

## **Carla Vanti – Curriculum Vitae**

MSc (Rehabilitation Science), PT (Physical Therapist), OMPT (Orthopaedic Manipulative Physical Therapist), Cred MDT (Credentialling Mechanical Diagnosis and Therapy – McKenzie Method).

Studio Privato di Fisioterapia - Castenaso (Bo)

### **R i e p i l o g o   d e l l e   q u a l i f i c h e**

Dottore Magistrale in Scienze delle Professioni Sanitarie della Riabilitazione

Dottore in Fisioterapia

Terapista della Riabilitazione

Master in Riabilitazione dei Disordini Muscoloscheletrici

Diploma di Esperto di Formazione

Cred MDT (Credentialling Mechanical Diagnosis and Therapy) - Metodo McKenzie

Diploma di Terapia Manuale

Diploma Corso di Formazione Avanzata in Terapia Manuale degli Arti Inferiori, del Bacino e del Rachide Lombare

Diploma Corso di Formazione Avanzata in Terapia Manuale degli Arti Superiori e del Tronco

Diploma Corso di Formazione Avanzata in Terapia Manuale del Distretto Cranio Cervico Mandibolare

Diploma Superiore di Rieducazione Posturale Globale

Diploma Corso Maitland - 1° livello

### **I s t r u z i o n e**

Laurea Specialistica in Scienze della Riabilitazione il 16.12.2010 presso l'Università di Firenze

Laurea in Fisioterapia il 17.02.2003 presso l'Università Tor Vergata di Roma

Diploma di Terapista della Riabilitazione il 1.07.1977 presso la Scuola per Terapisti della Riabilitazione - Ente Ospedaliero di Bologna

Master in Riabilitazione dei Disordini Muscoloscheletrici – Anno Accademico 2003-2004 – Università degli Studi di Genova

Formazione Specialistica Post-Diploma su: Metodo Bobath (E.Muller), Esercizio Terapeutico Conoscitivo (C.Perfetti), Tecniche di Rilassamento Psicosomatico (B.Barnabei e P.Affanni), Medicina Ortopedica Cyriax (B.De Coninck), Mechanical Diagnosis and Therapy (M.Laslett & P.Van Wijmen), Mobilizzazione del Sistema Nervoso N.O.I. (D.Butler), Kinetic Control (D.Andreotti), Rehabilitation of cervical spine disorders (G.Jull & D.Falla), Muscle Energy Techniques (B.Hungerford), Clinical Reasoning (M.Jones), Manual Therapy (B.Vicenzino), Kinesiotaping (D.Villa).

### **E s p e r i e n z a   p r o f e s s i o n a l e**

Consorzio socio-sanitario di Vignola dal 1977 al 1978

Ospedale S. Maria della Scaletta di Imola dal 1978 al 1979

Ospedale Malpighi, USL 28 e Azienda Osp.Bologna dal 1979 al 1999

Presso il proprio studio di fisioterapia dal 1999 ad oggi

### **A t t i v i t à   p r o f e s s i o n a l i   a g g i u n t i v e**

Terapista insegnante a tempo pieno dal 1981 al 1990

Docente presso i Corsi per fisioterapisti tutor nel 1997

Docente presso le Scuole per Terapisti della Riabilitazione di Bologna, Cesena, Imola, Ravenna dal 1990 al 1998

Docente presso i Corsi per Assistenti di Base dal 1988 al 1995

Docente presso la Scuola Infermieri C.R.I. dal 1980 al 1998

Professore a contratto Corso di Laurea in Fisioterapia Bologna dal 1996 al 2017

Professore a contratto Corso di Laurea in Fisioterapia Ferrara dal 2000 al 2017

Professore a contratto – Master in Terapia Manuale e Riabilitazione Muscolo-scheletrica – Università di Padova dal 2005 ad oggi

Professore a contratto – Master in Fisioterapia

Muscoloscheletrica – Università di Bologna dal 2016 ad oggi

## **A l t r e   q u a l i f i c h e**

Docente S.I.R.I. (Scuola Italiana di Riabilitazione Integrata)

Socio Benemerito del Gruppo di Studio della Scoliosi e delle Patologie Vertebrali

Socio onorario dell'Associazione Italiana Fisioterapisti

Membro della commissione di progetto su criteri e standard per l'accREDITAMENTO professionale – Agenzia Sanitaria Regionale – Regione Emilia-Romagna

“Esperto nella professione Fisioterapista” della Commissione Nazionale per la Formazione Continua del Ministero della Salute, per la valutazione culturale e scientifica degli eventi formativi relativi agli anni 2002-2004 (Progetto E.C.M.)

Già consulente Scientifico della casa Editrice Elsevier-Masson

Peer-review per le riviste: Journal of Manipulative and Physiological Therapeutics, Scientific Research and Essays, Qatar Medical Journal, International Journal of Nursing Studies, BMC Musculoskeletal Disorders, BMC Public Health, Disability and Rehabilitation, Functional Neurology, Physiotherapy Theory and Practice, Rehabilitation Nursing, Brazilian Journal of Physical Therapy, The Journal of Sport Rehabilitation, Healthcare.

Associate Editor delle Riviste Scienza Riabilitativa e Archives of Physiotherapy.

## **PUBBLICAZIONI**

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- 2) Vanti C., Molinari N., Cilloni D., Mazzatinta V. "The method according to McKenzie in the treatment of lumbago. A clinical experience". La Riabilitazione 1995; 28(1): 43-60 - EMBASE (R) DVD 1993-1995.
- 3) Vanti C. "Histoire d'un traitement en R.P.G. en hôpital, ou comment passer de la thérapie à la prévention" - Rééducation Posturale Globale 1996 Sept (55) : 28-31
- 4) Ferrari S., Vanti C. "Effetto di una procedura di allungamento attivo degli ischiocrurali sulla forza dei flessori e degli estensori del ginocchio"- Scienza Riabilitativa 1997 Lug; 1(Suppl. al n°2) : 11-13
- 5) Ferrari S., Vanti C. "Topical interest of the Reeducation Posturale Globale in the treatment of low back pain" - Résonances Européennes du Rachis 1997 Sept; 15: 34- 45
- 6) Ferrari S., Pillastrini P., Vanti C. "Riabilitazione Integrata delle lombalgie" – I edizione Masson, Milano, 1998;
- 7) Vanti C. "La diagnosi e terapia meccanica per gli arti (secondo M.Laslett)" in: Riabilitazione Integrata delle patologie della caviglia e del piede" di Casonato O., Poser A. – Masson, Milano, 2000 Cap.7:165-173
- 8) Cesari E., Vanti C., Culiersi C. La valutazione dell'outcome in un gruppo di soggetti lombalgici mediante la Quebec Back Pain Disability Scale. Scienza Riabilitativa 2000 Giugno; 4(1):17-24
- 9) Vanti C., Costa E., Ferrari S., Pillastrini P., Culiersi C "L'efficacia nel tempo di due diversi trattamenti conservativi per lombalgia: il metodo McKenzie e la Back School. Studio retrospettivo con follow-up a 3-7 anni" Scienza Riabilitativa 2001; 5(3): 6-11
- 10) Ferrari S., Pillastrini P., Vanti C. "Riabilitazione Integrata delle lombalgie" – II edizione Masson, Milano, 2002
- 11) Vanti C., Ferrari S., Ramponi S. "L'articolazione sacroiliaca. Fisiopatologia, clinica e trattamento" – Masson, Milano, 2003
- 12) 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
- 13) Vanti C., Romeo A., Ferrari S., Pillastrini P. "Lumbar spinal stenosis. Evidence and clinic". Scienza Riabilitativa, 2005 Dec; 7(4): 17-28 - CINAHL AN: 2009214997
- 14) Ferrari S.; Vanti C. "La valutazione posturale" in: "Nuovo Trattato di Medicina Fisica e Riabilitazione" – Vol I - Basi, Valutazione Funzionale e Diagnostica - a cura di G.N. Valobra, R.Gatto e M.Monticone – Ed. UTET, Torino, 2007 Cap 10: 127-151
- 15) Vanti C., Natalini L., Romeo A., Tosarelli D., Pillastrini P. "Conservative Treatment of Thoracic Outlet Syndrome – A Review of the Literature" Europa Medico Physica ('EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE') 2007 Mar;43:55-70.
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- 18) Visentin E., Vanti C. "Neural mobilization after lumbar surgery: a literature review". *Scienza Riabilitativa*, 2008 Apr; 10 (2): 11-8 - CINAHL AN: 2009925038
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- 21) Ferrari S., Vanti C. "Disfunzioni osteo-articolari del cingolo pelvico" – In: "Riabilitazione del pavimento pelvico" di Bortolami A. – Elsevier, Milano, 2009 Cap 3:79-84
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- 23) Fabbri L; Vanti C. "The conservative treatment in ankylosing spondylitis: a literature review". *Scienza Riabilitativa*, 2009 Jan; 11 (1): 25-32 - CINAHL AN: 2010181198 - Indexed by PEDro – Physiotherapy Evidence Database
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- 26) Vanti C. Development of the Italian Version of the Oswestry Disability Index (ODI-I). A cross-cultural adaptation, reliability, and validity study" (Recensione) *Scienza Riabilitativa* 2009;11(4):27-29 CINAHL AN: 2010452888
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- 53) Vanti C, Pillastrini P. Assessment of carpal tunnel syndrome: overview of clinical tests. In: Ledford M. (Ed). *Carpal Tunnel Syndrome: Risk Factors, Symptoms and Treatment Options. Neuroanatomy Research at the Leading Edge* ISBN: 978-1-63321-142-1 Nova Science Publishers, Hauppauge, NY (USA) 2014:57-90

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