



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	
ENGLISH	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