

# CURRICULUM VITAE

## PERSONAL INFORMATIONS

Name  
Work-Address

**FRANCESCO CATENA**

Nationality  
Date of birth

Italian

## PROFESSIONAL EDUCATION DEGREES

2020 Certified Orthopaedic Manipulative Therapist - NAIOMT (U.S.A.); Rome (Italy)  
2017 Certified Manual Physiotherapist - NAIOMT (U.S.A.); Rome (Italy)  
2015 Certificate of Sport Physical Therapy - The Ola Grimsby Institute (U.S.A.);  
Mogliano Veneto, TV (Italy)  
2011 1<sup>st</sup> lev. University Master's degree "Rehabilitation of Musculoskeletal Disorders" -  
University of Genoa; Savona (Italy)  
1998 Rehabilitation Therapist Diploma - I.N.R.C.A. National Institute of Research and Elderly  
Care (School for Rehabilitation Therapists); Ancona (Italy)

## EMPLOYMENT HISTORY

- Date (2017 - present)
- Name and address of employer
- Type of company or sector
- Type of employment

### CO-LECTURER AND CLINICAL TUTOR

"Alma Mater" University – Bologna (BO) - Italy

1<sup>st</sup> level Master's degree in "musculoskeletal physiotherapy, manual therapy and therapeutic exercise"

Yearly collaborative contract

- Date (1999 - present)
- Name and address of employer
- Type of company or sector
- Type of employment

### PHYSIOTHERAPIST

12, Viale dei Platani - Marina di Montemarciano (AN) - Italy

Personal private study

Manual therapy, Physical therapy, Rehabilitation

- Date (2009 - 2013)
- Name and address of employer
- Type of company or sector
- Type of employment

### PHYSIOTHERAPIST

W.E.P. Water Exercise Program, picc.soc.coop. - Via Ruggeri, Ancona (AN) - Italy

Rehabilitation therapy in water

Physical therapy, Rehabilitation, Hydrokinesitherapy

- Date (1999 - 2010)
- Name and address of employer
- Type of company or sector
- Type of employment

### MANAGER AND CONSULTANT FOR DISABLED AIDS

C.O.M. Centro Ortopedico Marchigiano s.r.l. - Via Flaminia 309, Ancona (AN) – Italy

Orthopedics productions and retailing shop

Manager & consultant

- Date (1999 - 2000)
- Name and address of employer
- Type of company or sector
- Type of employment

### PHYSIOTHERAPIST

"DON GNOCCHI" foundation – ONLUS – Polyvalent Rehabilitation Center "E. Bignamini" - via Matteotti, Falconara M.ma (AN) – Italy

Rehabilitation

Orthopedic and post-op rehabilitation

- Date (1998 - 1999)
- Name and address of employer
- Type of company or sector
- Type of employment

#### PHYSIOTHERAPIST

Ancona Calcio s.p.a. - Via Maratta, Ancona (AN) – Italy  
 Professional Soccer company  
 Physiotherapist in charge of the youth sector

#### CONTINUING EDUCATION AND TRAINING

2021	Explain Pain - I. Wicki - (online course) 15 hours
2019	Minimal lever spinal manipulation - D. Herbert (MI) - 25 hours Placebo/Nocebo and therapist/patient relationship: New perspective from recent acquisition of neuroscience. F. Benedetti (Ancona) - 16 hours COMT program: C-720 Advanced Clinical Reasoning - B. Winsor (Rome) - 16 hours
2018	COMT program: C-725 Advanced Spinal Techniques - B. Temes (Rome) - 32 hours Vestibular rehabilitation: positional vertigo and dizziness - N. T. Shepard, R. Clendaniel (MI) - 24 h. The shoulder, manual therapy and rehabilitation - S. Scaglioni (PE) - 16 hours Manual therapy for the myofascial system - L.M. McLaughlin (Rome) - 15 hours Scientific Therapeutic Exercise Progressions: Cervical Spine - R. Kring (TV) - 16 hours COMT program: C-715 Advanced Upper Quadrant Integration - B. Temes (Rome) - 32 hours
2017	Scientific Therapeutic Exercise Progression: Lumbar & Thoracic Spine - J. Rivard (TV) - 16 hours Proprioceptive postural reprogramming: the Riva's method, 1 <sup>st</sup> lev. course - D. Riva (VE) - 8 hours COMT program: C-705 Advanced Lower Quadrant Integration - B. Temes (Rome) - 32 hours
2016	The Redcord Education Program: Neurac 2 - Neck, Upper Extremities, Lower Extremities, Back & Pelvis, Stimula® - F. De Lazzari (UD) - 35 hours Physiotherapy Management of the neck pain: A research Informed Approach - D. Falla (MI) - 15 h.
2015	Rehabilitation of the upper limb in injured athletes - A. Kay (TV) 24 hours Rehabilitation of the lower limb in injured athletes - D. Whasheck (TV) 24 hours Pathophysiology & shoulder mechanics; Strength training in rehabilitation - R. Donatelli (TV) - 24 h. Rehabilitation and performance of trunk, hip, knee and ankle - R. Donatelli (TV) - 24 hours TSM: Translatory Spinal Manipulation - R. Schwarz (RE) - 18 hours Nutrition and inflammation - D. Soplér (TV) - 16 hours The Redcord Education Program: Redcord Active - Introduction, Corretive Exercise, Multisuspension Exercise - F. De Lazzari (UD) - 21 hours N.A.P. Neuro Orthopedic Activity-dependent Plasticity - R. Horst (RE) - 32 hours
2014	The shoulder: surgery, manual therapy and rehabilitation - P. Rolla, S. Scaglioni (VA) - 23 hours The knee: functions, diagnosis & new rehabilitation methods - O. Grimsby, S. Scaglioni (VA) - 24 h. Chronic pain: management and treatment - R. Horst (RE) 16 hours Manual therapy and post surgical rehabilitation in hip and knee prostheses - C. MacDonald, C. Little (BO) - 16 hours
2013	Strain Counterstrain 1, for the spine - E. Gandino (AN) - 20 hours Minimal lever spinal manipulation - D. Herbert (MI) - 25 hours The role of manipulation in the treatment of Neuromusculoskeletal Disorders - GTM-AIFI National Cogress (FI) Cervicogenic Headache, treatment with HVLA Thrust Techiques - GTM, AIFI workshop (FI) 2 h.
2012	The Redcord Education Program: Neurac 1 - F. De Lazzari (AN) - 24 hours Physiological Adaptation to Musculoskeletal Pain: clinical evaluation and treatment in Physical Therapy - GTM-AIFI International Congress (BO)

Movement, Stability & Low Back Pain: An integrated scientific approach - A. Vleeming (MI) 16 h.

2011	Mulligan Concept: basic course - S. Serrecchia (AN) - 32 hours Management of Neck Pain Disorders - D. Falla (MI) - 13 hours
2010	Does the Efficacy of Manual Therapy depend on its specificity? International Congress (PR) Pathophysiology and shoulder mechanics - R. Donatelli (PR) - 15 hours
2009	Positional Release & Muscle Energy - L. Chaitow (PU) - 24 hours Myofascial Pain Syndrome - MPS1 - J. Dommerholt (PR) 21 hours Athletic preparation in water - P. Benelli, P. Pigliapoco (PU) 8 hours
2008	2 <sup>nd</sup> Level of OMT Kaltenborn-Evjenth Concept - J. Schomacher (PR) - 98 hours
2007	Mobilisation of the Nervous System - I. Wicki (AN) - 22 hours Rehabilitation of the Sportsman in Water - P. Benelli (PS) 8 hours
2005	1 <sup>st</sup> Level of OMT Kaltenborn-Evjenth Concept - J. Shomacher (PS) - 245 hours
1999-2002	The McKenzie Italy Institute: part A lumbar column - A. Aina (BO) - 28 hours part B thoracic & cervical column - S. Luetchford (BO) - 24 hours part C problem solving, practical application - A. Aina (BO) - 24 h. part D problem solving, practical application II <sup>o</sup> - S. Luetchford (BO) - 32 h. part E diagnosis and mechanical therapy of the limbs - A. Aina (BO) - 16 h.

## PROFESSIONAL PRESENTATIONS

2010	Speaker at the 8 <sup>th</sup> Congress: "Treatment of shoulder pathologies in water" - Biella (BI)
2009 2008	Speaker of monographic courses at the degree in physiotherapy of the "Polytechnic University of Marche" - Ancona (AN): Posture Systems, individuation & choice of solution; Wheelchair and its components, measures and assembly; Aids for daily activities; Aids for moving the patient;
2008	Speaker at monographic course: "Rehabilitation of neurological patient" ASUR 5 Marche Region, Jesi (AN)
2006	Speaker at the course: "Assistance for the supply of AIDS: Compared experiences" ASUR 10 Marche Region, San Severino Marche (MC)

## PROFESSIONAL ORGANIZATIONS

2011	Member of the GTM: Specific interest group in Manual Therapy - AIFI
1998	Member of the AIFI: Italian Physiotherapist Federation

NATIVE LANGUAGE

**Italian**

OTHER LANGUAGE

**English**

• Reading ability	Good
• Writing skills	Basic
• Oral expression skills	Basic

OTHER SKILLS AND  
COMPETENCES

2015  
2004

PTC - Prehospital Trauma Care, basic module - Italian Resuscitation Council (AN)  
BLSD Executor - Basic cardiopulmonary resuscitation and early defibrillation -  
Italian Resuscitation Council (AN)

**SIGNATURE**

I authorize the processing of my personal data pursuant to Legislative Decree 30 June 2003, n. 196 "Code regarding the protection of personal data" and subsequent amendments and integration

