

PERSONAL INFORMATION

Silvano Ferrari

POSITION
PERSONAL STATEMENT

- Physiotherapist - private practitioner
- Lecturer in the Master in Manual Therapy and Musculoskeletal Rehabilitation, Faculty of Medicine – University of Padova (From 2006 to today)
- Lecturer in the Master in Musculoskeletal Physiotherapy, Faculty of Medicine – University of Bologna (From 2017 to today)
- Lecturer in the School of Physiotherapy, Humanitas University (Milano) (From 2017 to today)
- Lecturer in the School of Physiotherapy, Faculty of Medicine – University of Cagliari (From 2018 to today)

WORK EXPERIENCE

- From 1990 - present
- Physiotherapist
- "Studio Arcobaleno" - Milano
Private rehabilitation clinic
- From 1984 to 1989
- Physiotherapist
- "Studio Terapie Riabilitative" - Milano
Private rehabilitation clinic
- From 1974 to 1984
- Fireman
- "Comando Provinciale VVF" - Milano
Government assistance

EDUCATION AND TRAINING

Many educational and physiotherapy courses. The last:

- Evidence Based Medicine, Research methodology
- 2016 - Corso **“Fundamentals of Research Methodology: how to make your research more relevant, feasible and publishable”** Milano (Italy) 40 hours Task Force Research” by EUROSPINE – Faculty Eurospine Course Director Margaret Nordin (USA)
 - Evidence Based Medicine, Research methodology
 - 2015 - Corso **“Professional Skill Assessment and Clinical Placement Assessment of Health Care Professional Students”** Padova (Italy) University of Padova – Course Director Jacob Saranga
 - Educational
 - 2012 - Corso **“Cognitive Rehabilitation Therapy (CRT)”** SUPSI - Manno (CH) 24 ore – Lecturer Tom Arild Torstensen
 - Physiotherapy approach
 - 2012 - Corso **“Body Image & Central Pain Presentation”** Milano (Italy) - Lecturer Sean Gibbons (Canada) -24 hours

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

| | UNDERSTANDING | | SPEAKING | | WRITING |
|--|---------------|---------|--------------------|-------------------|---------|
| | Listening | Reading | Spoken interaction | Spoken production | |
| english | B1 | C1 | B1 | B1 | B2 |
| Replace with name of language certificate. Enter level if known. | | | | | |
| francais | A2 | A2 | A2 | A2 | A2 |
| Replace with name of language certificate. Enter level if known. | | | | | |

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

- Excellent contact skills with colleagues/students gained through a hundred of rehabilitation techniques courses
- discrete communication skills gained through my experience as scientific journal reviewer

Organisational / managerial skills

- From 2015 to today “Associate Editor” journal “Archives of Physiotherapy”, ISSN 2057-0082, CINAHL ed EBSCO-HOST databases - *Open Access BioMedical Central*
- From 2006 to today “Associate Editor” journal “Scienza Riabilitativa”, ISSN 1828-3942, CINAHL ed EBSCO-HOST databases
- From 2014 to 2015 member of Organization Committee of Master in Manual Therapy and Musculoskeletal Rehabilitation, Faculty of Medicine – University of Padova
- From 2000 to 2013: Scientific Consultant for the Physiotherapy Series of Books Elsevier-Masson Publisher
- From 2000 to 2001: Scientific consultant to lifelong education at AITR (Associazione Italiana Terapisti della Riabilitazione – Italian Physiotherapists Association)
- From 1997 to 2000: Chef of Legal Affairs Office of Italian Physiotherapists Association (National Office for a team of 6 people)

ADDITIONAL INFORMATION

Memberships

Membership of EuroSpine - The Spine Society of Europe from 2011 to present.
 Membership of Italian Society of Physiotherapy (SIF) from 2010 to present.

Member of the expert’s panel in the consensus meeting of the “*Lumbar Spinal Stenosis*” organized from “World Federation of Neurosurgical Societies (WFNS) Spine Committee” Milan (Italy) November 8-11, 2018.

Member of the expert’s panel in the Delphi Study: *Preferred self-administered questionnaires to assess fear of movement, coping, self-efficacy, and catastrophizing in patients with musculoskeletal pain—A modified Delphi study*. Marije L.S. Sleijser-Koehorst, Lisette Bijker, Pim Cuijpers, Gwendolyne G.M. Scholten-Peeters, Michel W. Coppieters, Pain, 2019

Reviewer activity

Peer Reviewer for *European Spine Journal* ISSN: 0940-6719 (Print) 1432-0932 (Online) – PubMed/Medline, SCOPUS, EMBASE, Google Scholar, EBSCO et al.
 Peer Reviewer for *Disability and Rehabilitation* Print ISSN: 0963-8288 Online ISSN: 1464-5165 - Index Medicus/MEDLINE; PEDro, EBSCO et al.
 Peer Reviewer for *Musculoskeletal Science & Practice (previous Manual Therapy)* Index Medicus/MEDLINE; PEDro, EBSCO, SCOPUS, et al

Publications

Last Publications:

- Pillastrini P, **Ferrari S**, Albano A, Beni M, Burbello I, De Cristofaro L, Griffoni C, Mattarozzi K, Nervuti G, Vanti C. *Patients' experience on waiting for spinal arthrodesis: a qualitative study*. Qual Life Res. 2024 Dec 8. doi: 10.1007/s11136-024-03861-3. Epub ahead of print. PMID: 39648235.
- Monticone M, Agrippa, Foti, **Ferrari S** et al.. *The model of fear of movement/(re)injury runs clockwise from catastrophizing: evidence from a sample of outpatients with chronic non-specific low back pain*. American Journal of Physical Medicine & Rehabilitation. 2024
- Vanti, C. **Ferrari, S**. Chiodini, M. Olivoni, C. Bortolami, A Pillastrini, P. *Sexual Disability in Low Back Pain: Diagnostic and Therapeutic Framework for Physical Therapists*. Healthcare 2024, 12, x.
- Vanti C., **Ferrari S.**, Brovelli S. Marinucci C, Seggiaro A, Turolla A, Pillastini P. *The Management of Sexual Disability Related to Low Back Pain: A Cross-Sectional Survey of Italian Physiotherapists*. Sex Disabil (2024).
- S.Ferrari**, C. Cedraschi, N. Mapelli, A. Baram, F. Costa, R. Gatti & M. Fornari *Thoughts and concerns of patients at hospital discharge after lumbar spine surgery. A qualitative study*. Disability and Rehabilitation, (2023) 45:24, 4048-4057
- Manni, T., Ferri, N., Vanti, C, **Ferrari S** et al. *Rehabilitation after lumbar spine surgery in adults: a systematic review with meta-analysis*. Arch Physiother (2023) 13, 21
- Temporiti F, **Ferrari S**, Kieser M, Gatti R. *Efficacy and characteristics of physiotherapy interventions in patients with lumbar spinal stenosis: a systematic review*. Eur Spine J. 2022 May 5.
- Vanti C, **Ferrari S**, Guccione AA, Pillastrini P. *Lumbar Spondylolisthesis: State of the art on assessment and conservative treatment*. Archives of Physiotherapy 2021, 11:19
- Ferrari S**, Vanti C, Giagio S, Anesi M, Youssef S, Bortolami A, Cedraschi C & Pillastrini P. (2020) *Low back pain and sexual disability from the patient's perspective: a qualitative study*. Disability and Rehabilitation, 2020 Sep 15;1-9.
- Fornari M, Robertson SC, Pereira P, Zileli M, Anania CD, Ferreira A, **Ferrari S**, Gatti R, Costa F. *Conservative Treatment and Percutaneous Pain Relief Techniques in Patients with Lumbar Spinal Stenosis: WFNS Spine Committee Recommendations*. Lumbar Spinal Stenosis Special Section. World Neurosurgery: X, 2020,vol. 7, 100079

- Ferrari S**, Striano R, Lucking E, Pillastrini P, Monticone M, Vanti C. *Does the awareness of having a lumbar spondylolisthesis influence self-efficacy and kinesiophobia? A retrospective analysis*. Archives of Physiotherapy 2019, 9:16.
- Ferrari S**, Vanti C, Frigau L, Guccione A, Mola F, Ruggeri M, Pillastrini P. Monticone M. *Sexual disability in patients with chronic non-specific low back pain—a multicentre retrospective analysis*, J. Phys. Ther. Sci 2019 Apr; 31(4): 360–365.
- Ferrari S**, Vanti C, Pellizzer M, Dozza L, Monticone M, Pillastrini P. *Is there a relationship between self-efficacy, disability, pain and sociodemographic characteristics in chronic low back pain? A multicenter retrospective analysis*. Archives of Physiotherapy 2019, 9:9.
- Vanti C, **Ferrari S**, Villafane J, Berjano P, Monticone M. *Responsiveness and minimum important change of the Oswestry Disability Index in Italian subjects with symptomatic lumbar spondylolisthesis*. J Orthopaed Traumatol 2017;1:1-6.
- Ferrari S**, Morassi S, Celico L, Vanti C. *L'efficacia del Nordic Walking sul dolore e la disabilità nei pazienti con lombalgia. Revisione sistematica della letteratura*. Scienza Riabilitativa 2017, 19(4):5-12.
- Ferrari S**, Vanti C, Costa F, Fornari M. *Can physical therapy centred on cognitive and behavioural principles improve pain self-efficacy in symptomatic lumbar isthmic spondylolisthesis? A case series*. J Bodyw Mov Ther 2016,20:554-564
- Ferrari S**, Villafane JH, Berjano P, Vanti C, Monticone M. *How many physical therapy sessions are required in symptomatic lumbar spondylolisthesis? A retrospective study*. J Ther Bodyw Mov Ther 2016;22(1):18-23
- Vanti C, **Ferrari S**, Villafane J, Berjano P, Monticone M. *Responsiveness of the Bridge maneuvers in subjects with Symptomatic Lumbar Spondylolisthesis: A prospective cohort study*. Physiotherapy Research International 2017,22(4)

Monticone M, Baiardi P, Vanti C, **Ferrari S**, Pillastrini P, Mugnai R, Foti C. "Responsiveness of the Oswestry Disability Index and the Roland Morris Disability Questionnaire in Italian subjects with sub-acute and chronic low back pain". *Eur Spine J*, 2012;21(1):122-129 DOI: 10.1007/s00586-011-1959-3

Monticone M., Baiardi P., **Ferrari S.**, Foti C., Mugnai R., Pillastrini P., Vanti C., Zanolì G. "Development of the Italian Version of the Oswestry Disability Index (ODI-I). A cross-cultural adaptation, reliability, and validity study" *Spine*, 2009; 34(19): 2090-5

Ferrari S, Monticone M. *Efficacy of a multimodal rehabilitation program in a dental hygienist with upper quadrant disorders. Description of a case report with one-year follow-up.* *G Ital Med Lav Erg* 2009; 31:4, 407-413. Giornale indicizzato da Index Medicus e Excerpta Medica.

Vanti C., **Ferrari S.**, Morsillo F., Tosarelli D., Pillastrini P. "Manual Therapy for Non-Specific Thoracic Pain in Adults: Review of the Literature". *Journal of Back and Musculoskeletal Rehabilitation*, 2008;21(3): 143-152

Vanti C., Generali A., **Ferrari S.**, Nava T., Tosarelli D., Pillastrini P. "Reeducation Posturale Globale in musculoskeletal diseases: scientific evidence and clinical practice", *Reumatismo* 2007 59(3): 1-

Books - Four physical therapists' book published:

Ferrari S., P.Pillastrini, M.Testa, C.Vanti *La Riabilitazione post-chirurgica del paziente ortopedico.* Elsevier Milano, 2010

Ferrari S. e Autori vari. *La lombalgia 1. Valutazione e trattamento riabilitativo.* *MedTutor Riabilitazione.* UTET, Torino, 2010;

Vanti C, **Ferrari S**, Ramponi S. *L'articolazione sacroiliaca. Fisiopatologia, clinica e trattamento.* Masson Milano, 2003;

Ferrari S., Pillastrini P., Vanti C. *Riabilitazione Integrata delle Lombalgie* Masson Milano, 1998 (2nd ed 2002);

ANNEXES Speaker in many Conferences in Italy (more than 90)
Conferences
Many Conference Speaker activity abroad:

Speaker at the III° International Congress of Rieducazione Posturale Globale *"Lo Stretching Globale Attivo nel rapporto di forza tra flessori ed estensori del ginocchio. Una ricerca preliminare"* S. Paolo (Brasile), 19/20/21 Apr 1996

Speaker to Conference *"Le Stretching Global Actif"*. Sandweiler (Luxembourg), 12 Nov 1997

Co-Speaker VI International Congress de RPG, *"La rieducazione Posturale Globale nelle patologie muscoloscheletriche: revisione della letteratura"* Ilha de Madeira (Portugal) 27,28,29 June 2008

Co-Speaker Annual Meeting of EuroSpine *"Treating cognitive and behavioural factors leads to long-term improvements in the disability and quality of life associated with chronic common neck pain. A randomised controlled clinical trial"*. Vienna, Austria Sept 15-17, 2010

Speaker at the Annual Meeting Eurospine 2013 *"Lumbar Instability Clinical Tests, Pain And Disability In Subjects With Symptomatic Spondylolisthesis. A Cross Sectional Test Study."* Liverpool Uk, Oct 2-4, 2013

Speaker at the 1° Eurospine Spring Speciality Meeting *"Reliability and diagnostic accuracy of the clinical tests for lumbar instability: a systematic review"* Prague (Czech Republic) May 8-9, 2014

Poster
Many Poster at the Italian Meeting & Conferences

CHAPTER WRITTEN IN
BOOKS PUBLISHED BY
OTHER AUTHORS

Ferrari S., Pillastrini P., Vanti C: Editors of the Italian version of the book: Pauls, Reed – *Guida rapida alla fisioterapia* – Masson, Milano, 1999

Ferrari S.: Editor of the Italian version of the book: Danowski, Chanussot – *Traumatologia dello sport*. Second edition. Masson, Milano, 2000

Ferrari S. "La rieducazione Posturale Globale nelle patologie di caviglia e piede" In: Casonato O., Poser A. *Riabilitazione integrata delle patologie della caviglia e del piede*.

Ferrari S., Vanti C. "La lordosi lombare: vittima o colpevole?" In Sibilla P., Negrini S. (eds.) *Il trattamento della lombalgia. Stato dell'arte*. Edi-Ermes, Milano, 1996, pp.116-118

Vanti C., **Ferrari S.** et al. "L'instabilità lombare. Approccio riabilitativo nella instabilità vertebrale non chirurgica". In Sibilla P., Negrini S. (eds) *Il trattamento della lombalgia - Stato dell'arte*. Edi Ermes, Milano, 1996, pp. 317-318.

Respizzi S, Vernazza D., **Ferrari S.** "Il ruolo della Rieducazione Posturale Globale" in: *Aggiornamenti in Riabilitazione Sportiva*. S. Respizzi Eds. Edi-ermes Milano, 1997, pp43-46

Ferrari S.: Editor of the Italian version of the book: Danowski, Chanussot – *Traumatologia dello sport*. Third edition. Masson, Milano, 2004

Ferrari S, Vanti C. "Razionale del trattamento riabilitativo dopo intervento di microdiscectomia lombare." *Rachide e Riabilitazione Multidisciplinare. Primo Evidence-Based Meeting*. S. Negrini, M. Monticone eds. Monografie di Aggiornamento Gruppo di Studio della Scoliosi e delle Patologie Vertebrali, 2005.

Ferrari S, Testa M.: Editors of the Italian version of the book: Cleland J. "L'esame clinico ortopedico. Un approccio EBM" Masson-Elsevier Editori, Milano, 2006

Ferrari S, Vanti C. "Approccio conservativo evidence-based all'instabilità vertebrale." *Rachide e Riabilitazione Multidisciplinare. Secondo Evidence-Based Meeting*. S. Negrini, M. Monticone eds. Monografie di Aggiornamento Gruppo di Studio della Scoliosi e delle Patologie Vertebrali, 2006.

Ferrari S, Vanti C. "La Valutazione Posturale" in: *Trattato di Medicina Fisica e Riabilitazione III° edizione - 1° volume*. Editor in Chief: Giorgio Nino Valobra; Co-Editor: Renato Gatto, Marco Monticone UTET 2007

Romano M, **Ferrari S.** "La Terapia Manuale" in: *Trattato di Medicina Fisica e Riabilitazione III° edizione - 2° volume*. Editor in Chief: Giorgio Nino Valobra; Co-Editor: Renato Gatto, Marco Monticone UTET 2008

Vanti C., **Ferrari S.** "Approccio clinico alla patologia sacroiliaca" in: *Trattato di Medicina Fisica e Riabilitazione III° edizione - 3° volume*. Editor in Chief: Giorgio Nino Valobra; Co-Editor: Renato Gatto, Marco Monticone. UTET, Torino, 2008

Vanti C, **Ferrari S.** "Disturbi osteoarticolari del cingolo pelvico" in *Riabilitazione del Pavimento Pelvico*. A. Bortolami (Eds), Elsevier, Milano, 2009

Co-Editors Italian version of the book: "Tidi's- Manuale di Fisioterapia" Stuart Porter Editor, Edi-Ermes, 2014, Milano

Conflict of interests: None