



Francesco Todde

Qualifications

Doctor of Research Ph.D. “Molecular methodology and molecular morpho-functionality applied to physical exercise”, University of Urbino “Carlo Bo”, Faculty of Motor Sciences, Department of Biomolecular Sciences Section of Physical Education and Health.

Doctor of Osteopathy Swansea University UK First Class Honours 29 July 2022

Doctor Msc Graduate Motor Sciences (art. 5 punto 6 DM 25 Gennaio 1999; GU 23 Gennaio 1999 N18) Faculty of Motor Sciences Urbino, Italy.

Doctor Bsc Graduate Physiotherapist, Faculty of Medicine and Surgery Pavia; I.R.C.C.S. Policlinico S.Matteo, Italy.

Doctor of Chiropractic Medicine CUFCE U.S.A. September 18, 2024.
Degree Verification: CUD450-10-0224

Postgraduate Certificate Lato Senso Brazil

Specialist in Chiropractic Registration in the Ministry of Education Brazil

Certificate of Diploma in Chiropractic ANAFIQ National Association of Chiropractic Brazil

Certificate of Diploma in Chiropractic Registration in the Association of Physiotherapists Chiropractors Brazil

Certificate of Diploma in Traumatological and Orthopedic Rehabilitation Registration in SBRTO Brazilian Society of Rehabilitation Traumatology and Orthopedics Brazil

DO and Master Osteopathic Medicine (ORI / EFSO; Lyon-France)

University Master First Level in Osteopathic Medicine Pegaso University

University Master First Level in Posturology Pegaso University

University Master Second Level in Nutrition and Applied Dietetics Pegaso University

DO Osteopath, Manual Osteopathic Medicine ASOMI Torino Italy



Professional Experience

2018 – 2019-2020: Head Physiotherapist Brescia Calcio, Italy. Managing all aspects of primary care for a Serie A, football team.

2007 – 2017: Head Physiotherapist Cagliari Calcio, Italy. Managing all aspects of primary care for a Serie A, football team.

2002 – 2023: Private Physiotherapist, Personal Coach and Trainer.

2001 – 2002: Physiotherapist Villa Esperia rehabilitaion centre Salice Terme (PV).

2000 – 2001: Post Graduate Teacher, Faculty of Motor Sciences Pavia.

2013 – 2018: Ph.D. Tutor and Teacher, Faculty of Motor Sciences and Physiotherapy, University of Cagliari .

2019-2020: Professor “Physical and Rehabilitative Medicine” SSD Med34 for the 5th year Specialization School in Orthopedics and Traumatology. University of Brescia.

2020-2021: Professor Miur “Istituto Istruzione Superiore Buccari Marconi Cagliari AA 2020/2021”

2020-2021-2022-2023-2024-2025: Professor Faculty of Motor Sciences AMPA, and Faculty of Physiotherapy, Department of Medical Sciences and Public Health and School of Sports Medicine University of Cagliari, Italy

Languages spoken:

English

B1/2 basic level

Portuguese

B1/2 basic level



Courses:

Trainer, Coach and Assessor Italian Olympic Association C.O.N.I-F.I.P.E., Cagliari 1989

Practical Massage in sport and rehabilitation, Urbino 1995

Kinesis and Biomechanics aspect in Sport, Urbino 1995

Perfect practice in exercises ore and post partum, Urbino 1995

Stretching in Exercise and Sports Medicine Update, Urbino 1995

Rehabilitation for Range of Movement Update, Milano 1995
Basic Reflexology, Cagliari 2003

Assessment and treatment for Cerebral Malformation, Cagliari 2004
Manual Lymphatic Drainage, Cagliari 2004

Therapeutic Massage and Joint Mobilisation, Cagliari 2004

Practical Methods in the prevention and treatment of Postural problems of the Spine in a sports setting, Cagliari 2004

Manual Therapy of the Spine, Milano 2005

Strapping and Taping, Milano 2005

Perfect practice in exercises ore and post partum update, Salerno 2005

Advanced Level in: T.E.C.A.R. Therapy UNIBELL; Iontophoresis; Shock Wave and Hyperthermia Therapy; Laser; U.S Cavitation; Pressure therapy; Lumbar Traction; Isokinetics. Cagliari 2005-2006

The Sabino Giuliano Exercise method for prehab and rehab of the sporting spine, Salerno 2005

Qualified to use the FIM (Functional Independence Measure) Italian Version, Pavia 2006

First aid theory and practice including the use of the Cardiac Defibrillator, Cagliari 2006

Medical and Osteopathic Approach in Multisystemic dysfunction, Milano 2007

First Aid Theory and practice including the use of the KinesioTaping; FisiPilates and Facilitation Proprioceptive Neuromuscular in a sport setting, prevention and treatment of Postural problems, Milano 2011



Human Tecar Sports Top Level, Formia 2012

Core Stability in sport and rehabilitation, Cagliari 2013

Fibrosis in the apparatus muscle skeletal ,Cagliari 2014

Osteopathic Medicine, Asomi Torino 2014

Manual Therapy HVLA Technique Chicago Style, Bari 2018

Neurodynamics and therapeutic exercise FAD 2020

Integrated scar treatment FAD 2020

Somato-visceral pain evaluation, techniques and treatment in FAD
ilitation practice 2024

Physiotherapy of cranio-cervical-mandibular dysfunctions: practical
application and evidence-based clinical reasoning 2024

RUSI Course - Rehabilitative Ultrasound Imaging 2024

Rehabilitative treatment of orthopedic shoulder pathologies 2024

Responsibilities, rights and duties of healthcare professionals 2024
Pediatric Osteopathic Therapy 2024

TIQ Chiropractic Instrumental Therapy Activator 2024

Diversified Chiropractic and Gonstead Adjustment® 2024



Curriculum Vitae

- Biosafety in healthcare 2021
- Clinical documentation. Diagnostic and rehabilitative clinical-care pathways, care profiles and treatment profiles 2021
- Somato-visceral pain evaluation, techniques and treatment in FAD rehabilitation practice 2024
- Physiotherapy of cranio-cervical-mandibular dysfunctions: practical application and evidence-based clinical reasoning 2024
- RUSI Course - Rehabilitative Ultrasound Imaging 2024
- Rehabilitative treatment of orthopedic shoulder pathologies 2024
- Responsibilities, rights and duties of healthcare professionals 2024
- Pediatric Osteopathic Therapy 2024
- AIT Chiropractic Instrumental Therapy Activator 2024
- Diversified Chiropractic and Gonstead Adjustment® 2024
- Gonstead Chiropractic Adjustment 2025
- Logan Chiropractic Method 2025
- Thompson Chiropractic Adjustment 2025

**CONVENTIONS,
EMINARS AND
SCIENTIFIC
PUBBLICATIONS**



- **Effect On Motor Skills Of Elderly Adults Of A 12-Week Randomized Controlled Trial Of Vigorous Exercise.** Francesco Todde, Gian Mario Migliaccio, Francesco Fois, Stefano Melis, Marta Siccu, Giorgia Collu, Franco Melis. **JAGS, JULY 2014–VOL. 62, NO.7, 1377-1378**
- **Relationship between static and dynamic balance abilities in Italian professional and youth league soccer Players.** Massimiliano Pau, Federico Arippa, Bruno Leban, Federica Corona, Gianfranco Ibba, Francesco Todde, Marco Scorcu. **Physical Therapy in Sport (2014), <http://DX.doi.org/10.1016/j.prsp.2014.12.003>**
- **Heart Rate Unreliability during Interval Training Recovery in Middle Distance Runners** Filippo Tocco 1, Irene Sanna 1, Gabriele Mulliri 1, Sara Magnani 1, Francesco Todde 1, Roberto Mura 1, Giovanna Ghiani 1, Alberto Concu 2, Franco Melis 1 and Antonio Crisafulli 1. 1Department of Medical Sciences, School of Sport Medicine, Sport Physiology Lab., University of Cagliari, Italy. 2 2CTechnologies Inc., Academic Spin-off, University of Cagliari, Italy. **Journal of Sports Science and Medicine (2015) 14, 466-472 <http://www.jssm.org>**
- **Index of physical capacity and repeated sprint ability of young soccer players.** L.Angius, S. Olla, F. Piras, R. Mura, G. Ibba, F.Todde, M. Cominu, M. Pinna, F. Tocco, A. Concu, A. Crisafulli. **Journal Sport Sciences for Health, DOI.1007/s 11332-013-0137-s**
- **The effects of two different 8-week stretching protocols on postural stability in amateur sportsmen"** F.Todde, A.Carcangiu, N.Pusceddu, A. Di Giacomo, F.Tocco (2022) **Sport Sciences for Health <https://doi.org/10.1007/s11332-021-00842-8> Department of Medical Sciences and Public Health, School of Sport Medicine, University of Cagliari, Cagliari, Italy**
- **Cardiovascular Responses to Simultaneous Diving and Muscle Metaboreflex Activation** Annalisa Di Giacomo, Giovanna Maria Ghiani, Francesco Todde, **Filippo Tocco** (2021) **Front. Physiol., <https://doi.org/10.3389/fphys.2021.730983> Department of Medical Sciences and Public Health, School of Sport Medicine, University of Cagliari, Cagliari, Italy**
- **Poster: Lack of correlation between laboratory indexes of aerobic and anaerobic lactic capacities and Repeated Sprint Ability in young professional soccer players.** L.Angius, S. Olla, F. Piras, R. Mura, G. Ibba, F.Todde, M. Cominu, M. Pinna, F. Tocco, A. Concu, A. Crisafulli. **XXXII World Congress of Sport Medicine, Rome, Italy, 27-30 September 2012**
- **Abstracts: Assessment of physiological profile of elite professional soccer players.** L.Angius, S. Olla, F. Piras, R. Mura, G. Ibba, F.Todde, M. Cominu, M. Pinna, F. Tocco, A. Concu, A. Crisafulli. **Journal of Sport Medicine and Physical Fitness, Volume 51-suppl. I to No. 3 september 2011**
- **Poster ACSM: Effect Of A 12 Weeks Randomized Controlled Trial Of Vigorous Exercise On Motor Skills in a Group Of Over65 People.** Giorgia Collu, Franco Melis, Francesco Fois, Stefano Melis, Marta Siccu, Gian Mario Migliaccio, Francesco Todde. **World Congress American College of Sports Medicine, Orlando-Florida, May 27- 31, 2014. Published in Medicine and Science in Sports and Exercise, Volume 46:5 Supplement. Ecss European**



- **Congress Of Sport Science, Amsterdam July 2014, Orals:**
- **Effects Of A Program Of Vigorous Training And 8 Weeks Of Detraining In A Group Of Over 65.** Authors: Fois, F., Migliaccio, G.M., Melis, S., Siccu, M., Collu, G., Melis, F., Todde, Institution: Coni – Italian Olympic Committee/Italy – University Of Cagliari; **2) The Effect Of A 12 Weeks Randomized Controlled Trial Of Vigorous Exercise On Motor Skills In A Group Of Over65 People.** Authors: Melis, S., Migliaccio, G.M., Fois, F., Siccu, M., Collu, G., Melis, F., Todde, Institution: Coni-Italian Olympic Committee/Italy – University Of Cagliari
- **Tocco, F, Crisafulli, A, Milia, R, Marongiu, E, Mura, R, Roberto, S, Todde, F, Concu, D, Melis, S, Velluzzi, F, Loviselli, A, Concu, A, and Melis, F. Nervous Facilitation in Cardiodynamic Response of Exercising Athletes to Superimposed Mental Tasks: Implications in Depressive Disorder. Clinical Practice & Epidemiology in Mental Health 11, 166-173 2015**

"Autorizzo il trattamento dei miei dati personali ai sensi del Dlgs 196 del 30 giugno 2003 e dell'art. 13 GDPR".

Francesco Todde PhD MSc BSc PT DO DC