- 2020 - Formazione Avanzata in Terapia Manuale per la gestione delle cefalee e dei disturbi neuro-muscolo-scheletrici associate – La Clinica del Mal di Testa
- From 2005 to today – Post-degree specialistic education on cardio-pulmonary rehabilitation and manual therapy

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Scholastic	Scholastic	Scholastic	Scholastic	Scholastic

No available certificates

Levels: A1/2: Basic user - B1/2: Independent user - C1/2 Proficient user
Common European Framework of Reference for Languages

Communication skills ▪ good communication skills gained through my studies and travels

Job-related skills ▪ good use of specific database for clinical research

Computer skills ▪ good command of Microsoft Office™ tools and mobile devices

Driving licence ▪ B

ADDITIONAL INFORMATION

Publications

- **Borghi S.**, Vaccari V., Vanti C., Acquaviva G., Pillastrini P. “McKenzie's method and compliance of patients: what long term effectiveness?”. *Scienza Riabilitativa* 2005 Sep; 7(3): 5-14 - CINAHL AN: 2009214980
- Bitocchi M, **Borghi S**, Campi F, Foglia A, Merolla G, Paladini P, Porcellini G, Quadrini D, Seccchiari G. Capitolo 7 – Il gomito. In: Ferrari S., Pillastrini P., Testa M., Vanti C.(editors) *Riabilitazione postchirurgica nel paziente ortopedico*. Elsevier, Milano, 2010
- Book “*Riabilitazione Post-Chirurgica nel Paziente Ortopedico*” – Collaboration for chapter 7 (elbow)
- Vanti C, **Borghi S**, Pillastrini P. “Group treatment for chronic low back pain: theory, practice and effectiveness.” In: Derrickson H(Ed). *Group Therapy: Theory, Practices and Effectiveness*. ISBN:978-1-63463-173-0 Nova Science Publishers, Hauppauge, NY (USA), 2014:75-101.
- Collaboration to the article: Pillastrini P, Vanti C, Curti S, Mattioli S, Ferrari S, Violante FS, Guccione A. Using PubMed search strings for efficient retrieval of manual therapy research literature. *J Manipulative Physiol Ther.* 2015 Feb;38(2):159-66.

Projects

- Poster “McKenzie Method and the Patient Compliance: which long term efficacy?” – at “The Spine – World Congress in Manual Therapy” – Rome 2005
- Poster “Search Strings for efficient retrieval of manual therapy literature in pubmed database” at Sif Congress – Firenze 2014
- Relatrice Tesi Master in Fisioterapia Muscoloscheletrica Terapia Manuale ed Esercizio Terapeutico (Bo) aa 2016-2017 - Fibromialgia: dalla valutazione clinica alla best practice

Memberships

- From 2003 Aifi (Italian Physiotherapist Association)
- From 2010 Foudation Member of SIF (Italian Society of Physiotherapy)
- From 2011 GSS (Research and Study Group about Scoliosis and Spine)
- From 2012 GTM
- From 2019, Ordine TSRM PSTRP di Bologna, n°471