



Stefano Di Antonio

📍 **Home** : Via Aschieri 27 17, 16035, Rapallo, Italy

📍 **Work** : Via Lamarmora 25 1, FisioCare, 16035, rapallo, Italy

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☎ **Phone**: (+39) 3488968957

Date of birth: 11/01/1989 **Nationality**: Italian

WORK EXPERIENCE

FisioCare. Physiotherapy clinic. Via San Martino 67 M Genova.

City: Genova | **Country**: Italy

[01/11/2022 – Current] **Advanced physiotherapist**

- Physiotherapist (senior physiotherapist specialized in the management of patients with headaches, temporomandibular disorders, and neck pain)
- Director
- Owner

FisioCare. Physiotherapy clinic. Via Lamarmora 25 a Rapallo.

City: Rapallo | **Country**: Italy

[01/05/2017 – Current] **Advanced physiotherapist**

- Physiotherapist (senior physiotherapist specialized in the management of patients with headaches, temporomandibular disorders, and neck pain)
- Director
- Owner

Multidisciplinary clinic - Via Lamarmora 25 a Rapallo;

City: Rapallo | **Country**: Italy

[01/01/2013 – 01/05/2017] **Physiotherapist**

Physiotherapist (physiotherapist specialized in the treatment of musculoskeletal pain, neuropathic pain, chronic pain, headache, and orofacial pain)

Physiotherapy center di Anna Ghiglione – Via Cervetti vignolo 23 Santa margherita ligure

City: Santa Margherita Ligure | **Country**: Italy

[01/01/2013 – 01/05/2017] **Physiotherapist**

Physiotherapist (physiotherapist specialized in the treatment of musculoskeletal pain, neuropathic pain, chronic pain, headache, and orofacial pain)

Pain Research and Management

[2025 – Current] **Academic Editor:**

Scuola Universitaria della Svizzera Italiana (SUPS)

[2025 – Current] **Lecturer**

Lecturer in the Master of Advance Studies (MAS) in musculoskeletal physiotherapy

FisioScience SRL società benefit

[2025 – Current] **Lecturer**

Cefalea primaria e secondaria: dalla valutazione al trattamento

New Master SRL

Country: Italy

[2024 – Current] **Lecturer**

VALUTAZIONE E GESTIONE INTEGRATA IN FISIOTERAPIA DEL PAZIENTE CON CEFALEA

University of Genoa

City: Genova | **Country:** Italy

[01/09/2018 – Current] **Lecturer**

Lecturer in the bachelor degree of physiotherapy

Azienda ULSS n. 2 Marca trevigiana

[18/09/2021 – 19/09/2021] **Lecturer**

Lecturer in the course "Myofascial pain and trigger points"

EDUCATION AND TRAINING

[2018 – Current] **Ph.D candidate**

Department of Health Science and Technology, School of Medicine, Aalborg University

City: Aalborg | **Country:** Denmark | | **Thesis:** Profiling migraine patients into distinct phenotypes according to clinical and psychophysical characteristics

[22/05/2024 – 23/05/2024] **School of advanced Studies (SAS)**

European Headache Federation (EHF) 17 th Meeting

City: Linz | **Country:** Austria |

[30/04/2022 – 31/12/2022] **Post graduate course - Interdisciplinary headache school**

Italian society for the study of headache disorders (SISC)

- Diagnosis and classification of headache disorders
- Primary headache: peripheral and central sensitization mechanisms
- Primary headache: Tension type headache

[13/10/2022 – 13/10/2022] **Post graduate course - primary headache**

Italian society for the study of headache disorders (SISC) held by Professor Paolo Calabresi.

- Aggiornamento Diagnostico Terapeutico Sulle Cefalee In Età Evolutiva
- Come Curare L'Emicrania: Dall'Acuzie Alla Profilassi

[04/11/2021 – 06/11/2021] **Post-graduate course - EFIC virtual pain education summit**

EFIC Academy courses

[10/02/2021 – 11/02/2021] **Post graduate course - Ketogenic diet**

Senior researcher Dora Caterina Pultrone (M.D.).

Field(s) of study: Theoretical training on the use of ketogenic diet

[31/01/2020 – 02/02/2020] **Post-graduate course - Certificate in Transcranial direct current stimulation**

Valentina Fiori (Ph.D.) and Augusto Fusco (MD, Ph.D.).

Field(s) of study: Theoretical and practical training on the use of Transcranial direct current stimulation.

[20/07/2019 – 21/07/2019] **Post-graduate course - Motivational Interviewing; training Workshop**

Professor Stephen Rollnick (Ph.D.).

Field(s) of study: Theoretical and practical course on the use of the motivational interview

[18/06/2019 – 25/06/2019] **Post-graduate course - The use of SPSS for clinical research**

University of Genova (Prof. Alessio Signori, Ph.D.).

Field(s) of study: Theoretical and practical training on the use of SPSS statistics in clinical research.

[20/05/2019 – 21/05/2019] **Post-graduate course - Introduction to the statistic for clinical research**

GIMBE foundation (Luca Pingani Ph.D.)

Field(s) of study: Theoretical and practical training on the use of statistics in clinical research

[02/05/2018 – 03/05/2018] **Post-graduate course - Placebo, nocebo, and therapist/patient relationship: a new perspective from recent neurosciences findings**

Professor Fabrizio Benedetti (MD, PhD)

Field(s) of study: Theoretical course on mechanisms underlying the placebo effect in healthy subjects and in patients

[08/12/2017 – 10/12/2017] **Post-graduate course - Dry Needling Foundation I**

Jan Dommerholt (PT, Ph.D.)

Field(s) of study: Advanced theoretical and practical on the use of dry needling in treating musculoskeletal pain

[28/05/2017 – 30/05/2017] **Post-graduate course - The role of C1 – C3 vertebral segments in the primary headache**

Watson Headache institute (Dean Watson (Ph.D.))

Field(s) of study: Advanced theoretical and practical course on the management of patients with headache

[12/05/2017 – 13/05/2017] **Post-graduate course - Clinical reasoning in manual therapy in headache and migraine**

Professor Cesar Fernandez-de-las-Penas (PT, PhD).

Field(s) of study: Advanced theoretical and practical course on the management of patients with headache

[28/11/2016 – 22/12/2016] **Certificate in Orthopedic Manual Therapy (COMT)**

Manual concept (Toby Hall (PhD) and Kim Robinson (PhD)) in collaboration with Curtin University

Field(s) of study: Advanced theoretical and practical course on management of patients with musculoskeletal disorders

[19/11/2014 – 12/10/2016] **Certificate of Advanced Studies in musculoskeletal physiotherapy**

Scuola Universitaria professionale della Svizzera italiana (SUPSI)

Field(s) of study: Advanced theoretical and practical course on management of patients with musculoskeletal disorders.

[01/10/2013 – 24/09/2016] **Master in manual therapy**

Group of study in manual therapy (GSTM)

Field(s) of study: Management of patients with musculoskeletal disorders | **Thesis:** Treatment of myofascial trigger points in tension-type headache: a narrative review

[03/06/2016 – 05/06/2016] **Post-graduate course - Pathophysiology and biomechanics of shoulder**

Rober Donatelli (PT, Ph.D.)

Field(s) of study: Advanced theoretical and practical course on the management of patients with pain in the upper quadrant

[01/09/2009 – 21/11/2012] **Bachelor degree of physiotherapy**

University of Genoa

City: Genova | **Country:** Italy | | **Final grade:** 110/110 with laude

CONFERENCES & SEMINARS

[17/05/2025 – 17/05/2025] **Oral presentation** Ferrandina, Italy

Gruppo Terapia Manuale (GTM) and associazione italiana fisioterapia (AIFI) Congress
Headway 2025: New approaches to headache in Physiotherapy.

Title of Oral presentation.

Musculoskeletal comorbidities in migraine: which role?

[24/04/2025 – 26/04/2025] **Congress participation with poster presentation** Lyon, France

14th Congress of the European Pain Federation EFIC.

[08/02/2025 – 08/02/2025] **Oral presentation** Bologna, Italy

Gruppo Terapia Manuale (GTM) and associazione italiana fisioterapia (AIFI) Congress
Update: Physiotherapy and primary headaches, the significance of a multidisciplinary approach

Title of Oral presentation.

Musculoskeletal comorbidities in migraine: which role?

[04/12/2024 – 07/12/2024] **Congress participation with poster presentation** Rotterdam, Netherlands

17th European Headache Federation (EHF) Congress..

[16/11/2024 – 16/11/2024] **Oral presentation** Rapallo, Italy

XVII National congress APTEBA

Title of presentation:

Intelligence and pain

[26/09/2024 – 28/09/2024] **Congress participation with poster presentation** Torino Italy

38th Congress Società Italiana per lo studio delle cefalee (SISC)

[16/05/2024 – 18/05/2024] **Congress participation with poster presentation** Savona, Italy

XII National Congress ANIRCEF

[16/01/2024 – 16/01/2024] **Oral presentation**

Education Euro Spine: Evidenced based diagnosis and rehabilitation of cervicogenic headache

Title of presentation:

Evidence for drug therapies and interventional treatments in Cervicogenic Headache

[06/12/2023 – 09/12/2023] **Congress participation with poster presentation** Barcellona, Spain

17th European Headache Federation (EHF) Congress.

[14/10/2023 – 14/10/2023] **Oral presentation** Santa Margherita Ligure, Italy

Società Italiana di Artroscopia, Ginocchio, Arto Superiore, Sport, Cartilagine e Tecnologie Ortopediche (SIAG-SCOT) Congress.

Sport-related lower limb tendinopathy

Title of presentation:

What do we know about tendon pain?

[05/10/2023 – 07/10/2023] **Oral presentation** L'Aquila, Italy

37th Congress Società Italiana per lo studio delle cefalee (SISC)

Title of oral presentation

How to assess somatosensory and musculoskeletal alterations in migraine patients

[20/09/2023 – 22/09/2023] **Congress participation with poster presentation** Budapest, Hungary

13th Congress of the European Pain Federation EFIC

[13/10/2022 – 15/10/2022] **Congress participation with poster presentation** Palermo, Italy

36th Congress Società Italiana per lo studio delle cefalee (SISC)

[27/04/2022 – 30/04/2022] **Congress participation with poster presentation** Dublin, Ireland

12th Congress of the European Pain Federation (EFIC)

[11/10/2021 – 13/10/2021] **Congress participation with poster presentation**

35th Congress Società Italiana per lo studio delle cefalee (SISC)

[08/09/2021 – 12/09/2021] **Congress participation with poster presentation**

19th International Headache Society(IHS) Congress & 15th European Headache Federation(EHF) Congress

[04/08/2020 – 08/08/2020] **Congress participation with poster presentation**

[29/06/2020 – 02/07/2020] **Congress participation with poster presentation**

14th European Headache Federation (EHF) Congress

[04/09/2019 – 07/09/2019] **Congress participation with poster presentation** Valencia, Spain

11th Congress of the European Pain Federation (EFIC)

PUBLICATIONS

- [2025] [**Cut-Off Values Able to Identify Migraine Patients With Increased Pressure-Pain Sensitivity Independent of the Migraine Cycle Through a Single Assessment: A Secondary Analysis of a Multicentre, Cross-Sectional, Observational Study**](#)
- Castaldo M, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, Di Antonio S. Cut-Off Values Able to Identify Migraine Patients With Increased Pressure-Pain Sensitivity Independent of the Migraine Cycle Through a Single Assessment: A Secondary Analysis of a Multicentre, Cross-Sectional, Observational Study. *Eur J Pain*. 2025 Feb;29(2):e4787. doi: 10.1002/ejp.4787. PMID: 39836392; PMCID: PMC11750055.
- [2025] [**Expert Consensus on Dry Needling Practices for Headache: An International Delphi Study Protocol**](#)
- Perreault T, Dommerholt J, Fernandez-de-Las-Peñas C, Arendt-Nielsen L, Cagnie B, Di Antonio S, Castaldo M. Expert Consensus on Dry Needling Practices for Headache: An International Delphi Study Protocol. *J Clin Med*. 2025 Mar 5;14(5):1740. doi: 10.3390/jcm14051740. PMID: 40095844.
- [2025] [**A clinical guide for physiotherapists to assess and manage cervical musculoskeletal impairment and pain sensitivity in migraine patients**](#)
- Castaldo M, Arendt-Nielsen L, Di Antonio S. A clinical guide for physiotherapists to assess and manage cervical musculoskeletal impairment and pain sensitivity in migraine patients. *J Man Manip Ther*. 2025 May 18:1-18. doi: 10.1080/10669817.2025.2502804. Epub ahead of print. PMID: 40382683.
- [2025] [**Migraine with and without aura-two distinct entities? A narrative review**](#)
- Grodzka O, Dzagoevi K, Rees T, Cabral G, Chądzyński P, Di Antonio S, Sochań P, MaassenVanDenBrink A, Lampl C; European Headache Federation School of Advanced Studies (EHF-SAS). Migraine with and without aura-two distinct entities? A narrative review. *J Headache Pain*. 2025 Apr 14;26(1):77. doi: 10.1186/s10194-025-01998-1. PMID: 40229683; PMCID: PMC11995571.
- [2024] [**Profiling migraine patients according to clinical and psychophysical characteristics: clinical validity of distinct migraine clusters**](#)
- Di Antonio, S., Arendt-Nielsen, L., Ponzano, M., Bovis, F., Torelli, P., Elisa, P., Finocchi, C., & Castaldo, M. (2023). Profiling migraine patients according to clinical and psychophysical characteristics: clinical validity of distinct migraine clusters. *Neurological sciences : official journal of the Italian Neurological Society and of the Italian Society of Clinical Neurophysiology*, 10.1007/s10072-023-07118-8. Advance online publication. <https://doi.org/10.1007/s10072-023-07118-8>
- [2024] [**Migraine and cognitive dysfunction: a narrative review**](#)

Fernandes C, Dapkute A, Watson E, Kazaishvili I, Chądzyński P, Varanda S, Di Antonio S, Munday V, MaassenVanDenBrink A, Lampl C; European Headache Federation School of Advanced Studies (EHF-SAS). Migraine and cognitive dysfunction: a narrative review. J Headache Pain. 2024 Dec 19;25(1):221. doi: 10.1186/s10194-024-01923-y. PMID: 39701926; PMCID: PMC11657937.

[2023] [**Profiling migraine patients according to clinical and psychophysical characteristics: a cluster analysis approach**](#)

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, Castaldo M. Profiling migraine patients according to clinical and psychophysical characteristics: a cluster analysis approach. Pain Med. 2023 Sep 1;24(9):1046-1057. doi: 10.1093/pm/pnad048. PMID: 37137231.

[2023] [**Trigeminocervical pain sensitivity during the migraine cycle depends on headache frequency**](#)

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, Castaldo M. Trigeminocervical pain sensitivity during the migraine cycle depends on headache frequency. Neurol Sci. 2023 Nov;44(11):4021-4032. doi: 10.1007/s10072-023-06858-x. Epub 2023 Jun 13. PMID: 37308781; PMCID: PMC10260380.

[2023] [**Migraine patients with and without neck pain: Differences in clinical characteristics, sensitization, musculoskeletal impairments, and psychological burden**](#)

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Pelosin E, Finocchi C, Castaldo M. Migraine patients with and without neck pain: Differences in clinical characteristics, sensitization, musculoskeletal impairments, and psychological burden. Musculoskelet Sci Pract. 2023 Jun 14:102800. doi: 10.1016/j.msksp.2023.102800. Epub ahead of print. PMID: 37344290.

[2023] [**Cervical musculoskeletal impairments and pain sensitivity in migraine patients**](#)

Di Antonio S, Arendt-Nielsen L, Castaldo M. Cervical musculoskeletal impairments and pain sensitivity in migraine patients. Musculoskelet Sci Pract. 2023 Aug;66:102817. doi: 10.1016/j.msksp.2023.102817. Epub 2023 Jul 6. PMID: 37451884.

[2022] [**Trigeminal and cervical sensitization during the four phases of the migraine cycle in patients with episodic migraine.**](#)

Di Antonio S, Castaldo M, Ponzano M, Bovis F, Hugo Villafaña J, Torelli P, Finocchi C, Arendt-Nielsen L. Trigeminal and cervical sensitization during the four phases of the migraine cycle in patients with episodic migraine. Headache. 2022 Feb;62(2):176-190. doi: 10.1111/head.14261. Epub 2022 Feb 5. PMID: 35122434.

[2022] [**Cervical musculoskeletal impairments in the 4 phases of the migraine cycle in episodic migraine patients**](#)

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, Castaldo M. Cervical musculoskeletal impairments in the 4 phases of the migraine cycle in episodic migraine patients. Cephalalgia. 2022 Aug;42(9):827-845. doi: 10.1177/03331024221082506. Epub 2022 Mar 25. PMID: 35332826

[2022] [**Increase pain sensitivity during the four phases of the migraine cycle in patients with episodic migraine.**](#)

Finocchi C, Di Antonio S, Castaldo M, Ponzano M, Bovis F, Villafañe JH, Torelli P, Arendt-Nielsen L. Increase pain sensitivity during the four phases of the migraine cycle in patients with episodic migraine. *Neurol Sci.* 2022 Sep;43(9):5773-5775. doi: 10.1007/s10072-022-06263-w. Epub 2022 Jul 26. Erratum in: *Neurol Sci.* 2022 Aug 10;; PMID: 35879496.

[2022] [Pressure Pain Threshold of the Upper Trapezius Trigger Point: A Systematic Review with Meta-Analysis of Baseline Values and Their Modification after Physical Therapy](#)

Geri T, Botticchio A, Rossettini G, Pournajaf S, Pellicciari L, Di Antonio S, Castaldo M. Pressure Pain Threshold of the Upper Trapezius Trigger Point: A Systematic Review with Meta-Analysis of Baseline Values and Their Modification after Physical Therapy. *J Clin Med.* 2022 Dec 6;11(23):7243. doi: 10.3390/jcm11237243. PMID: 36498817; PMCID: PMC973943

[2021] [Disability, burden, and symptoms related to sensitization in migraine patients associate with headache frequency.](#)

Di Antonio S, Castaldo M, Ponzano M, Bovis F, Torelli P, Finocchi C, Arendt-Nielsen L. Disability, burden, and symptoms related to sensitization in migraine patients associate with headache frequency. *Scand J Pain.* 2021 Jul 13;21(4):766-777. doi: 10.1515/sjpain-2021-0050. PMID: 34253003.

NETWORKS & MEMBERSHIPS

- [2025 – Current] **Member of the board of directors** Sezione Interregionale SISC Nord-Ovest
- [2023 – Current] **Membership** associazione neurologica italiana per la ricerca sulle cefalee (ANIRCEF)
- [2023 – Current] **Memeber** GIS gruppo terapia manuale (GTM)
- [2022 – Current] **Membership** European headache federation (EHF) and Future headache expert (FHE)
- [2021 – Current] **Membership** International headache society (IHS)
- [2021 – Current] **Member** sisc società italiana studio cefalee (SISC)
- [2013 – Current] **Memeber** Associazione Italiana Fisioterapisti (AIFI)

SKILLS

Apple Mac | SPSS statical | physiotherapy | Google Drive | Google Docs | Social Media | Zoom | Facebook | Instagram | understand spoken English | prescribe medication | Skype | LinkedIn | interact verbally in English | Twitter | Outlook | Gmail | WhatsApp | Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

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

DRIVING LICENCE

Motorbikes: A
Cars: B

DICHIARAZIONE SOSTITUTIVA DI ATTO DI NOTORIETA'

Consapevole della sanzioni penali, nel caso di dichiarazioni non veritiere, di formazione o uso di atti falsi, richiamate dall'art. 76 del D.P.R. 445 del 28 dicembre 2000, sotto la mia propria responsabilità, io sottoscritto.....**Stefano Di Antonio**.....dichiaro che le informazioni riportate nel mio curriculum vitae corrispondono al vero.

Roma, In fede

