

CV

I am a physiotherapist with a solid academic background and extensive clinical, educational, and research experience in musculoskeletal health. My professional journey combines advanced training, scientific curiosity, and a strong commitment to high-quality patient care and teaching.

I have been a licensed physiotherapist since 2014 (Bachelor's Degree in Physiotherapy, University of Perugia). I later completed a Master of Science in Rehabilitation Sciences of Healthcare Professions (2017, University of Perugia) and a Master's Degree in Musculoskeletal Physiotherapy, Manual Therapy, and Therapeutic Exercise (2022, University of Bologna).

I am currently enrolled in a PhD program in Medicine and Experimental Therapies, where I study the mechanical regulation of musculoskeletal tissue regeneration. My research focuses on how mechanical load influences tissue healing after injury—a topic that stems from daily clinical observations on the crucial role of biomechanics in rehabilitation outcomes.

I am also deeply interested in the neurobiology of pain, including chronic pain mechanisms, central and peripheral sensitisation, and the role of low-grade chronic inflammation. I am completing the European Diploma in Pain Science through the European Federation of Pain (EFIC).

Laboratory Experience

During my bachelor thesis and in the following years, I completed an internship at the Human Biomechanics Laboratory of the University of Perugia. There, I gained experience in the use of advanced biomechanical analysis tools, including:

- Force plates
- Dynamometers
- Surface electromyography (sEMG)
- 3D motion capture systems

This experience allowed me to develop competence in designing experimental setups, collecting and interpreting complex biomechanical data, and correlating mechanical, physical, and biological responses. These skills contributed to the successful publication of several scientific articles.

I am also developing competencies in musculoskeletal ultrasound and diagnostic imaging tailored to physiotherapy practice, with the goal of enhancing clinical assessment and guiding treatment planning.