

# Curriculum vitae

Name

Chiara Arbasetti

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Nationality

Italian



## WORK EXPERIENCE

- From March 2023 to present

Regional Councilor of the Ligurian Order of Physiotherapists

- From the 2023/24 academic year to present

Teaching Musculoskeletal System Anatomy, 1st year of the Physiotherapy Degree Program

Chiavari and La Spezia locations

University of Genoa

School of Medical and Pharmaceutical Sciences

Physiotherapy Degree Program

- From the 2012-2013 academic year to present

Teaching Manual Therapy, 3rd year of the Physiotherapy Degree Program

Chiavari location.

From the 2021-22 academic year to present also at the La Spezia location

University of Genoa

School of Medical and Pharmaceutical Sciences

Degree in Physiotherapy

- From 2017 to present

At my place of work and at Santa Corona Hospital, Pietra Ligure:

Clinical Practice Tutor for the Master's Degree in Rehabilitation of Musculoskeletal Disorders

Lecturer for the Master's Degree in Rehabilitation of Musculoskeletal Disorders

University of Genoa

Savona University Campus

- From 2013 to 2017

Teaching Assistant for the Master's Degree in Rehabilitation of Musculoskeletal Disorders

University of Genoa

Savona University Campus

- From 2018 to 2021

Teaching for the Master's Degree in Rehabilitation of Musculoskeletal Disorders

University of Genoa

Savona University Campus

- From January 2018 to present

Freelance Physiotherapist at the Medical Studies “Piani di Ri” , Via Piacenza 297 Chiavari (GE)

- From January 2018 to January 2024

Professional Physiotherapist, part-time (18 hours)

ASL 4 Chiavarese (GE)

Physical and Rehabilitation Medicine Department

- From January 2008 to December 2017

Professional Healthcare Physiotherapist, full-time, permanent contract

ASL 4 Chiavarese (GE)

Physical and Rehabilitation Medicine Department

Main duties and responsibilities

Manual therapy, orthopedic rehabilitation, neurological rehabilitation, hydrokinesitherapy

- January-May 2010

Teaching "Moving Safely: Course on Moving Assisted Persons"

Local Health Authority (ASL4) Chiavarese

(GE)

From October 2007 to January 2008

Healthcare Professional Physiotherapist, full-time (6-month contract)

Local Health Authority 4 Chiavarese (GE)

S.C. Physical Medicine and Rehabilitation

Main duties and responsibilities

Orthopedic rehabilitation, neurological rehabilitation

- From September 2007 to October 2007

Freelance physiotherapist (part-time)

Benedetto Acquarone Center

Chiavari (GE)

Main duties and responsibilities

Hydrokinesitherapy, neurological rehabilitation, orthopedic rehabilitation

- From July 2, 2007 to October 17, 2007

Freelance physiotherapist (part-time)

ASL 4 Chiavarese (GE)

Physical Medicine and Rehabilitation Department

Main duties and responsibilities

Neurological rehabilitation, orthopedic rehabilitation

- From January 26, 2007 to July 31, 2007

Physiotherapist, permanent contract (part-time)

Ligurian Institute of Physiotherapy

Chiavari (GE)

Main duties and responsibilities

Physical therapy, orthopedic rehabilitation.

## EDUCATION AND TRAINING QUALIFICATIONS

- Academic Year 2010/2011

Master's Degree in Rehabilitation of Musculoskeletal Disorders

University of Genoa

Faculty of Medicine and Surgery

Savona University Campus

In collaboration with the Free University of Brussels

Main subjects/professional skills covered

Manual Therapy

Certificate or diploma obtained

1st Level Master's Degree in Rehabilitation of Musculoskeletal Disorders

110/110 with honors

- Academic Year 2005/2006

November 22, 2006

Bachelor's Degree in Physiotherapy

University of Genoa

Faculty of Medicine and Surgery

Main subjects/professional skills covered

Physiotherapy

Certificate or diploma obtained

Bachelor's Degree in Physiotherapy

110/110 with honors

- Academic Year 2002/2003

Scientific High School

Scientific High School G. Marconi

Chiavari (GE)

Main subjects/professional skills covered

Scientific subjects

Certificate or diploma obtained

Scientific high school diploma

100/100

## **SCIENTIFIC PUBLICATIONS**

January 2022

Effectiveness of Specific Exercise for Deep Cervical Muscles in Nonspecific Neck Pain: A Systematic Review and Meta-Analysis

Stefano Garzonio, Chiara Arbasetti, Tommaso Geri, Marco Testa, Giacomo Carta. Phys Ther. 2022 Jan 13

## **TRAINING COURSES**

- November 30, 2024

OFI Liguria Regional Congress: "From Guidelines to Clinics: Focus on Low Back Pain." Genoa

- Between October 2022 and March 2023

Courses 1.0-1.1 and 1.2 on running injury prevention. Diagnosis and treatment of injuries in runners: practical aspects. Therapeutic Exercise for Runners. Organized by La Clinica Del Running

- January 23-24, 2019

Trigger Points: Manual Treatment, Tests, and Exercises – Organized by Local Health Authority 4 and Trigger Point Italia. San Salvatore (GE)

- April 14-15, 2018

Rehabilitation Training Course – Varese Lombardo, organized by Manualmente

- September 8-9, 2018

S.T.E.P. Course, Hip and Knee Module – Mogliano Veneto, organized by Ability Group

- May 4, 2018

AIFI Liguria Regional Scientific Conference: "From Guidelines to Best Practice in Physiotherapy"

- January 25, 2017

Psychology and Neuropsychology in Rehabilitation – Local Health Authority 4 Chiavarese

- February 28-March 2, 2014

TOP 30 Course – Manual Treatment of Trigger Points – Organized by the David G. Simons Academy. Genoa

- November 17-18, 2012

10th National GTM Congress – Physiological adaptations to musculoskeletal pain, clinical evaluation, and treatment in physical therapy – organized in Bologna by the Manual Therapy Group

- September 28-30, 2012

Nervous System Mobilization, Level I – Instructor Irene Wicky. Organized by Fisios in Vado Ligure (SV)

- November 5-6, 2010

Training in the core skills of physiotherapists: the core competency of the three-year degree internship - at the Chiavarese teaching center of the University of Genoa, organized by the Local Health Authority (ASL) 4 Chiavarese

- 10/15-16/2010

The principles of the Pilates method in postural rebalancing - instructor Claudio Zimaglia, organized by the Local Health Authority (ASL) 4 Chiavarese

- November 30 – December 1, 2009

Combining physiotherapy and orthotics in the treatment of the paretic limb of hemiplegics. Organized by All Mobility, Reggio Emilia.

- April 2008 to May 2009

Mckenzie: Mechanical diagnosis and therapy - parts A, B, and C - instructor Sara Luetchford, Milan office.

- December 2008 - January 2009

Clinical Reasoning for the Treatment of Neurological Patients with Motor Impairments - 2 Modules - Instructors: Psiche Giannoni and Liliana Zerbino. Course organized by ASL4 Chiavarese

- May - June 2008

Functional Adhesive Bandaging - Practical Course organized by Studiogest, Milan

May - June 2008

Advanced Neuromuscular Taping - 2 Modules - Instructor: David Blow. Course organized by ASL4 Chiavarese

- April - December 2007

Progressive Neurokinetic Facilitation. Diploma obtained with a final grade of 29/30

- March 24, 2007

360° Imaging for Physiotherapists. Conference organized by AIFI Liguria



- July 2006, renewed every 2 years

Certification for basic life support with the use of a defibrillator in adults: "R - BLSD performer" certificate.

## **PERSONAL SKILLS AND COMPETENCES**

First language

Italian

Other languages

English

Reading skills: Good

Writing skills: Good

Speaking skills: Good

Chiavari, 26/08/2025

Firma