

## CURRICULUM VITAE

### PERSONAL INFORMATION

Surname: Villafañe

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H-Index: 12 (ISI Web of Science)

### ACADEMIC DEGREES:

2009-2012- **PhD.** Department of Physical Therapy, Occupational Therapy, Rehabilitation and Physical Medicine. Faculty of health sciences. Rey Juan Carlos University, Madrid, Spain.

2008 to 2009- **Master of Manual Therapy.** European University of Madrid, Madrid, Spain.

2008- He gets the certification of equivalence of his foreign degree to the Academic Degree of “**Master**” by the “Ministry of Science and Innovation”, Spain.

2003- He gets the recognition of the degree of **Master of Physical Therapy** by the “Ministry of Health”, Italy, in order to be able to work as a “**Physiotherapist**” in Italy.

1997 to 2001- **Master of Physical Therapy.** University of Cordoba, Cordoba, Argentina.

### EMPLOYMENT AND POSITIONS HELD:

2018

- **Editorial board.** J Exerc Rehabil.

2017-2023

- National Scientific Qualification (ASN) for the role of professor.

2016-present

- **Statistical Advisor.** Eur J Phys Med Rehabil.

2015-2016

- **Scientific advisor.** IRCCS Istituto Ortopedico Galeazzi, Milan, Italy

2013-present

- **Senior Researcher.** IRCCS Don Gnocchi Foundation, Milan, Italy.

2003-present

- **Physical Therapist.** Private Practitioner, Orbassano, Italy.

1991-1996

- As an **Argentinean athlete** he took part in the categories of young-juniors at national level, getting many titles and records.

### PEER REVIEWED PUBLICATIONS (Published, In Press, and In Review)

#### PUBBLICAZIONI:

2011

1. Villafañe JH, Silva GB, Fernandez-Carnero J. [Short-term effects of neurodynamic mobilization in 15 patients with secondary thumb carpometacarpal osteoarthritis.](#) *J Manipulative Physiol Ther.* 2011 Sep;34(7):449-56.
2. Villafañe JH, Silva GB, Diaz-Parreño SA, Fernandez-Carnero J. [Hypoalgesic and motor effects of kaltenborn mobilization on elderly patients with secondary thumb carpometacarpal osteoarthritis: a randomized controlled trial.](#) *J Manipulative Physiol Ther.* 2011 Oct;34(8):547-56.

2012

3. **Villafañe JH**, Silva GB, Bishop MD, Fernandez-Carnero J. [Radial nerve mobilization decreases pain sensitivity and improves motor performance in patients with thumb carpometacarpal osteoarthritis: a randomized controlled trial.](#) *Arch Phys Med Rehabil.* 2012 Mar;93(3):396-403.
4. **Villafañe JH**, Silva GB, Fernandez-Carnero J. [Effect of thumb joint mobilization on pressure pain threshold in elderly patients with thumb carpometacarpal osteoarthritis.](#) *J Manipulative Physiol Ther.* 2012 Feb;35(2):110-20.
5. **Villafañe JH**, Silva GB, Dughera A. [Manipulative and rehabilitative therapy as a treatment of idiopathic scoliosis without psychological sequelae: a case report.](#) *J Chiropr Med.* 2012 Jun;11(2):109-114.
6. **Villafañe JH**, Silva GB, Chiarotto A. [Effects of passive upper extremity joint mobilization on pain sensitivity and function in participants with secondary carpometacarpal osteoarthritis: a case series.](#) *J Manipulative Physiol Ther.* 2012 Nov;35(9):735-742.
7. **Villafañe JH**, Silva GB, Chiarotto A, Ragusa OL. [Botulinum toxin type A combined with neurodynamic mobilization for upper limb spasticity after stroke: a case report.](#) *J Chiropr Med.* 2012 Sep;11(3):186-191.
8. **Villafañe JH**, Fernandez-de-las-Peñas C, Pillastrini P. [Botulinum toxin type A combined with cervical spine manual therapy for masseteric hypertrophy in a patient with Alzheimer-type dementia: a case report.](#) *J Chiropr Med.* 2012 Dec;11(4):280-285.

## **2013**

9. **Villafañe JH**. [Botulinum toxin type A combined with neurodynamic mobilization for lower limb spasticity: a case report.](#) *J Chiropr Med.* 2013. Mar;12(1):39-44.
10. **Villafañe JH**, Bishop MD, Fernandez-de-las-Peñas C, Langford D. [Radial nerve mobilisation had bilateral sensory effects in people with thumb carpometacarpal osteoarthritis: a randomised trial.](#) *J Physiother.* 2013 Mar;59(1):25-30.
11. **Villafañe JH**, Cleland J. A, Fernández-de-las-Peñas C. [The effectiveness of a manual therapy and exercise protocol in patients with thumb carpometacarpal osteoarthritis: a randomized controlled trial.](#) *J Orthop Sports Phys Ther.* 2013 Apr;43(4):204-213.
12. **Villafañe JH**, Valdes K. [Combined thumb abduction and index finger extension strength: a comparison of older adults with and without thumb carpometacarpal osteoarthritis.](#) *J Manipulative Physiol Ther.* 2013 May;36(4):238-244.
13. **Villafañe JH**, Cleland J. A, Fernandez-de-las-Peñas C. [Bilateral sensory effects of unilateral passive accessory mobilization in patients with thumb carpometacarpal osteoarthritis.](#) *J Manipulative Physiol Ther.* 2013 May;36(4):232-237.
14. **Villafañe JH**, Langford D, Alguacil-Diego IM, Fernandez-Carnero J. [Management of trapeziometacarpal osteoarthritis pain and dysfunction using mobilization with movement technique in combination with kinesiology tape: a case report.](#) *J Chiropr Med.* 2013 Jun;12(2):79-86.
15. Bertozzi L, Gardenghi I, Turoni F, **Villafañe JH**, Guccione AA, Pillastrini P. [Effect of therapeutic exercise on pain and disability in the management of chronic nonspecific neck pain: systematic review and meta-analysis of randomized trials.](#) *Phys Ther.* 2013 Aug;93(8):1026-36.
16. Negrini S, Imperio G, **Villafañe JH**, Negrini F, Zaina F. [Systematic reviews of physical and rehabilitation medicine Cochrane contents. Part 1. Disabilities due to spinal disorders and pain syndromes in adults.](#) *Eur J Phys Rehabil Med.* 2013 Aug;49(4):597-610.
17. Chiarotto A, Fernandez-de-las-Peñas C, Castaldo M, Negrini S, **Villafañe JH**. [Widespread pressure pain hypersensitivity in elderly subjects with unilateral thumb carpometacarpal osteoarthritis.](#) *Hand (NY).* 2013 ;8(4):422-429.
18. **Villafañe JH**, Pillastrini P, Borboni A. [Manual therapy and neurodynamic mobilization in a patient with peroneal nerve paralysis: a case report.](#) *J Chiropr Med.* 2013 Sep;12(3):176-181.
19. Pillastrini P, Bonfiglioli R, Valpiani G, **Villafañe JH**, Vanti C, Violante FS. [The effect of a multimodal group programme in hospital workers with persistent low back pain: a prospective observational study.](#) *Med Lav.* 2013 Sep-Oct;104(5):368-79.
20. Chiarotto A, Fernandez-de-las-Peñas C, Castaldo M, **Villafañe JH**. [Bilateral Pressure Pain Hypersensitivity over the Hand as Potential Sign of Sensitization Mechanisms in Individuals with Thumb Carpometacarpal Osteoarthritis.](#) *Pain Med.* 2013 Oct;14(10):1585-92.

## **2014**

21. Parazza S, Vanti C, O'Reilly C, **Villafañe JH**, Tricas-Moreno J.M, Estebanez-de Miguel E. [The relationship between cervical flexor endurance, cervical extensor endurance, VAS, and disability in subjects with neck pain.](#) *Chiropr Man Therap.* 2014 Mar 3;22(1):10.
22. Bissolotti L, Gobbo M, **Villafañe JH**, Negrini S. [Spinopelvic balance: new biomechanical insights with clinical implications for Parkinson's disease.](#) *Eur Spine J.* 2014 Mar;23(3):576-83.

23. Taveggia G, **Villafañe JH**, Vavassori F, Lecchi C, Borboni A, Negrini S. [Multimodal Treatment of Distal Sensorimotor Polyneuropathy in Diabetic Patients: A Randomized Clinical Trial.](#) *J Manipulative Physiol Ther.* 2014 May;37(4):242-52.
24. Castaldo M, Ge HY, Chiarotto A, **Villafañe JH**, Arendt-Nielsen L. [Myofascial Trigger Points in Patients with Whiplash-Associated Disorders and Mechanical Neck Pain.](#) *Pain Med.* 2014 May;15(5):842-9.
25. Isgrò M, Buraschi R, Barbieri C, Baruzzi E, Imperio G, Noro F, **Villafañe JH**, Negrini S. Conservative management of degenerative disorders of the spine. *J Neurosurg Sci.* 2014 Jun;58(2 suppl):73-6.
26. **Villafañe JH**, Fernandez-de-las-Peñas C, Silva GB, Negrini S. [Contralateral sensory and motor effects of unilateral kaltenborn mobilization in patients with thumb carpometacarpal osteoarthritis: a secondary analysis.](#) *J Phys Ther Sci.* 2014 Jun;26(6):807-12.
27. **Villafañe JH**, Valdes K. [Reliability of pinch strength testing in elderly subjects with unilateral thumb carpometacarpal osteoarthritis.](#) *J Phys Ther Sci.* 2014 Jul;26(7):993-5.
28. Bissolotti L, Donzelli S, Gobbo M, Zaina F, **Villafañe JH**, Negrini S. Scoliosis and sagittal balance in Parkinson's Disease: analysis of correlations. *Scoliosis* 2014, 9(Suppl 1):O38.
29. Bissolotti L, Gobbo M, **Villafañe JH**, Negrini S. Spinopelvic balance: new biomechanical insights with clinical implications for Parkinson's Disease. *Scoliosis* 2014, 9(Suppl 1):O41.

## **2015**

30. **Villafañe JH**, Valdes K. [Mobilization with movement and elastic tape application for the conservative management of carpometacarpal joint osteoarthritis.](#) *J Hand Ther.* 2015 Jan-Mar;28(1):82-5.
31. **Villafañe JH**, Zanetti L, Isgrò M, Cleland JA, Bertozzi L, Gobbo M, Negrini S. [Methods for the assessment of neuromotor capacity in non-specific low back pain: Validity and applicability in everyday clinical practice.](#) *J Back Musculoskelet Rehabil.* 2015;28(2):201-214.
32. Pillastrini P, Ferrari S, Rattin S, Cupello A, **Villafañe JH**, Vanti C. [Exercise and tropism of the multifidus muscle in low back pain: a short review.](#) *J Phys Ther Sci.* 2015 Mar 31; 27(3):943-945.
33. Bertozzi L, **Villafañe JH**, Capra F, Reci M, Pillastrini P. [Effect of an Exercise Programme for the Prevention of Back and Neck Pain in Poultry Slaughterhouse Workers.](#) *Occup Ther Int.* 2015 Mar;22(1):36-42.
34. **Villafañe JH**, Valdes K, Diaz-Parreño SA, Pillastrini P, Negrini S. [Ulnar digits contribution to grip strength in patients with thumb carpometacarpal osteoarthritis is less than in normal controls.](#) *Hand(NY).* 2015;10(2):191-196.
35. **Villafañe JH**, Valdes K, Vanti C, Pillastrini P, Borboni A. [Reliability of handgrip strength test in elderly subjects with unilateral thumb carpometacarpal osteoarthritis.](#) *Hand(NY).* 2015;10(2):205-209.
36. Rainoldi L, Zaina F, **Villafañe JH**, Donzelli S, Negrini S. [Quality of Life in Normal and Idiopathic Scoliosis Adolescents before diagnosis: reference values and discriminative validity of the SRS-22. A cross-sectional study of 1205 pupils.](#) *Spine J.* 2015 Apr 1;15(4):662-7.
37. Testa A, Galeri S, **Villafañe JH**, Corbellini C, Pillastrini P, Negrini S. [Efficacy of short-term intrapulmonary percussive ventilation in patients with chronic obstructive pulmonary disease.](#) *Disabil Rehabil.* 2015;37(10):899-903.
38. Berjano P, Langella F, Damilano M, Pejrona M, Buric J, Ismael M, **Villafañe JH**, Lamartina C. [Fusion rate following extreme lateral lumbar interbody fusion.](#) *Eur Spine J.* Eur Spine J. 2015 Apr;24(Supplement 3):369-371.
39. Berjano P, Cecchinato R, Sinigaglia A, Damilano M, Ismael MF, Martini C, **Villafañe JH**, Lamartina C. [Anterior column realignment from a lateral approach for the treatment of severe sagittal imbalance: a retrospective radiographic study.](#) *Eur Spine J.* 2015 Apr;24(Supplement 3):433-438.
40. **Villafañe JH**, Valdes K. [Letter Regarding "Conservative Treatment of Thumb Base Osteoarthritis: A Systematic Review".](#) *J Hand Surg Am.* 2015 May;40(5):1058-9.
41. Ferrari S, Manni T, Bonetti F, **Villafañe JH**, Vanti C. [A literature review of clinical tests for lumbar instability in low back pain: validity and applicability in clinical practice.](#) *Chiropr Man Therap.* 2015 Apr 8;23:14.
42. Delfa-de-la-Morena J.M, Alguacil-Diego I.M, Molina-Rueda F, Ramiro-González M, **Villafañe JH**, Fernandez-Carnero J. [The Mulligan ankle taping does not affect balance performance in healthy subjects: a prospective, randomized blinded trial.](#) *J Phys Ther Sci.* 2015 May 26; 27(5):1597-1602.
43. Corbellini C, Eilert-Trevisan C, **Villafañe JH**, Doval-da-Costa A, Rios-Vieira SR. [Weaning from mechanical ventilation: a cross-sectional study of reference values and the discriminative validity of aging.](#) *J Phys Ther Sci.* 2015 May 26; 27(6):1945-1950.
44. **Villafañe JH**, Valdes K, Anselmi F, Pirali C, Negrini S. [The diagnostic accuracy of five tests for diagnosing partial-thickness tears of the supraspinatus tendon: A cohort study.](#) *J Hand Ther.* 2015 Jul-Sep;28(3):247-252.
45. Fausti D, Petrogalli G, **Villafañe JH**, Faglia R. Study, design and preliminary tests of an automatic device for elbow rehabilitation. *Applied Mechanics and Materials.* 2015;783:1-15.

46. **Villafañe JH**, Valdes K, Berjano P, Wajon A. [Clinical Update: Conservative Management of Carpometacarpal Joint Osteoarthritis](#). *J Rheumatol*. 2015;42(9):1729-1730.
47. Donzelli S, Poma S, Balzarini L, Borboni A, Respizzi S, **Villafañe JH**, Zaina F, Negrini S. [State of the art of current 3-D scoliosis classifications: a systematic review from a clinical perspective](#). 2015 Oct 16;12(1):91.
48. Bertozzi L, Rosso A, Romeo A, **Villafañe JH**, Guccione A, Pillastrini P, Vanti C. [The accuracy of pain drawing in identifying psychological distress in low back pain-systematic review and meta-analysis of diagnostic studies](#). *J Phys Ther Sci*. 2015 Oct 30; 27(10):3319-3324.
49. Bertozzi L, Valdes K, Vanti C, Negrini S, Pillastrini P, **Villafañe JH**. [Investigation of the effect of conservative interventions in thumb carpometacarpal osteoarthritis: systematic review and meta-analysis](#). *Disabil Rehabil*. 2015 Nov;37(22):2025-43.
50. Bissolotti L, Isacco-Grassi F, Orizio C, Gobbo M, Berjano P, **Villafañe JH**, Negrini S. [Spinopelvic balance and body image perception in Parkinson's disease: analysis of correlation](#). *Eur Spine J*. 2015 Nov;24(Supplement 7):898-905.
51. Berjano P, Rendon D, Blanco JF, **Villafañe JH**, Pescador D, Atienza C. [Finite element analysis and cadaveric cinematic analysis of fixation options for anteriorly implanted trabecular metal interbody cages](#). *Eur Spine J*. 2015 Nov;24(Supplement 7):918-923.
52. **Villafañe JH**, Pirali C, Buraschi R, Arienti C, Corbellini C, Negrini S. [Moving forward in fall prevention: an intervention to improve balance among patients in a quasi-experimental study of hospitalized patients](#). *Int J Rehabil Res*. 2015 Dec;38(4):313-9.
53. **Villafañe JH**, Valdes K. [Letter to the Editor: Topographical pressure pain sensitivity maps of the shoulder region in individuals with subacromial pain syndrome](#). *Man Ther*. 2015 Dec; 20(6):19.
54. Morozzo U, **Villafañe JH**, Ieropoli G, Zompi SC, Cleland JA, Navissano M, Malan F. [Soft Tissue Reconstructions with Dermal Substitutes Versus Alternative Approaches in Patients with Traumatic Complex Wounds](#). *Indian J Surg*. 2015;77(Supplement 3):1180-1186.

## 2016

55. Bissolotti L, Donzelli S, Gobbo M, **Villafañe JH**, Negrini S. Association Between Sagittal Balance and Scoliosis in Patients with Parkinson Disease: A Cross-sectional Study. *Am J Phys Med Rehabil*. 2016 Jan;95(1):39-46.
56. **Villafañe JH**, Herrero P, Berjano P. [Letter to the editor: First dorsal interosseous muscle contraction results in radiographic reduction of healthy thumb carpometacarpal joint](#). *J Hand Ther*. 2016 Jan-Mar;29(1):e1.
57. **Villafañe JH**, Herrero P. Conservative treatment of Myofascial Trigger Points and joint mobilization for management in patients with thumb carpometacarpal osteoarthritis. *J Hand Ther*. 2016 Jan-Mar;29(1):89-92.
58. Taveggia G, Borboni A, Mullè C, **Villafañe JH**, Negrini S. [Conflicting results of robot-assisted versus usual gait training during postacute rehabilitation of stroke patients: a randomized clinical trial](#). *Int J Rehabil Res*. 2016 Mar;39(1):29-35.
59. Drago L, Lidgren L Bottinelli E, **Villafañe JH**, Berjano P, Banfi G, Romanò CL, Sculco T. Mapping of microbiological procedures by the members of the International Society of Orthopaedic Centers (ISOC) for periprosthetic infections diagnosis. *J Clin Microbiol*. 2016 May;54(5):1402-3.
60. **Villafañe JH**, Valdes K, Buraschi R, Martinelli M, Bissolotti L, Negrini S. Reliability of the Handgrip Strength Test in Elderly Subjects With Parkinson Disease. *Hand (N Y)*. 2016 Mar;11(1):54-8.
61. **Villafañe JH**, Pirali C, Dughi S, Testa A, Manno S, Bishop MD, Negrini S. Association between malnutrition and Barthel Index in a cohort of hospitalized older adults article information. *J Phys Ther Sci*. 2016 Jan; 28(2):607-12.
62. Borboni A, De Santis D, Solazzi L, **Villafañe JH**, Faglia R. Ludwick Cantilever Beam in Large Deflection Under Vertical Constant Load. *Open Mech Eng J*. 2016; 10: 23-37.
63. Pillastrini P, Rocchi G, Deserri D, Fosichi P, Naldi MT, **Villafañe JH**, Bertozzi L. [Effectiveness of neuromuscular taping on painful hemiplegic shoulder: a randomised clinical trial](#). *Disabil Rehabil*. 2016 Aug;38(16):1603-9.
64. Bissolotti L, **Villafañe JH**, Gaffurini P, Orizio C, Valdes K, Negrini S. Changes in skeletal muscle perfusion and spasticity in patients with poststroke hemiparesis treated by robotic assistance (GloReha) of the hand. *J Phys Ther Sci*. 2016 Mar 31; 28(3):769-773.
65. **Villafañe JH**, Herrero P, Berjano P. [Letter to the Editor: Robot for hand motor recovery in subacute stroke patients: A randomized controlled trial](#). *J Hand Ther*. 2016;29(4):e11.
66. **Villafañe JH**, Pirali C, Isgro M, Vanti C, Buraschi R, Negrini S. Effects of Action Observation Therapy in Patients Recovering From Total Hip Arthroplasty Arthroplasty: A Prospective Clinical Trial.
67. Balestri E, **Villafañe JH**, Bertozzi L, Berlini S, Paganoni AM, Rocino A, Drago L, Berjano P. Validation of the Italian Version of the Haemophilia Activities List. *Acta Haematol* 2016 Jul 19;136(3):152-156.

68. **Villafañe JH**, Gobbo M, Peranzoni M, Imperio G, Cleland JA, Negrini S. Validity and everyday clinical applicability of lumbar muscle fatigue assessment methods in patients with chronic non-specific low back pain: a systematic review. *Disabil Rehabil*. 2016 Sep; 38(19):1859-71.
69. **Villafañe JH**, Valdes K, Cantero-Tellez R, Pillastrini P, Berjano P. How do we manage thumb carpometacarpal osteoarthritis? A survey of clinical practice trends for hand therapists in the Spain. *Int J Clin Rheumatol*. 2016;11 (6):12-14.
70. Ortego G, **Villafañe JH**, Domenech-Garcia V, Bertozzi L, Berjano P, Herrero P. Is there a relationship between psychological stress or anxiety and chronic nonspecific neck-arm pain in adults? A systematic review and meta-analysis. *J Psychosom Res*. 2016. Nov;90:70–81.
71. Pillastrini P, De Lima E Sá Resende F, Banchelli F, Burioli A, Di Ciaccio E, Guccione AA, **Villafañe JH**, Vanti C. Effectiveness of Global Postural Reeducation in Patients With Chronic Nonspecific Neck Pain: A Randomized Controlled Trial. *Phys Ther*. 2016 Sep;96(9):1408-16.
72. Negrini A, Donzelli S, Maserati L, Zaina F, **Villafañe JH**, Negrini S. Junctional kyphosis: how can we detect and monitor it during growth? *Scoliosis Spinal Disord*. 2016 Oct 17;11(Suppl 2):38.
73. **Villafañe JH**, Valdes K, Bissolotti L. Thumb carpometacarpal osteoarthritis. Are we closer to gold standards?. *Eur J Phys Rehabil Med*. 2016 Dec;52(6):907-8.
74. Taveggia G, Borboni A, Salvi L, Mulè C, Fogliaresi S, **Villafañe JH**, Casale R. Efficacy of robot-assisted rehabilitation to functional recovery upper limb in post stroke patients: a randomized controlled study. *Eur J Phys Rehabil Med*. 2016 Dec;52(6):767-73.

## 2017

75. Borboni A, **Villafañe JH**, Mulè C, Taveggia R, Valdes K, Faglia R, Negrini S. Robot-Assisted Rehabilitation of Hand Paralysis After Stroke Reduces Wrist Edema and Pain: A Prospective Clinical Trial. *J Manipulative Physiol Ther*. 2017 Jan; 40(1):21-30.
76. Negrini S, Bissolotti L, Ferraris A, Noro F, Bishop MD, **Villafañe JH**. Nintendo Wii Fit for balance rehabilitation in patients with Parkinson's disease: A comparative study. *J Bodyw Mov Ther*. 2017 Jan;21(1):117-123.
77. Cantero-Téllez R, Schwartz DA, **Villafañe JH**. Short thumb opponens orthosis: A whale of a design. *J Hand Ther*. 2017 Jan-Mar; 30(1):116-120.
78. Cantero-Téllez R, **Villafañe JH**, Valdes K, Berjano P. Surgical procedures of members of the Spanish society of surgery of the hand (SECMA) for trapeziometacarpal arthrosis: An examination of trends in current clinical practice. *Rev Ibero Cir Mano*. 2017; 45(1):12-15.
79. Vanti C, Ferrari S, **Villafañe JH**, Berjano P, Monticone M. Responsiveness and minimum important change of the Oswestry Disability Index in Italian subjects with symptomatic lumbar spondylolisthesis. *J Orthop Traumatol*. 2017; 18(2):145-150.
80. **Villafañe JH**, Isgrò M, Berjano P, Pirali C, Negrini S. Effects of action observation treatment in recovery after total knee replacement: A prospective clinical trial. *Clin Rehabil*. 2017 Mar;31(3):361-368.
81. Margelli M, Vanti C, **Villafañe JH**, Andreotti R. Neck pain and dysphagia associated to disc protrusion and reduced functional stability: A case report. *J Bodyw Mov Ther*. 2017; 21(2):322–327.
82. Resente F, Vanti C, Banchelli F, Brandão, Amorim, **Villafañe JH**, Guccione AA, Pillastrini P. The effect of Global Postural Reeducation on body weight distribution in sitting posture and on musculoskeletal pain. A pilot study. *Med Lav*. 2017; 108(3):187-196.
83. **Villafañe JH**, Valdes K, Imperio G, Borboni A, Cantero-Téllez R, Galeri S, Negrini S. Neural manual vs. robotic assisted mobilization to improve motion and reduce pain hypersensitivity in hand osteoarthritis: study protocol for a randomized controlled trial. *J Phys Ther Sci*. 2017; 29(5):801-806.
84. **Villafane JH**, Cantero-Téllez R, Negrini S, Berjano P. From art to science: the functional damage due to thumb osteoarthritis finely described by Velazquez 300 years before its clinical description. *Reumatismo*. 2017; 69 (3):137-139.
85. **Villafañe JH**, Valdes K, Bertozzi L, Negrini S. Minimal Clinically Important Difference of Grip and Pinch Strength in Women With Thumb Carpometacarpal Osteoarthritis When Compared to Healthy Subjects. *Rehabil Nurs*. 2017 May/Jun;42(3):139-145.
86. Castaldo M, Catena A, Chiarotto A, **Villafañe JH**, Fernandez-de-las-Peñas, Arendt-Nielsen L. Association between pain, disability, widespread pressure pain hypersensitivity and trigger points in subjects with neck pain. *Scand J Pain*. 2017 Dec 29;16(1):167-168.
87. Ayala-Mejias JD, Garcia-Gonzalez B, Perez-España LA, **Villafañe JH**, Berjano P. Relationship between Widening and Position of the Tunnels and Clinical Results of Anterior Cruciate Ligament Reconstruction to Knee Osteoarthritis: 30 Patients at a Minimum Follow-Up of 10 Years. *J Knee Surg*. 2017 Jul; 30(6):501-508.
88. **Villafañe JH**, Corbellini C, Balestrini E, Dall'Ara S, Bazzocchi F, Bertozzi L. Functional evaluation of breath: spirometry and body plethysmography comparison in people with cystic fibrosis. *J Phys Ther Sci*. 2017; 29(5):799-800.

89. Arienti C, **Villafañe JH**, Donzelli S, Zaina F, Buraschi R, Negrini S. Trunk and craniofacial asymmetry are not associated in the general population: a cross-sectional study of 1029 adolescents. *Eur J Med Res.* 2017 Sep 29; 22(1):36.
90. Ortego G, **Villafañe JH**, Doménech-García V, Berjano P, Bertozzi L, Herrero P. Corrigendum to "Is there a relationship between psychological stress or anxiety and chronic nonspecific neck-arm pain in adults? A systematic review and meta-analysis" [J. Psychosom. Res. 90 (2016) 70-81]. *J Psychosom Res.* 2017; 96:107.
91. Alonso-Perez JL, Lopez-Lopez A, La Touche R, Lerma-Lara S, Suarez E, Rojas J, Bishop MD, **Villafañe JH**, Fernández-Carnero J. Hypoalgesic effects of three different manual therapy techniques on cervical spine and psychological interaction: A randomized clinical trial. *J Bodyw Mov Ther.* 2017; 21(4):798–803.
92. **Villafañe JH**, Perruchini, Cleland JA, Barbieri, de Lima F, Negrini S. The effectiveness of a cognitive behavioral exercise approach (CBEA) compared to usual care in patients with a Whiplash associated disorder: A quasi-experimental clinical trial. *J Back Musculoskelet Rehabil.* 2017 Oct; 30(5):943–950.
93. Cecchinato R, Redaelli A, Martini C, Morselli C, **Villafañe JH**, Lamartina C, Berjano P. Long fusions to S1 with or without pelvic fixation can induce relevant acute variations in pelvic incidence: a retrospective cohort study of adult spine deformity surgery. *Eur Spine J.* 2017 Oct;26(Suppl 4):436-441.
94. Bissolotti L, Berjano P, Zuccher P, Zenorini A, Buraschi R, **Villafañe JH**, Negrini S. Sagittal balance is correlated with Parkinson's Disease clinical parameters: an overview of spinopelvic alignment on 175 consecutive cases. *Eur Spine J.* 2017 Oct; 26(Suppl 4):471-478.
95. **Villafañe JH**, Berjano P. Post Brexit: challenges and opportunities for rehabilitation beyond the European Union. *Eur J Phys Rehabil Med.* 2017 Oct; 53(5):822-823.
96. Vanti C, Ferrrari S, Berjano P, **Villafañe JH**, Monticone M. Responsiveness of the bridge maneuvers in subjects with symptomatic lumbar spondylolisthesis: A prospective cohort study. *Physiother Res Int.* 2017 Oct;22(4).
97. Langella F, **Villafañe JH**, Damilano M, Cecchinato R, Pejrona M, Ismael M, Berjano P. Predictive Accuracy of Surgimap™ Surgical Planning for Sagittal Imbalance: A Cohort Study. *Spine (Phila Pa 1976).* 2017 Nov 15; 42(22):E1297-E1304.
98. Usuelli FG, D'Ambrosi R, Manzi L, Indino C, **Villafañe JH**, Berjano P. Clinical Outcomes and Return to Sports in Patients with Chronic Achilles Tendon Rupture after Minimally Invasive Reconstruction with Semitendinosus Tendon Graft Transfer. *Joints.* 2017 Nov 13;5(4):212-216.
99. Ieropoli G, **Villafañe JH**, Morozzo U, Zompi SC, D'Ambrosi R, Usuelli FG, Berjano P. Successful treatment of infected wound dehiscence after minimally invasive locking-plate osteosynthesis of tibial pilon and calcaneal fractures by plate preservation, surgical debridement and antibiotics. *Foot (Edinb).* 2017 Dec 33:44-47.

## 2018

100. **Villafañe JH**, Taveggia G, Galeri S, Bissolotti L, Mullè C, Imperio G, Valdes K, Borboni A, Negrini S. Efficacy of Short-Term Robot-Assisted Rehabilitation in Patients With Hand Paralysis After Stroke: A Randomized Clinical Trial. *Hand (N Y).* 2018 Jan;13(1):95-102.
101. Ferrari S, **Villafañe JH**, Berjano P, Vanti C, Monticone M. How many physical therapy sessions are required to reach a good outcome in symptomatic lumbar spondylolisthesis? A retrospective study. *J Bodyw Mov Ther.* 2018 Jan;22(1):18-23.
102. **Villafañe JH**, Valdes K, O'Brain V, Seves M, Cantero-Téllez R, Berjano P. Conservative management of thumb carpometacarpal osteoarthritis: An Italian survey of current clinical practice. *J Bodyw Mov Ther.* 2018 Jan;22(1):37-39.
103. Castaldo M, Catena A, Chiarotto A, **Villafañe JH**, Fernández-de-Las-Peñas C, Arendt-Nielsen L. Association between Clinical and Neurophysiological Outcomes in Patients with Mechanical Neck Pain and Whiplash-associated Disorders. *Clin J Pain.* 2018 Feb;34(2):95-103.
104. Cantero-Téllez R, **Villafañe JH**, Valdes K, Berjano P. Effect of immobilization of metacarpophalangeal joint in thumb carpometacarpal osteoarthritis on pain and function. A quasi-experimental trial. *J Hand Ther.* 2018 Jan - Mar;31(1):68-73.
105. Berjano P, **Villafañe JH**, Vanacker G, Cecchinato R, Ismael M, Gunzburg R, Marruzzo D, Lamartina C. The effect of case-based discussion of topics with experts on learners' opinions: implications for spinal education and training. *Eur Spine J.* 2018 Feb;27(Suppl 1):2-7.
106. Vanti C, **Villafañe JH**, Branchini M, Giacobazzi M, Ruggeri M, Negrini S, Guccione A, Pillastrini P. The Italian version of the Outpatient Physical Therapy Improvement in Movement Assessment Log: cross-cultural adaptation and psychometric properties. *Int J Rehabil Res.* 2018 Mar;41(1):28-34.
107. Langella F, **Villafañe JH**, Lafage V, Smith JS, Shaffrey C, Kim HJ, Burton D, Hostin, Bess S, Ames C, Mundis G, Klineberg E, Shwab F, Lafage R, Berjano P. Xiphoid angle (XPA) correlates

- with patient's reported outcomes in a population of adult spinal deformity: results from a multi-center cohort study. *Eur Spine J*. 2018 Mar;27(3):670-677.
108. Langella F, **Villafañe JH**, Ismael M, Buric J, Piazzolla A, Lamartina C, Berjano P. Reliability of the xipho-pubic angle in patients with sagittal imbalance of the spine. *J Neurosurg Sci*. 2018 Apr;62(2):121-127.
  109. **Villafañe JH**, Herrero P, Berjano P. Wind of change: Brexit and European rehabilitation. *Int J Health Policy Manag*. 2018 Apr;7(4):367-368.
  110. Blanco JF, Jiménez M, Rendón D, Pescador D, **Villafañe JH**, Garbossa D, Berjano P. Giant-cell tumor of the rib cage extending to the spine : Case report. *Orthopade*. 2018 May;47(5):437-441.
  111. **Villafañe JH**. Does "time heal all wounds" still have a future in osteoarthritis? *Clin Exp Rheumatol*. 2018 May-Jun;36(3):513.
  112. Cantero-Téllez R, Valdes K, Castaño C, Garcia-Orza S, **Villafañe JH**. Comparing Evidence-based Practice and current practice patterns of Physical and occupational therapists across the globe after carpal tunnel release. *J Physiother Res*. 2018;2(2):6.
  113. Cantero-Téllez R, Valdes K, Garcia-Orza S, **Villafañe JH**. Current Practice Patterns After Carpal Tunnel Release. A Survey of Clinical Practice Trends. *M J Orth*. 3(1):019.
  114. Ismael M, **Villafañe JH**, Cabitza F, Banfi M, Berjano P. Spine Surgery Registries: Hope for evidence-based spinal care? *J Spine Surg*. 2018;4(2):456-458.
  115. Abuín-Porras V, **Villafañe JH**, Jiménez-Antona C, Martínez B, Blanco M, Rodríguez-Costa I. Relationship between Attention and Balance: A Dual-task Condition Study in Children. *J Exerc Rehabil*. 2018 Jun 26;14(3):349-355.
  116. Cantero-Téllez R, Valdes K, Schwartz DA, Arias JC, Medina-Porqueres I, **Villafañe JH**. Necessity of Immobilizing the Metacarpophalangeal Joint in Carpometacarpal Osteoarthritis: Short-term Effect. *Hand (N Y)*. 2018 Jul;13(4):412-417.
  117. **Villafañe JH**, Bissolotti L, Zaina F, Arienti C, Donzelli S, Negrini S. Thoracic hyperkyphosis non invasively measured by General Practitioners is associated with Chronic Low Back Pain: a cross-sectional study of 1364 subjects. *J Bodyw Mov Ther*. 2018 Aug;22(3):752-756.

## Reviewer

### 2018

- Journal of Chiropractic Medicine.
- Journal of Hand Therapy.
- Disability and Rehabilitation (3 times).
- Osteoarthritis and Cartilage.

### 2017

- Journal of Hand Therapy.
- European Journal of Physical and Rehabilitation Medicine.
- Journal of Manipulative and Physiological Therapeutics.
- Journal of Chiropractic Medicine.

### 2016

- PLOS ONE.
- European Journal of Physical and Rehabilitation Medicine (2 times).
- BMC Musculoskeletal Disorders.
- Disability and Rehabilitation.
- Clinical Rehabilitation.
- Journal of Chiropractic Medicine.

### 2015

- American Journal of Physical Medicine & Rehabilitation (2 times).

### 2014

- American Journal of Physical Medicine & Rehabilitation (2 times).
- Journal of Chiropractic Medicine.

### 2013

- Journal of Manipulative and Physiological Therapeutics (3 times).

2012

- Journal of Manipulative and Physiological Therapeutics.
- Clinical Anatomy.

## **Scientific and Professional Presentations**

### ***Invited International***

1. **Villafañe JH. 13<sup>th</sup> IFSSH & IFSHT Congress.** Buenos Aires. Argentina. Octubre 2016.
2. **Villafañe JH.** Webinar. JOSPT and the Journal of Bone & Joint Surgery (Am) (JBJS). "The Effectiveness of a Manual Therapy and Exercise Protocol in Patients With Thumb Carpometacarpal Osteoarthritis: A Randomized Controlled Trial". October 2016.
3. Corbellini C\*, Boussuges A, **Villafañe JH**, Zocchi L. Diaphragmatic mobility improves after pulmonary rehabilitation. A study using M-ultrasonography. 26<sup>th</sup> International Congress of the European Respiratory Society. Londra, UK. Septiembre 2016. \*Speaker.
4. **Villafañe JH.** Tratamiento conservador de la artrosis en la articulación trapecio metacarpiana. "**3° Congreso Internacional de Dolor y movimiento**". Facultad de Ciencias de la Salud. La Salle Centro Universitario. Spain. April 2016. Speaker.
5. **Villafañe JH.** Association Between Sagittal Balance and Scoliosis in Patients with Parkinson Disease. "**3° Congreso Internacional de Dolor y movimiento**". Facultad de Ciencias de la Salud. La Salle Centro Universitario. Spagna. April 2016. Masterclass. Speaker.
6. **Villafañe JH** "Efectos hipotalgésicos y motores de la terapia manual en adultos mayores con rizartrosis secundaria" I Congreso Internazionale di Terapia Manuale Ortopedica. Università Europea di Madrid. Spagna. April 2011. Speaker.

### ***National***

1. **Villafañe JH**, Pirali C, Mariani F, Donato F, Rizzi E, Negrini S. Efficacia della medicazione con ossido di zinco del bendaggio nel trattamento riabilitativo del linfedema cronico: studio di coorte controllato. 41° Congresso Nazionale SIMFER, La ricerca in medicina riabilitativa: per una scienza del recupero. Roma. Ottobre 2013. Poster.
2. Chiarotto A, Fernandez-de-las-Peñas C, Castaldo M, **Villafañe JH**. "Evidence of central sensitization in elderly subjects with unilateral thumb carpo-metacarpal oosteoarthritis". 36° Congresso Nazionale AISD (Associazione Italia per lo Studio del Dolore). Verona. Italia. Maggio 2013. Poster.
3. **Villafañe JH**, Fernandez-de-las-Peñas C, Silva GB. "Bilateral Sensory and Motor Effects of Unilateral Kaltenborn Mobilization in patients with Carpo-metacarpal Osteoarthritis: Secondary analysis of a clinical trial". XLIX Congresso Nazionale della Società Italiana di Reumatologia (SIR). Milano. Italia. Novembre 2012. Comunicazione orale.
4. **Villafañe JH**, Silva GB, Diaz-Parreño SA and Fernandez-Carnero J "Hypoalgesic and motor effects of Kaltenborn mobilization on elderly patients with secondary thumb carpometacarpal osteoarthritis. A randomized, controlled trial". XLVIII Congresso Nazionale della Società Italiana di Reumatologia (SIR). Rimini. Italia. Novembre 2011. Poster.
5. **Villafañe JH**, Silva GB, Bishop MD and Fernandez-Carnero J. "Radial nerve mobilization decreases pain sensitivity and improves motor performance in patients with thumb carpometacarpal osteoarthritis: a randomized, controlled trial". 49° Congresso Nazionale della Società Italiana di Chirurgia della Mano". Torino. Italia. Ottobre 2011. Comunicazione orale.



6. **Villafañe JH**, Silva GB and Fernandez-Carnero J “Median nerve mobilization decreases pain and increases strength in patients with secondary thumb carpometacarpal osteoarthritis: long-term follow-up of 15 cases”. 34° Congresso Nazionale AISD (Associazione Italia per lo Studio del Dolore). Riccione. Italia. Maggio 2011. Abstract book, p.116-8. Poster

## **HONORS AND AWARDS:**

### **2017**

- National Scientific Qualification (ASN) for the role of professor.
- **1° “ISICO Award”** (Istituto Scientifico Italiano Colonna Vertebrale). "Effectiveness of Global Postural Reeducation in Patients With Chronic Nonspecific Neck Pain: A Randomized Controlled Trial". Italy.

### **2016**

- **Research financing 2016.** Principal Investigator. Myofascial Trigger Points are associated in the upper limb in stroke patients: a cross sectional study. Financed of €13,283.50.

### **2015**

- **Research financing 2013.** Principal Investigator. Neural manual vs. robotic assisted mobilization to improve motion and reduce pain hypersensitivity in hand osteoarthritis: a randomized controlled trial. Financed of €152,447.
- **Research financing 2015.** Principal Investigator. Efficacy of Short-Term Robot-Assisted Rehabilitation in Patients With Hand Paralysis after Stroke: a multicenter randomized clinical trial. Financed of €10,627.35.

### **2014**

- **Research financing 2014.** Principal Investigator. Nintendo Wii Fit for balance rehabilitation in patients with Parkinson's disease: A comparative study. Financed of €23,046.95
- **Research financing 2014.** Principal Investigator. Associazione tra le alterazioni della nutrizione e lo stato funzionale del paziente anziano da riabilitare nutrizione, Barthel, MNA. Financed of €26,805.35.
- **Research financing 2014.** Principal Investigator. The Effectiveness of a Cognitive Behavioral Exercise Approach (CBEA) Compared to Usual Care in Patients with a Whiplash Associated Disorder: A Quasi-experimental Clinical Trial. Financed of €21,626.85.
- **Best Ph.D thesis “Extraordinario de Doctorado 2013-2014”.** Universidad Rey Juan Carlos, Madrid, Spain.

### **2013**

- Award “AISD per i giovani”. 36° Congresso Nazionale AISD (Associazione Italia per lo Studio del Dolore). Le nuove frontiere della medicina del dolore. Verona. Italia. Chiarotto A, Fernandez-de-las-Peñas C, Castaldo M, Negrini S, **Villafañe JH**. “Widespread pressure pain hypersensitivity in elderly subjects with unilateral thumb carpo-metacarpal osteoarthritis”.

### **2012**

- PhD, Summa Cum Laude, University Rey Juan Carlos, Madrid.
- Editorial focus. Villafañe JH, Silva GB, Bishop MD and Fernandez-Carnero J Radial nerve mobilization decreases pain sensitivity and improves motor performance in patients with thumb carpometacarpal osteoarthritis: a randomized, controlled trial. *Archives of Medicine and Physical Therapy*. 2012 Feb;35(2):110-20.

2011

- Awards "For young researchers AISD" 34° AISD National Congress. (Italian Association for the Study of Pain). Riccione. Italy, May, 2011.