



## Firas Mourad

---

<https://publons.com/researcher/1991605/firas-mourad/> |

<https://orcid.org/my-orcid?orcid=0000-0002-8981-2085> |

LUNEX International University of Health, Exercise and Sports, Department of Physiotherapy, 4671 , Differdange, Luxembourg

### ● WORK EXPERIENCE

---

2014 – 30/12/2021 – Brescia, Italy

**COMPANY OWNER, DIRECTOR, PHYSIOTHERAPIST – POLIAMBULATORIO PHYSIO POWER**

---

Outpatient Clinic following the principles of bioethics, evidence-based medicine, and the biopsychosocial model

2019 – 30/12/2021 – Brescia, Italy

**COMPANY OWNER, DIRECTOR, SENIOR LECTURER – HDEMY**

---

Health Care Professionals Continuing Professional Development Education & Consulting

2014 – CURRENT – Roma, Italy

**LECTURER – UNIVERSITÀ DEGLI STUDI DI ROMA "TOR VERGATA"**

---

Lead Lecturer for the Cervical Spine Modules at the Master on Musculoskeletal & rheumatological Physiotherapy

2017 – 2020 – Brescia, Italy

**LECTURER – UNIVERSITÀ DEGLI STUDI DI BRESCIA**

---

Lecturer at the BSc in Physiotherapy

2013 – 2020 – Montgomery (AL), United States

**SENIOR INSTRUCTOR – AMERICAN ACADEMY OF MANIPULATIVE THERAPY**

---

Senior Instructor for the Spinal Manipulation Institute, Dry Needling Institute and American Academy of Manipulative Therapy in USA and Europe

2008 – 2014 – Roma, Italy

**SPORT PHYSIOTHERAPIST SPECIALIST – FEDERAZIONE ITALIANA RUGBY**

---

Italian National Team Consultant for and during main events such as World Cup and Six Nations tournament

2008 – 2015 – Montichiari (BS), Italy

**DIRECTOR, PHYSIOTHERAPIST – POLIAMBULATORIO SPORTO LIFE**

---

Director of the Department of Physiotherapy,

2015 – CURRENT – Italy

**VICEPRESIDENT AND MO DELEGATE – GRUPPO TERAPIA MANUALE (AIFI)**

---

Local and International Political activities for the musculoskeletal physiotherapy special interest group

2015 – 2018 – Italy

**FOUNDER AND PRESIDENT – DRY NEEDLING ITALIA**

---

Local Political activities and Education for Dry Needling in physiotherapy

12/09/2021 – CURRENT – Differdange , Luxembourg

**SENIOR LECTURER – LUNEX UNIVERSITY**

---

Department of Physiotherapy

## ● **EDUCATION AND TRAINING**

---

2003 – 2007 – Italy

**LAUREA IN FISIOTERAPIA - BSC IN PHYSIOTHERAPY – Università di Brescia**

---

**Address** Italy | **Field of study** Therapy and rehabilitation | **Level in EQF** EQF level 6 |

**National classification** Laurea Triennale | **Type of credits** CFU | **Number of credits** 180

2007 – 2009 – Italy

**MASTER DI I° LIVELLO IN RIABILITAZIONE DEI DISORDINI MUSCOLOSCHIELETRICI - MS IN MUSCULOSKELETAL PHYSIOTHERAPY – Università di Genova**

---

**Address** Italy | **Level in EQF** EQF level 7 | **National classification** Master di I Livello |

**Type of credits** CFU | **Number of credits** 60

2011 – 2014 – United Kingdom

**POST-GRADUATE CERTIFICATE IN SPORT AND EXERCISE MEDICINE – Ulster University**

---

**Address** United Kingdom | **Field of study** Therapy and rehabilitation | **Level in EQF** EQF level 7 |

**National classification** Post Graduate Certificate | **Type of credits** ECTS | CFU |

**Number of credits** 60

2012 – 2014 – Spain

**MASTER IN OSTEOPATIA DELL'APPARATO LOCOMOTORE - MS IN OSTEOPATHY – Universitat de Girona**

---

**Address** Spain | **Field of study** Therapy and rehabilitation

2013 – 2015 – United States

**DIPLOMA IN OSTEOPRACTIC – American Academy of Manipulative Therapy**

---

**Address** United States | **Field of study** Therapy and rehabilitation

2015 – 2017 – Italy

**CORSO DI PERFEZIONAMENTO IN REVISIONI SISTEMATICHE E META-ANALISI COCHRANE - POST-GRADUATE CERTIFICATE IN SYSTEMATIC REVIEW AND META-ANALYSIS COCHRANE** – Università degli studi di Modena e Reggio Emilia

---

**Address** Italy | **Field of study** Therapy and rehabilitation | **Level in EQF** EQF level 7 |

**National classification** Corso di Perfezionamento Universitario | **Type of credits** CFU |

**Number of credits** 60

2013 – 2019 – Spain

**DOTTORATO DI RICERCA IN SCIENZE DELLA SALUTE - PHD IN HEALTH SCIENCE** – Universidad Rey Juan Carlos

---

**Address** Spain | **Field of study** Therapy and rehabilitation | **Level in EQF** EQF level 8 |

**National classification** Dottorato di Ricerca | Doctor of Philosophy (PhD) | **Type of credits** CFU |

**Number of credits** 180

2018 – 2021 – Italy

**LAUREA MAGISTRALE IN SCIENZE RIABILITATIVE DELLE PROFESSIONI SANITARIE - MSC IN REHABILITATION SCIENCE OF HEALTHCARE PROFESSIONAL** – Università degli Studi di Milano

---

**Address** Italy | **Field of study** Therapy and rehabilitation | **Level in EQF** EQF level 7 |

**National classification** Laurea Magistrale | **Type of credits** CFU | **Number of credits** 120

## ● LANGUAGE SKILLS

---

Mother tongue(s): **ITALIAN** | **ARABIC**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C1	C2	C1	C1	C1

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## ● DIGITAL SKILLS

---

### My Digital Skills

Gestione autonoma della posta e-mail | Social Network | Microsoft Office | Posta elettronica | Utilizzo del browser | Google | Public Speaking and Public Relations | Publishing

## ● VOLUNTEERING

---

2013 – CURRENT

**Socio, Consulente**

---

We Are Onlus

## ● DRIVING LICENCE

---

**Driving Licence:** AM | 18/01/2013 – 09/11/2030

**Driving Licence:** B | 28/11/2019 – 01/05/2030

## ● PUBLICATIONS

---

**Dunning J, Mourad F, Barbero M, Leoni D, Cescon C, Butts R. Bilateral and multiple cavitation sounds during upper cervical thrust manipulation. BMC Musculoskelet Disord. 2013 Jan 15;14:24.**

---

doi: 10.1186/1471-2474-14-24.  
2013

**Dunning J, Butts R, Mourad F, Young I, Flannagan S, Perreault T. Dry needling: a literature review with implications for clinical practice guidelines. Phys Ther Rev. 2014 Aug;19(4): 252-265.**

---

doi: 10.1179/108331913X13844245102034.  
2014

**Dunning J, Mourad F, Giovannico G, Maselli F, Perreault T, Fernández-de-Las-Peñas C. Changes in shoulder pain and disability after thrust manipulation in subjects presenting with second and third rib syndrome. J Manipulative Physiol Ther. 2015 Jul-Aug;38(6):382-94.**

---

doi: 10.1016/j.jmpt.2015.06.008.  
2015

**Mourad F, Giovannico G, Maselli F, Bonetti F, Fernández de las Peñas C, Dunning J. Basilar impression presenting as intermittent mechanical neck pain: a rare case report. BMC Musculoskelet Disord. 2016 Jan 11;17:7.**

---

doi: 10.1186/s12891-015-0847-0.  
2016

**Dunning JR, Butts R, Mourad F, Young I, Fernandez-de-Las Peñas C, Hagins M, Stanislawski T, Donley J, Buck D, Hooks TR, Cleland JA. Upper cervical and upper thoracic manipulation versus mobilization and exercise in patients with cervicogenic headache: a multi-center randomized clinical trial. BMC Musculoskelet Disord. 2016 Feb 6;17:64.**

---

doi: 10.1186/s12891-016-0912-3.  
2016

**Butts R, Dunning J, Pavkovich R, Mettelle J, Mourad F. Conservative management of temporomandibular dysfunction: A literature review with implications for clinical practice guidelines (Narrative review part 2). J Bodyw Mov Ther. 2017 Jul;21(3):541-548.**

---

doi: 10.1016/j.jbmt.2017.05.021.  
2017

**Dunning J, Mourad F, Zingoni A, Iorio R, Perreault T, Zacharko N, de Las Peñas CF, Butts R, Cleland JA. CAVITATION SOUNDS DURING CERVICOTHORACIC SPINAL MANIPULATION. Int J Sports Phys Ther. 2017 Aug;12(4):642-654.**

---

PMID: 28900571; PMCID: PMC5534155.  
2017

**Dunning J, Butts R, Henry N, Mourad F, Brannon A, Rodriguez H, Young I, Arias-Buría JL, Fernández-de-Las-Peñas C. Electrical dry needling as an adjunct to exercise, manual therapy and ultrasound for plantar fasciitis: A multi-center randomized clinical trial. PLoS One. 2018 Oct 31;13(10):e0205405.**

---

doi: 10.1371/journal.pone.0205405.  
2018

**Young IA PT, DSc, Dunning J PT, DPT, Butts R PT, PhD, Mourad F PT, DPT, Cleland JA PT, PhD. Reliability, construct validity, and responsiveness of the neck disability index and numeric pain rating scale in patients with mechanical neck pain without upper extremity symptoms. Physiother Theory Pract. 2019 Dec;35(12):1328-1335.**

---

doi: 10.1080/09593985.2018.1471763.  
2019

**Mourad F PT, OMPT, Dip Osteopractic, Maselli F PT, MSc, OMPT, Cataldi F PT, OMPT, Pennella D PT, OMPT, Fernández-De-Las-Peñas C PT, PhD, Dunning J DPT, MSc, FAAOMPT. Hip bone marrow edema presenting as low back pain: a case report. Physiother Theory Pract. 2020 Jan;36(1):249-257.**

---

doi: 10.1080/09593985.2018.1481163.  
2020

**Mourad F, Maselli F, Patuzzo A, Siracusa A, Di Filippo L, Dunning J, de Las Peñas CF. OSTEOCHONDRITIS DISSECANS OF THE RADIAL HEAD IN A YOUNG ATHLETE: A CASE REPORT. Int J Sports Phys Ther. 2018 Aug;13(4):726-736.**

---

PMID: 30140566; PMCID: PMC6088130.  
2018

**Dunning J, Butts R, Young I, Mourad F, Galante V, Bliton P, Tanner M, Fernández-de-Las-Peñas C. Periosteal Electrical Dry Needling as an Adjunct to Exercise and Manual Therapy for Knee Osteoarthritis: A Multicenter Randomized Clinical Trial. Clin J Pain. 2018 Dec; 34(12):1149-1158.**

---

doi: 10.1097/AJP.0000000000000634.  
2018

**Mourad F, Dunning J, Zingoni A, Iorio R, Butts R, Zacharko N, Fernández-de-Las-Peñas C. Unilateral and Multiple Cavitation Sounds During Lumbosacral Spinal Manipulation. J Manipulative Physiol Ther. 2019 Jan;42(1):12-22.**

---

doi: 10.1016/j.jmpt.2018.08.002.  
2019

**Mourad F, Cataldi F, Patuzzo A, Tunnera S, Dunning J, Fernández-de-Las-Peñas C, Maselli F. Craniopharyngioma in a young woman with symptoms presenting as mechanical neck pain associated with cervicogenic headache: a case report. Physiother Theory Pract. 2021 Apr; 37(4):549-558.**

---

doi: 10.1080/09593985.2019.1636433.  
2021

**Brindisino F, Maselli F, Giovannico G, Dunning J, Mourad F. Conservative management in an elderly woman with proximal humeral head fracture and massive rotator cuff tear who refused surgery: A case report. J Bodyw Mov Ther. 2020 Oct;24(4):336-343.**

---

doi: 10.1016/j.jbmt.2020.07.005.  
2020

**Mourad F, Patuzzo A, Tenci A, Turcato G, Faletra A, Valdifiori G, Gobbo M, Maselli F, Milano G. Management of whiplash-associated disorder in the Italian emergency department: the feasibility of an evidence-based continuous professional development course provided by physiotherapists. Disabil Rehabil. 2020 Aug 27:1-8.**

---

doi: 10.1080/09638288.2020.1806936.  
2020

**Botticchio A, Mourad F, Fernández-Carnero S, Arias-Buría JL, Santodomingo Bueno A, Mesa Jiménez J, Gobbo M. Short-Term Morphological Changes in Asymptomatic Perimandibular Muscles after Dry Needling Assessed with Rehabilitative Ultrasound Imaging: A Proof-of-Concept Study. J Clin Med. 2021 Jan 8;10(2):209.**

---

doi: 10.3390/jcm10020209.  
2021

**Rossettini G, Maselli F, de Filippis C, Mourad F, Lovato A. Acute Vertigo After CrossFit Workout in a Young Woman With Chiari I Malformation. Cureus. 2021 Feb 22;13(2):e13482.**

---

doi: 10.7759/cureus.13482.  
2021

**Filippo M, Mourad F. The Flat Earth Theory: is Evidence-Based Physiotherapy a Sphere? J Man Manip Ther. 2021 Apr;29(2):67-70.**

---

doi: 10.1080/10669817.2021.1890902.  
2021

**Maselli F, Storari L, Barbari V, Rossettini G, Mourad F, Salomon M, Bisconti M, Brindisino F, Testa M. Can Haglund's Syndrome Be Misdiagnosed as Low Back Pain? Findings from a Case Report in Physical Therapy Direct Access. Healthcare (Basel). 2021 Apr 28;9(5):508.**

---

doi: 10.3390/healthcare9050508.  
2021

**Brindisino F, Mourad F, Maselli F. Elastofibroma presented as shoulder pain in an amateur swimmer: screening for referral in physiotherapy. A case report. Physiother Theory Pract. 2021 Apr 29:1-11.**

---

doi: 10.1080/09593985.2021.1920077.  
2021

**Hutting N, Kerry R, Kranenburg R, Mourad F, Taylor A. Assessing Vascular Function in Patients With Neck Pain, Headache, and/or Orofacial Pain: Part of the Job Description of All Physical Therapists. J Orthop Sports Phys Ther. 2021 May 10:1-12.**

---

doi: 10.2519/jospt.2021.10408.  
2021

**Taylor A, Mourad F, Kerry R, Hutting N. A guide to cranial nerve testing for musculoskeletal clinicians. J Man Manip Ther. 2021 Jun 29:1-14.**

---

doi: 10.1080/10669817.2021.1937813.  
2021

**Storari L, Signorini M, Barbari V, Mourad F, Bisconti M, Salomon M, Rossettini G, Maselli F. A Thoracic Outlet Syndrome That Concealed a Glioblastoma. Findings from a Case Report. Medicina (Kaunas). 2021 Aug 30;57(9):908.**

---

doi: 10.3390/medicina57090908.  
2021

**Mourad F, Lopez G, Cataldi F, Maselli F, Pellicciari L, Salomon M, Kranenburg H, Kerry R, Taylor A, Hutting N. Assessing Cranial Nerves in Physical Therapy Practice: Findings from a Cross-Sectional Survey and Implication for Clinical Practice. Healthcare (Basel). 2021 Sep 24;9(10):1262.**

---

doi: 10.3390/healthcare9101262.  
2021

**Mourad F, Rossettini G, Galeno E, Patuzzo A, Zolla G, Maselli F, Ciolan F, Guerra M, Tosato G, Palese A, Testa M, Ricci G, Zaboli A, Bonora A, Turcato G. Use of Soft Cervical Collar among Whiplash Patients in Two Italian Emergency Departments Is Associated with Persistence of Symptoms: A Propensity Score Matching Analysis. Healthcare (Basel). 2021 Oct 14;9(10):1363.**

---

doi: 10.3390/healthcare9101363.  
2021

**Maselli F, Piano L, Cecchetto S, Storari L, Rossettini G, Mourad F. Direct Access to Physical Therapy: Should Italy Move Forward?. Int J Environ Res Public Health. 2022;19(1):555.**

---

doi:10.3390/ijerph19010555  
2022

**Maselli F, Storari L, Lorusso M, Mourad F, Pennella D, Barbari V, Salomon M, Brindisino F. Osteoid Osteoma in an Adult Wheelchair Basketball Player Mimicking Musculoskeletal Shoulder Pain: Red Flag or a Red Herring? Tomography. 2022 Feb 7;8(1):389-401.**

---

doi: 10.3390/tomography8010032.  
2022

**Maselli F, Piano L, Cecchetto S, Storari L, Rossettini G, Mourad F. Reply to Moretti et al. Would Moving Forward Mean Going Back? Comment on "Maselli et al. Direct Access to Physical Therapy: Should Italy Move Forward? Int. J. Environ. Res. Public Health 2022, 19, 555". Int J Environ Res Public Health. 2022 Apr 12;19(8):4620.**

---

doi: 10.3390/ijerph19084620.  
2022

**Sforza C, Margelli M, Mourad F, Brindisino F, Heick JD, Maselli F. Spontaneous spleen rupture mimicking non-specific thoracic pain: A rare case in physiotherapy practice. Physiother Theory Pract. 2022 Jan 4:1-9.**

---

doi: 10.1080/09593985.2021.2021578.  
2022

**Bergamino M, Vongher A, Mourad F, Dunning J, Rossettini G, Palladino M, Fernández-de-Las-Peñas C, Testa M, Maselli F. Patient Concerns and Beliefs Related to Audible Popping Sound and the Effectiveness of Manipulation: Findings From an Online Survey. J Manipulative Physiol Ther. 2022 Feb;45(2):144-152.**

---

doi: 10.1016/j.jmpt.2022.03.021.  
2022

**Feller D, Giudice A, Faletra A, Salomon M, Galeno E, Rossettini G, Brindisino F, Maselli F, Hutting N, Mourad F. Identifying peripheral arterial diseases or flow limitations of the lower limb: Important aspects for cardiovascular screening for referral in physiotherapy. Musculoskelet Sci Pract. 2022 Oct;61:102611.**

---

doi: 10.1016/j.msksp.2022.102611.  
2022

**Hutting N, Kranenburg R, Taylor A, Wilbrink W, Kerry R, Mourad F. Implementation of the International IFOMPT Cervical Framework: A survey among educational programmes. Musculoskelet Sci Pract. 2022 Jul 7;62:102619.**

---

doi: 10.1016/j.msksp.2022.102619.  
2022

**Faletra A, Bellin G, Dunning J, Fernández-de-Las-Peñas C, Pellicciari L, Brindisino F, Galeno E, Rossettini G, Maselli F, Severin R, Mourad F. Assessing cardiovascular parameters and risk factors in physical therapy practice: findings from a cross-sectional national survey and implication for clinical practice. BMC Musculoskelet Disord. 2022 Aug 4;23(1):749.**

---

doi: 10.1186/s12891-022-05696-w.  
2022

**Mourad F, Yousif MS, Maselli F, Pellicciari L, Meroni R, Dunning J, Puentedura E, Taylor A, Kerry R, Hutting N, Kranenburg HA. Knowledge, beliefs, and attitudes of spinal manipulation: a cross-sectional survey of Italian physiotherapists. Chiropr Man Therap. 2022 Sep 12;30(1):38.**

---

doi: 10.1186/s12998-022-00449-x.  
2022



**Mourad, F.; Mangialavori, S.; Delle Fave, A. Resilience and Experience of the COVID-19 Pandemic among Italian University Students: A Mixed-Method Study. Int. J. Environ. Res. Public Health 2022, 19, 11714.**

---

doi: 10.3390/ijerph191811714  
2022

**Brindisino F, Lorusso M, De Carlo L, Mourad F, Marruganti S, Passudetti V, Salomon M. Intracranial Epidermoid Cyst Mimics Musculoskeletal Shoulder Disease: Findings from a Case Report in Physiotherapy Clinical Practice. Int J Environ Res Public Health. 2022 Oct 20;19(20):13590.**

---

doi: 10.3390/ijerph192013590  
2022

**Hutting N, Mourad F, Kranenburg R, Wilbrink W, Kerry R, Taylor A. What to look out for, what to do, and when: 3 key messages for safely treating neck pain, headache and/or orofacial symptoms in musculoskeletal rehabilitation settings. J Orthop Sports Phys Ther. 2022 Oct 28:1-14.**

---

doi: 10.2519/jospt.2022.11568.  
2022

## **Manipolazioni Vertebrali: Position Statement**

---

Gruppo di Terapia Manuale e Fisioterapia Muscoloscheletrica  
2019  
Project Manager

## **La Lombalgia: approccio multi-professionale per il fisioterapista**

---

Editor: EDRA  
<https://www.ibs.it/lombalgia-approccio-multiprofessionale-per-fisioterapista-libro-francesca-bonetti/e/9788821448713> - 2019  
Chapter 4: Manipolazioni HVLA

## **La spalla. Dall'inquadramento diagnostico alla gestione terapeutica**

---

Editor: EDRA  
<https://www.ibs.it/spalla-dall-inquadramento-diagnostico-alla-libro-vari/e/9788821453335> - 2021  
Chapter: Manipolazioni HVLA e dolore di spalla  
Chapter: Dry needling e dolore di spalla: un approccio evidence-based