

EUROPEAN FORMAT FOR
THE CURRICULUM VITAE



PERSONAL INFORMATION

Name PICASSO MICHELA
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PCSMHL85B60D969J
Nationality Italian
Date of birth 20.02.1985 GENOA

WORK EXPERIENCE

- Dates (from – to) From January 1, 2023 to present
- Name and address of the employer work Freelancer (part time 18 hours in Asl4 Chiavarese)
- Type of company or sector Studio in Recco and Genoa
- Type of employment Physiotherapist
- Main duties and responsibilities Orthopedic, neurological and pelvic floor rehabilitation activities
- Dates (from – to) From July 1, 2013 to present
- Name and address of the employer work Asl 4 Chiavarese, Via Gio Batta Ghio,9,16043, Chiavari (GE)
- Type of employment Physiotherapist (permanent contract)
- Main duties and responsibilities Orthopedic, neurological, urogenital and cardiological rehabilitation activities
- Dates (from – to) From February 5, 2013 to June 30, 2013
- Name and address of the employer work Asl 4 Chiavarese, Via Gio Batta Ghio,9,16043, Chiavari (GE)
- Type of employment Physiotherapist (fixed-term contract)
- Main duties and responsibilities Orthopedic and neurological rehabilitation activities
- Dates (from – to) From April 16, 2012 to January 2013 and for 2010
- Name and address of the employer work I.S.C.C., Health Service s.r.l, Via Aurelia 85, 16032 Camogli (GE)
- Type of company or sector Accredited structure with the Liguria Region
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Rehabilitation activities mainly post-operative cardiological
- Dates (from – to) From May 9, 2011 to April 9, 2012
- Name and address of the employer work Asl 4 Chiavarese, Via Gio Batta Ghio, 9, 16043, Chiavari (GE)
- Type of employment Physiotherapist (fixed-term contract)
- Main duties and responsibilities Orthopedic and neurological rehabilitation activities
- Dates (from – to) From March 8, 2010 to May 7, 2011

- Name and address of the employer work Radiology Recco s.r.l., Piazza Nicoloso 9, Recco (GE)
- Type of company or sector Accredited structure with the Liguria Region
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Outpatient orthopedic and neurological rehabilitation activities
- Dates (from – to) From February 1, 2009 to February 27, 2010
- Name and address of the employer work U.I.L.D.M., Viale Brigate Partigiane, 14, 16129, Genoa
- Type of company or sector Italian Association of Genoa
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Home rehabilitation activities for patients with muscular dystrophies and similar conditions
- Dates (from – to) From October 27, 2009 to March 4, 2010
- Name and address of the employer work Municipality of Chiavari, Piazza N. Signora dell'Orto, 1, 16043, Chiavari (GE)
- Type of company or sector Public entity
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Project "The back school: Educating to prevent", group of cervical, dorsal and lumbosacral spinal gymnastics
- Dates (from – to) From November 1, 2009 to May 31, 2011
- Name and address of the employer work Anffas Onlus, Chiavari (GE)
- Type of company or sector Association "Tigullio Est"
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Rehabilitation activities and outpatient physical therapy
- Dates (from – to) From July 30, 2009 to March 31, 2010
- Name and address of the employer work Italian Multiple Sclerosis Association, Via Operai, 30, Genoa
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Home rehabilitation activities for users affected by MS and similar conditions
- Dates (from – to) From January 2009 to November 2009
- Name and address of the employer work Lanza del Vasto, Uscio (GE)
- Type of company or sector Protected Residence "Commendator Caprile"
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Coordination of the rehabilitation activities of the facility
- Dates (from – to) From January 1, 2009 to April 31, 2009
- Name and address of the employer work Centro Benedetto Acquarone, Via PIO X 26, Chiavari (GE)
- Type of company or sector Private center Villaggio del ragazzo
- Type of employment Physiotherapist (freelancer)
- Main duties and responsibilities Orthopedic, neurological rehabilitation activities in dry and water

EDUCATION AND TRAINING

- Dates (from – to) Academic year 2024-2025
 - Name and type of educational institution education or training I will be the supervisor of the thesis “Role of the physiotherapist in urinary dysfunctions”, currently in progress, and I collaborated on the drafting of the thesis on the pelvic floor with Letizia Demarchi of our student
University Teaching Hub of Genoa - University of Genoa

- Dates (from – to) Academic year 2023-2024, November 24
 - Name and type of educational institution education or training I was the supervisor of the thesis “Rehabilitation treatment of endometriosis”
University Teaching Hub of Genoa - University of Genoa

- Dates (from – to) Academic year 2022-2023, on March 18, 2024
 - Name and type of educational institution education or training I was the supervisor of the thesis “Rehabilitation treatment in abdominal diastasis in the postpartum”
University Teaching Hub of La Spezia - University of Genoa

- Dates (from – to) On March 16, 2024
 - Name and type of educational institution education or training I took the McKenzie exam, International Credentialing Examination. The McKenzie Institute International (centre for postgraduate study in mechanical diagnosis and therapy) Mechanical Diagnosis and Therapy, passing this exam I officially become part of the accredited international physiotherapists of the McKenzie Method.
Studio Altalena, Milan

- Dates (from – to) Academic year 2021-2022
 - Name and type of institution of education or training I was the supervisor of the thesis, conducting the experimental thesis with the title: "Female urinary incontinence: group treatment versus individual treatment"
University Educational Center of Chiavari - University of Genoa

- Dates (from – to) Academic year 2020-2021, 2021-2022, 2022-2023, 2023-2024, 2024-2025
 - Name and type of institution of education or training I am currently a university lecturer at the Physiotherapy Center of Chiavari and Genoa, teaching urogynecological rehabilitation and pelvic floor rehabilitation

University Educational Center of Chiavari - ASL 4 Chiavarese and Genoa - San Martino Hospital University of Genoa

- Dates (from – to) From 2014 to present
 - Name and type of institution of education or training I am an internship supervisor, assisting students of the Three-Year Degree Course in Physiotherapy with the corresponding allocation of E.C.M. credits according to resolution D.G.R.1471/2014

University Educational Center of Chiavari - ASL 4 Chiavarese University of Genoa

- Dates (from – to) From 27/09/2019 to 15/12/2019
 - Name and type of institution of education or training Advanced Training Course in Perineal Rehabilitation with the title of Expert in Pelvic-Perineal Rehabilitation
EdiAcademy, Ediermes, Viale Enrico Forlanini, 65, Milan

- Qualification obtained Preparation of thesis: "Conservative treatment in urogenital prolapse related to posture: presentation of a clinical case"

Dates (from – to) From January 2011 to June 2012

- Name and type of institution of education or training Attendance of Level I Master's degree in "Rehabilitation of Musculoskeletal Disorders" University of Genoa Faculty of Medicine and Surgery
University Campus of Savona - Via A. Magliotto, 2 17100 Savona

· Dates (from – to) From October 2008 to December 2010

- Name and type of institution of education or training University of Genoa Faculty of Medicine and Surgery Master's Degree Course, Specialization in Rehabilitation Thesis preparation: "Motor coordination and manual skills in patients affected by Parkinson's Disease. Experimental project related to telemedicine."
Supervisor: Dr. Daniela Garaventa
Master's Degree in Rehabilitation Sciences 110/110

Dates (from – to) From 10/7/2010 to 10/10/2010, from 9/9/2021 to 10/4/2022

- Name and type of institution of education or training Specialization course: Diagnosis and mechanical therapy McKenzie Part A - The lumbar spine (Brescia in 2010, Milan in 2021), Part B - The cervical spine (Rome in 2021), Part C - The lumbar spine and extremities, the lower limb (Rome in 2021), Part D - The advanced cervical and thoracic spine and extremities, the upper limb (Rome in 2022)
with Dr. Sara Luetchford

· Dates (from – to) From October 2005 to November 2008

- Name and type of institution of education or training University of Genoa Faculty of Medicine and Surgery Degree Course in Physiotherapy Chiavari Campus, Coordinator Dr. Daniela Garaventa Thesis preparation: "Freezing of gait in patients with Parkinson's Disease. Evaluation of the effectiveness of a rehabilitation protocol." Supervisor: Dr. Daniela Garaventa Co-supervisor: Dr. Elisa Pelosin Experimental thesis
Doctor in Physiotherapy 110/110 with honors

· Dates (from – to) From 2004 to 2005

- Name and type of institution of education or training Attendance for one year at the Bachelor's Degree course in Podiatry University of Genoa Faculty of Medicine and Surgery

· Dates (from – to) From 1999 to 2004

- Name and type of institution of education or training Bilingual Scientific High School Nicoloso da Recco Institute

COURSES 2025

· Dates (from – to) On May 17 and 18, 2025

- Name and type of institution of education or training Male Pelvic Floor Course Specialized training course in male pelvic floor disorders Genoa 16 hours, Dr. Marina Causa and Dr. Paolo Angelo Basso and AIFI

· Dates (from – to) On June 6, 2025 Vercelli

- Name and type of institution of education or training I attended the course: "Neurogenic sphincter dysfunctions: pathophysiology, diagnosis, and treatment"
Scientific Dr. Giuseppe Masuccio (Vercelli)

· Dates (from – to) On October 11 and 12, 2025

- Name and type of institution of education or training



Registered for (pain, prolapses...) Florence, Pelvic Floor Association Italy BE APPI

the fourth pelvic

floor meeting

COURSES 2024

Date (da – a)

Il 14 e 15 settembre 2024

- Nome e tipo di istituto di istruzione o formazione

“La salute pelvica: sinergie tra fisioterapia pelvi-perineale e fisioterapia dermatofunzionale”
Milano FISIWARM

- Principali materie / abilità professionali oggetto dello studio

Corso fad: “Sindrome fibromialgica: appropriatezza diagnostica e terapeutica”

- Nome e tipo di istituto di istruzione o formazione

ID E.C.M. n° 275-405399 ,INFOMED, Fausto Salaffi, Piercarlo Sarzi Puttini

- Principali materie / abilità professionali oggetto dello studio

- Date (da – a)

Il 16/03/2024

- Nome e tipo di istituto di istruzione o formazione

Sostenuto Esame Accreditamento Mc kenzie

- Principali materie / abilità professionali oggetto dello studio

Milano

- Date (da – a)

Dal 10/11/23 al 17/02/24

- Nome e tipo di istituto di istruzione o formazione

Corso di 10 giorni in presenza: “Metodo Loredana La Torre”, corso di formazione teorico pratico su nuove metodiche riabilitative del pavimento pelvico

- Principali materie / abilità professionali oggetto dello studio

Roma, Pavimento Pelvico Italia BeAppi, Dott.ssa Loredana La Torre

CORSI 2023

- Date (da – a)

Dal 20 al 21/05/23

- Nome e tipo di istituto di istruzione o formazione

Corso in presenza: “Diastasi dei retti, prevenzione, trattamento conservativo e trattamento post chirurgico”

- Principali materie / abilità professionali oggetto dello studio

Roma, Pavimento Pelvico Italia BeAppi, Dott.ssa Simona Colicchia

- Date (da – a)

Il 19/05/2023

- Nome e tipo di istituto di istruzione o formazione

Convegno in presenza: “Endometriosi ovarica e intestinale tra dolore pelvico, rischio oncologico e infertilità”

Ospedale Nostra Signora di Montallegro, Rapallo, Asl4 Chiavarese



- Date (da – a) **II 13/05/2023**
- Nome e tipo di istituto di istruzione o formazione
Convegno online: "1 International Conference GIS FRPP, L'importanza dell'equipe nel trattamento delle disfunzioni perineali"
Firenze, AIFI GIS Pavimento Pelvico
- Date (da – a) **II 12/05/2023**
- Nome e tipo di istituto di istruzione o formazione
Convegno in presenza: "Prolasso urogenitale"
Rosa D'Eventi, Genova

COURSES 2022

- Dates (from – to) ON 19/11/2022
- Name and type of educational institution education or training
Online course: "Pessari, from evaluation to application"
Pelvic Floor Italy Be Appi, Dr. Iuliana Prasneac
- Dates (from – to) From 14 to 31/05/2022
- Name and type of educational institution education or training
FAD course: "Phisio for mum: 99 exercises in pregnancy"
Phisiovit. Dr. Elisa Moretti
- Dates (from – to) ON 8/05/2022
- Name and type of educational institution education or training
FAD course: "Endometriosis, definition, risk factors and etiopathogenesis"
Dr. Dora Caterina Pultrone
- Dates (from – to) From 7/04 to 10/04/2022
- Name and type of educational institution education or training
In-person course: Mckenzie part D. the Cervical and Thoracic spine advanced and extremities – The upper limb. Rome, Fisiomaster, Dr. Sara Luetchford
- Dates (from – to) ON 2/04/2022
- Name and type of educational institution education or training
In-person conference: "IGI 2022 Incontinence and surroundings"
Genoa, NH Collection Marina, Symposia
- Dates (from – to) From 4 to 5/03/2022
- Name and type of educational institution education or training
In-person course: "Pelvic floor, perineum and sexual wellness in women" Dr. Bernorio gynecologist and sexual consultant Bologna- Centro Stella
- Dates (from – to) ON 16/02/2022
- Name and type of educational institution education or training
HYPNOSIS: "EMPOWERMENT IN PHYSIOTHERAPY AND IN SPORTS"
Selene srl, online course

- Dates (from – to) ON 21/01/2022
- Name and type of educational institution education or training Vulvodynia and vulvar pain: from pathophysiology to treatment approach. FAD course

COURSES 2021

- Date (from – to) March 20, 2021
- Name and type of institution of education or training Online course: "Abdominal diastasis: framing and treatment"
Phisiovit
- Date (from – to) From March 13 to 14, 2021
- Name and type of institution of education or training Online course: "Physiotherapy and rehabilitation of the pelvic floor in female sexual dysfunctions"
Phisiovit- Dr. Arianna Bortolami

- Date (from – to) March 3, 2021
- Name and type of institution of education or training FAD course: "Health emergency from coronavirus (SARS-CoV-2)"
Federico Delfino The Rector prevention and control University of Genoa

- Date (from – to) February 23, 2021
- Name and type of institution of education or training 6-month FAD course: "Facilitator in Mindfulness"

- Date (from – to) From February 19 to 25, 2021
- Name and type of institution of education or training Online course: "Sacroiliac joint: assessment and treatment"
Phisiovit

- Date (from – to) From February 6 to 7 and from January 30 to 31, 2021
- Name and type of institution of education or training Online course: "Feldenkrais Method and pelvic floor"

COURSES 2020

- Date (from – to) May 27, 2020
- Name and type of institution of education or training FAD course: "Recognition and management of some neuromuscular diseases - focus on SMA"
Standard provider Axenso
Mariagrazia Tacconi
- Date (from – to) May 10, 2020
- Name and type of institution of education or training FAD course: "High Five - The good practice of hand hygiene"
Bambino Gesù Pediatric Hospital I.R.C.C.S. Mariella
Enoc

· Date (from – to) May 09, 20

· Name and type of institution of education or training Fad course: "PBL5-D: course on basic pediatric cardiopulmonary resuscitation, early defibrillation, and foreign body obstruction maneuvers"

 Bambino Gesù Pediatric Hospital I.R.C.C.S. Mariella Enoc

· Date (from – to) May 08, 20

· Name and type of institution of education or training Fad Course: "Physiotherapy and rehabilitation of the pelvic floor"

 Provider PhisioVit S.r.l. Dr. Arianna Bortolami

· Date (from – to) April 14, 20

· Name and type of institution of education or training Fad Course: "Prevention and control of infections in the context of the COVID- 19 emergency"

 Higher Institute of Health

· Date (from – to) April 11, 20

· Name and type of institution of education or training Fad Course: "Health emergency from the new coronavirus SARS COV -2: preparation and response"

 Higher Institute of Health

· Date (from – to) From January 31, 20 to February 01, 20

· Name and type of institution of education or training IGI 2020: XII International Genoa Incontinence AROUND THE PERINEUM

 NH Collection Marina (GE) SYMPOSIA

COURSES 2019

· Date (from – to) November 23, 19

· Name and type of institution of education or training Fad course: "Protecting against influenza with vaccination - II edition"

· Date (from – to) From January 04, 19 to December 31, 19

· Name and type of institution of education or training Fad course: "Law No. 190 ANTI-CORRUPTION PLANS AND MEASURES"

 Liguria Region Course

· Date (from – to) From December 05, 19 to December 31, 19

· Name and type of institution of education or training Fad course: "Don't Fall: DON'T FALL IN ASL4 LIGURIA"

 ASL4 Liguria Course

- Date (da – a)
 - Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
- Dal 01/04 /19 al 31/12/19**
- Corso fad:“Audit clinico e Piano Nazionale Esiti (PNE):la scelta del tema,delle evidenze scientifiche e degli indicatori in ASL4 Liguria”
Corso ASL4 Liguria
-
- Date (da – a)
 - Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
- Dal 01/07/19 al 31/12/19**
- Corso fad:“Stress lavoro correlato dalla conoscenza del rischio alla prevenzione”
Corso ASL4 Liguria
-
- Date (da – a)
 - Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
- Dal 20/06/19 al 31/12 /19**
- Corso fad:“PREVENZIONE DELLE PUNTURE ACCIDENTALI ED USO CORRETTO DEI DPI/DPC”
Corso ASL4 Liguria
-
- Date (da – a)
 - Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
- Dal 09/04/19 al 31/12/19**
- Corso fad:“QUALITA' E RISCHIO CLINICO:LA SEGNALAZIONE INFORMATIZZATA DI NON CONFORMITA' (NC) E INCIDENT REPORTING (IR)IN ASL4 LIGURIA”
Corso ASL4 Liguria
-
- Date (da – a)
 - Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
- Il 21/09/19**
- “Tecarterapia in riabilitazione pelvi-perineale”
EdiAccademy, Ediermes, Viale Enrico Forlanini,65, Milano
-
- Date (da – a)
 - Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
- Il 06/09/19**
- “Advanced BFB FES RF”
Corso di aggiornamento sul nuovo elettromedicale da utilizzare in ASL4 con i pazienti aventi problematiche pelvi perineali
Milano
-
- Date (da – a)
 - Nome e tipo di istituto
 -
- Il 01/07/19**
- di istruzione o formazione
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- Corso fad: “Ripensare I formazione del professionista sanitario:l'approccio competence based learning”
- Date (da – a) **II 22/06/19**
 - Nome e tipo di istituto di istruzione o formazione “Prolasso degli organi pelvici:fisiopatologia e trattamento riabilitativo”
EdiAccademy, Ediermes, Viale Enrico Forlanini, 65, Milano
 - Date (from – to) June 1, 2019
- Name and type of institution of education or training “Wide Awake Anesthesia in Hand Surgery”
Hospital Our Lady of Montallegro – Via San Pietro 8, Rapallo
 - Qualification obtained I was supposed to participate as a speaker, the presentation of the work is titled: “The Integration of the Hand Physiotherapist in WALANT” (I was hospitalized with my son at Gaslini Hospital, and I was replaced by my colleague) To develop this work, I assisted Dr. Rossi in the operating room and rehabilitated patients operated on with this surgical technique.
 - Date (from – to) April 11, 2019
 - Name and type of institution of education or training “Certification in Basic Life Support Techniques using Semi-Automatic Defibrillator in Adults - BLS-D”
Children's Village, San Salvatore di Cogorno (GE)
 - Date (from – to) March 21, 2019
 - Name and type of institution of education or training Geriatric meeting on Parkinson's with Chief Dr. Paola Tognetti
Chiavari Hospital
 - Qualification obtained I participated as a speaker with the presentation: “Parkinson's Disease: the Rehabilitation Approach”
 - Date (from – to) From January 25, 2019 to January 26, 2019
 - Name and type of institution of education or training “IGI 2019 Urinary Incontinence: A Look to the Future”
NH Collection Marina, Genoa
 - Date (from – to) From January 19, 2019 to January 20, 2019
 - Name and type of institution of education or training “Trigger points. Manual treatment, tests, and exercises”
Children's Village, San Salvatore di Cogorno (GE)
 - Date (from – to) January 18, 2019
 - Name and type of institution of education or training “The Implementation of the Electronic Medical Record in ASL 4”
Auditorium Hospital of Rapallo

COURSES 2018

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- Date (from – to) November 24, 2018
- Name and type of educational institution education or training National Parkinson's Day Conference with Dr. Tognetti "The Multidisciplinary Treatment of Parkinson's Disease: meeting with patients and their caregivers"
- Hospital Our Lady of Montallegro – Via San Pietro 8, Rapallo
- Qualification obtained I participated as a speaker with the presentation titled: "The analysis of posture and gait"
- Date (from – to) From December 3, 2018 to December 31, 2018
- Name and type of educational institution education or training FAD course: "Pressure injuries: prevention and treatment"
ASL4 Liguria Course
- Date (from – to) From October 11, 2018 to December 31, 2018
- Name and type of educational institution education or training FAD course: "Monitoring the level of safety in care: guidelines and ministerial recommendations"
ASL4 Liguria Course
- Date (from – to) From December 10, 2018 to December 31, 2018
- Name and type of educational institution education or training FAD course: "Safety Walking Round: engaging people to improve quality and safety"
ASL4 Liguria Course
- Date (from – to) From November 27, 2018 to November 28, 2018
- Name and type of educational institution education or training "Pelvic floor rehabilitation: from prevention to treatment of incontinence"
San Martino Hospital Genoa
- Date (from – to) From November 16, 2018 to November 17, 2018
- Name and type of educational institution education or training "International combined meeting esska-esma and sigascot masterclass in sports trauma"
Doge's Palace Genoa
- Date (from – to) June 23, 2018
- Name and type of educational institution education or training "Law 3/18: Establishment of the order of health technicians in radiology and technical health professions, rehabilitation and prevention"
Genoa
- Dates (from – to) From 08/06/18 to 09/06/18
- Name and type of educational institution education or training "The pelvic floor - knowing it to be able to use it. Toning and relaxation of the pelvic floor"
Boy's Village, Degree Course in Physiotherapy San Salvatore di Cogorno

- Dates (from – to) From 27/11/17 to 30/04/18
- Name and type of educational institution education or training Fad course: “Training course on privacy matters. The regulations”
ASL4 Liguria Course

2017

- Dates (from – to) January-February 2017
- Name and type of educational institution education or training Publication - Abstract: “Knee prosthesis: study on the functional outcomes of different types of implants”
Magazine “The Physiotherapist”

· Qualification obtained: Work of years carried out in the Orthopedics and Physical Medicine and Rehabilitation department with the Head Dr. Desirello, Dr. Leoni, and with Dr. Contrino

COURSES 2015

- Dates (from – to) 06/06/2015
- Name and type of educational institution education or training “Posturology in daily dental practice”
Gaslini

- Dates (from – to) From 12/01/15 to 31/03/15
- Name and type of educational institution education or training Fad Course: “Clinical risk management”
ASL4 Liguria Course

COURSES 2014

- Dates (from – to) 23/11/14
- Name and type of educational institution education or training Congress with Head Dr. Desirello “Customization and new frontiers in knee prosthetic surgery”
I was a speaker with this presentation: “Prosthetic methods compared: surgery and functional recovery. Customization and new frontiers in prosthetic surgery” To present this presentation, we did a 2-year work with some colleagues, where we compared 2 groups of patients with the same inclusion criteria but with 2 types of knee prosthetic implants (personal prosthesis and other types) from 2013 to 2015.
Dates (from – to) From 21/07/14 to 31/12/14
- Name and type of institution of education or training Fad Course: "Crimes against public administration"
Course ASL4 Liguria

- Dates (from – to) On 10/12/14, 24/10/14 and 11/04/14
- Name and type of institution of education or training

Rehabilitation Days III: urinary incontinence. Multidisciplinary clinical commitment II: Spasticity, Robotics in the neurological surgical treatment, rehabilitation patient IV: Male and female Courses held in Lavagna (GENOA)

· Dates (from - to) From 22/01/14 to 03/12/14

· Name and type of institution of education or training Fad Course: "Management of quality, clinical risk and patient safety"
Course ASL4 Liguria

· Dates (from - to) On 07/05/14, 09/04/14 and 12/03/14

· Name and type of institution of education or training Neurological seminars: III meeting
"Cerebrovascular diseases" II meeting
"Mental decline in the elderly" I meeting
"Headache"

Seminars held in Lavagna

· Dates (from - to) On 07/06/14

· Name and type of institution of education or training "The treatment of the most common hand pathologies. State of the art. Round table Medical Legal"
Hospital Our Lady of Montallegro, Rapallo

· Dates (from - to) On 10/05/14

· Name and type of institution of education or training "Neuromotor development in childhood: rehabilitative aspects and the role of the physiotherapist." Gaslini

· Dates (from - to) On 08/02/14

· Name and type of institution of education or training "Theoretical-practical course on femoro-patellar instability to prosthesis"
Galliera Hospital (Genoa)

Date (from - to) January 19, 2014

· Name and type of institution of education or training "Thermotherapy, indications and usefulness in musculoskeletal pain"
Internal course ASL4 Liguria

COURSES 2013

· Date (from - to) From 22/05/13 to 31/12/13

· Name and type of institution of education or training Fad course: "Anti-corruption legislation. The transparency objective in public administration"
Course ASL4 Liguria

· Date (from - to) November 29, 2013

· Name and type of institution of education or training "Imaging in rehabilitation"

· Date (from - to) October 26, 2013

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- Name and type of institution of education or training "Innovative therapeutic approaches in movement disorders in childhood and adulthood"
- Date (from – to) June 8, 2013
- Name and type of institution of education or training "The treatment of wrist injuries. State of the art and guidelines"
- Hospital Our Lady of Montallegro, Rapallo
- Date (from – to) June 5, 2013
- Name and type of institution of education or training "Certification in basic life support techniques using a semi-automatic defibrillator in adults - BLS-D"
- Village of the Boy San Salvatore di Cogorno

COURSES 2012

- Date (from – to) From October 18, 2012 to December 20, 2012
- Name and type of institution of education or training "XI Congress of the Italian Society of Rehabilitation and Preventive Cardiology"
- Old Port Genoa
- Date (from – to) August 13, 2012
- Name and type of institution of education or training Fad course: "Basics of EVIDENCE-BASED-PRACTICE"
- Date (from – to) May 11, 2012
- Name and type of institution of education or training Fad course: "IV Interactive Course on Cardiopulmonary Stress Testing"
- Date (from – to) January 10, 2012
- Name and type of educational institution education or training "Tecar therapy and integrated transdermal delivery: a comprehensive approach to musculoskeletal disorders - LEVEL 2"
- Internal course ASL4 Liguria

COURSES 2011

- Date (from – to) December 3, 2011
- Name and type of educational institution education or training "The therapeutic alliance between operators, the patient, and family members. Communication as a fundamental tool in building the therapeutic alliance"
- Course ASL4 Liguria
- Date (from – to) November 29, 2011
- Name and type of educational institution education or training "Training Course on occupational risks for newly hired or newly inserted employees or equivalent personnel"
- Course ASL4 Liguria

COURSES 2010

- Date (from - to) October 19, 2010
- Name and type of educational institution education or training "Current practices in the treatment of hand fractures"
- Date (from - to) June 26, 2010
- Name and type of educational institution education or training "Bobath Concept": Evolution and Clinical Applications"
- Date (from - to) July 3, 2010
- Name and type of educational institution education or training "Introduction to the osteopathic approach to the cervical and lumbar spine"
Fisios (Savona)

COURSES 2009

- Date (from - to) From December 19, 2009 to December 20, 2009
- Name and type of educational institution education or training "Lymphatic drainage in multiple sclerosis"
SM Liguria Headquarters Genoa Fiumara
- Date (from - to) September 29, 2009
- Name and type of educational institution education or training "Carpal Tunnel Syndrome and related canalicular syndromes"

SKILLS AND COMPETENCIES

PERSONAL

Acquired throughout life and of the career but not necessarily recognized by official certificates and diplomas.

NATIVE ITALIAN

ENGLISH

- Reading skills GOOD
- Writing skills SCHOOL
- Oral expression skills SCHOOL

FRENCH

- GOOD
- GOOD
- GOOD

SKILLS AND COMPETENCIES RELATIONAL

SKILLS AND COMPETENCIES ORGANIZATIONAL

· ATTITUDE TOWARDS MANAGING ACTIVITIES IN HEALTHCARE AND WORKING IN A MULTIDISCIPLINARY TEAM

· DIRECTIONAL AND MANAGERIAL SKILLS, INTERVENING IN RESEARCH PROJECTS, HANDLING PROTOCOLS AND GUIDELINES, ASSESSING ENVIRONMENTAL RISK FACTORS

· DISPOSITION TO CARRY OUT ACTIVITIES WITHIN THE TEAM

· ABILITY TO PLAN AND MANAGE STAFF RELATED TO THE HEALTH AREA AND WORKING GROUPS

· GOOD ABILITY TO DEVELOP NEW WORK ORGANIZATION CRITERIA, TO DETECT THE

REAL EVOLUTION OF REHABILITATIVE NEEDS, TO PLAN THERAPEUTIC INTERVENTIONS

· ADDRESS ORGANIZATIONAL AND MANAGEMENT PROBLEMS THANKS TO MASTERY OF HEALTH MANAGEMENT PROCEDURES

· PLAN THE THERAPEUTIC INTERVENTION

· MANAGE WORKING GROUPS AND APPLY APPROPRIATE STRATEGIES TO FOSTER MULTI-PROFESSIONAL INTEGRATION PROCESSES

· MANAGE PROFESSIONAL DEVELOPMENT PLANS

· CONDUCT A SYSTEMATIC BIBLIOGRAPHIC RESEARCH

· CONDUCT LITERATURE REVIEWS

· COLLABORATE IN RESEARCH PROJECTS

· VERIFY THE APPLICATION OF RESEARCH ACTIVITY RESULTS FOR THE CONTINUOUS IMPROVEMENT OF REHABILITATIVE ACTIVITIES

· EVALUATE INDIVIDUAL AND COLLECTIVE PATIENT RESULTS USING VALID AND RELIABLE MEASURES

· COLLABORATE WITH THE CARE TEAM TO IMPLEMENT AND DEVELOP PROTOCOLS AND GUIDELINES

· USE TECHNOLOGY ASSOCIATED WITH INFORMATION AND

COMMUNICATIONS AS VALID SUPPORT FOR REHABILITATIVE, THERAPEUTIC, AND PREVENTIVE INTERVENTIONS

· PARTICIPATE IN THE DESIGN OF EDUCATIONAL ACTIVITIES IN THE FIELD OF TRAINING

SKILLS AND COMPETENCIES KNOWLEDGE AND USE OF COMPUTER TOOLS AND MAIN MANAGEMENT SOFTWARE SPECIFIC TO SCIENTIFIC RESEARCH (E.G. OFFICE SUITE; NAVIGATION AND EVIDENCE-MEDICINE RESEARCH ON PUBMED, PEDRO...ETC; INTERNET EXPLORER...)

LICENSE OR PATENT

SKILLS AND COMPETENCIES

TECHNIQUES

· EXPERIENCES IN REHABILITATION GAINED DURING THE UNIVERSITY INTERNSHIP CARRIED OUT AT ASL 4 CHIAVARESE AND AT SAN MARTINO HOSPITAL FOR THE DRAFTING OF MY DEGREE THESIS;

· OF THE WORK DONE IN THE PLACES WHERE I WORKED AND THE COURSES TAKEN FOR MY SPECIALIZATION (I HAVE LISTED THE PLACES AND COURSES PREVIOUSLY);

· TECHNICAL SKILLS IN MANUAL THERAPY ACQUIRED DURING THE MASTER'S PROGRAM;

· TECHNICAL SKILLS IN TREATING UROGYNECOLOGY PATIENTS ACQUIRED DURING THE ADVANCED TRAINING COURSE IN PELVIC-PERINEAL AND THE WORKING SHADOWING OF DR. DE FILIPPI AND DR. CONTRINO (BOTH RETIRED AS OF TODAY); AND I CONTINUE TO DEEPEN AND INTEGRATE BY PARTICIPATING IN NEW COURSES AND CONFERENCES EVERY YEAR (PELVIC FLOOR ITALY ASSOCIATION);

· TECHNICAL SKILLS IN TREATMENT WITH MCKENZIE METHOD FOR THE TREATMENT OF

SPINE AND LIMBS; HAVING ALSO COMPLETED AN INTERNSHIP AT DR. SARA LUETCHFORD'S OFFICE FROM 31/01 TO 02/02/2023; AND HAVING TAKEN THE MCKENZIE ACCREDITATION EXAM ON MARCH 16, 2024;

· TECHNICAL SKILLS IN TREATING TRIGGER POINTS

FURTHER INFORMATION

- I participated in the drafting of the rehabilitation protocols for the knee hip prosthesis of our Health Company with a group work based on scientific research Evidence Based Medicine.
- I am registered with the Order of Physiotherapists (FNOFI) of Genoa, Imperia and Savona with registration number 1125.
- I am registered with AIFI GIS PELVIC FLOOR ITALY.
- I am registered with the PELVIC FLOOR ITALY BE APPI group. On May 4, 2023, together with my colleague and friend Defilippi Mirella, we organized a free information evening open to all citizens, in the Municipality of Recco, on the functions and related dysfunctions of the pelvic floor. The same thing happened on October 8, 2024, together with a nutritionist and gynecologist (multidisciplinary team).
- Since January 2024, I have been participating, in collaboration with the Association Pelvic Floor Italy, in the research project that will evaluate the correlation between high-impact sports in women and the pelvic floor. This project, completely free, includes an information evening, lasting about 2 hours, on the pelvic floor, presented to women aged 10 to 40 who practice high-impact sports (such as volleyball, artistic gymnastics, rhythmic gymnastics, group aesthetics, synchronized swimming, judo, basketball...) and possibly an individual assessment for each (at the athlete's discretion). All aimed at preventing secondary damage from incorrect abdominal activation, pelvic floor, and breathing. In Liguria, I am currently the only one participating in this project.
- November 8, 2024, I was invited by OFI LIGURIA to participate as a speaker at the information meeting on the importance of breaking the taboo of an underestimated disorder.

Recco, June 10, 2025

IN FAITH **Michela Picasso**