

## **PIETRO BINI**

Via Catalani 5, Pistoia

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3403059974

### **EDUCATION**

**University of Florence**, Florence, Italy: BSc (Hons) Physiotherapy, 2017.

Overall performance: 110/110.

**University College of Osteopathy**, London, UK: MSc Osteopathy, 2019.

Graduated with Distinction.

**Sports Medicine Ultrasound Group**, London, UK: Mentorship in Musculoskeletal Ultrasound, 2021.

### **INTERNSHIPS**

**Universidad Ramon Llull, Carrer Padilla, 326-332, Barcelona (Spain)**

Clinic placement and academic training, Erasmus+ during BSc in Physiotherapy, 2016

**Victoria University, Flinders Lane, 4/301, Melbourne (Australia)**

Clinic placement and academic training during MSc in Osteopathy, 2018

### **AWARDS**

University College of Osteopathy MSc Best Academic Performance Award 2017-2018

### **PHYSIOTHERAPY AND OSTEOPATHY PRIMARY CARE EXPERIENCE:**

- Associate physiotherapist and osteopath at Kennington Osteopaths & Physiotherapy. 2019-2022.
- Associate physiotherapist and osteopath at True Motion Clinic. 2019-2021.
- Associate physiotherapist and osteopath at Leigham Practice. 2020-2022.

**Areas of expertise:** managements of patients with musculoskeletal complaints and systemic comorbidities, post-trauma and post-surgery rehabilitation, non-specific functional back pain, chronic pain presentations, sports-specific (i.e. football, running, cycling, golf, boxing, tennis, weightlifting) injuries rehabilitation, primary and secondary prevention planning and performance enhancement. Management of patients affected by a variety of neurological, orthopaedic, rheumatologic, cardiologic and respiratory conditions, including: strokes, MS, Parkinson's disease, peripheral neuropathies, peripheral nerve damages, spinal cord lesions, shoulder, knee and hip replacements, lower back pain, fractures, tendinopathies, ligament damages, systemic lupus erythematosus, ankylosing spondylitis, rheumatoid arthritis, complex regional pain syndrome, osteoarthritis, angina, high blood pressure, thoracic surgery, COPD, asthma, cystic fibrosis.

### **PERSONAL SKILLS:**

**Interest in research:**

Participation and publication at ORI Poster Award at Osteopathie Schule Deutschland Cbmh; 2021. "The Effectiveness of Manual Therapy on Headache Intensity and Frequency among Patients with Cervicogenic Headache: a Systematic Review and Meta-Analysis"

Reviewer for the International Journal of Osteopathy; 2022-present.

Speaker at iO International Convention, 2022. "The Effectiveness of Manual Therapy on Headache Intensity and Frequency among Patients with Cervicogenic Headache: a Systematic Review and Meta-Analysis"

**Adaptability skills:** great adaptability and relationship skills in different environments, positions and with different people thanks to clinic experiences in more than 21 different clinical settings in 4 different countries (Italy, Spain, UK, Australia).

**Interpersonal skills:** recognizing the vital importance of strong, positive and constructive interactions with colleagues in a dynamic team, and the fundamental role of therapeutic relationship with patients.

## LANGUAGES

Italian: native. English: proficient (IELTS-7.5 2017). Spanish: intermediate. Familiarity with Catalan.

## OTHER COURSES

CPDs:

FIFA Diploma in Football Medicine (FIFA Medical Network). 8<sup>th</sup> June 2020

Applied biomechanics of the lower limb, an osteopathic approach (Francesco Contiero, CPDO). 2<sup>nd</sup> February 2020

Temporo-mandibular joint: an osteopathic approach (CPD-Today). 12<sup>th</sup> January 2019

Medical acupuncture and dry needling (CPD-Today) 16<sup>th</sup>-17<sup>th</sup> February 2019

## PROFESSIONAL EXPERIENCE

### **Kennington Osteopaths and Physiotherapy, 2 Cleaver Street, London, SE11 4DP**

Physiotherapist, Osteopath, Acupuncturist (dry needling) and Musculoskeletal Sonographer.

### **True Motion Clinic, 95 Queen Victoria Street, London, EC4V 4HN**

Physiotherapist, Osteopath, Acupuncturist (dry needling) and Musculoskeletal Sonographer.

### **Leigham Practice, 8 Leigham Hall Parade, Streatham High Road, SW16 1DR**

Physiotherapist, Osteopath, Acupuncturist (dry needling) and Musculoskeletal Sonographer.

### **Urban Massage, Meymott Street, London (UK), SE1 8NZ**

Massage therapist 2018-2019

### **University College of Osteopathy Clinic, Southwark Bridge Road, 98-118, London SE1 0 BQ**

Student osteopath 2017-2019

## DISSERTATIONS

"Instrument-Assisted Soft Tissue Mobilizations: Who Benefits? A systematic Review on Their Effectiveness for Musculoskeletal Pathologies"

Supervisor: Professor Tiziano Giovannelli BSc (Hons) MSc

“The Effectiveness of Manual Therapy on Headache Intensity and Frequency among Patients with Cervicogenic Headache: a Systematic Review”

Supervisor: Professor Diana Pitt DO MSc PGCAP FHEA

## **RESEARCH INTERESTS**

Pain science; Cervicogenic headache; Effectiveness and physiological effects of manual therapy, physical exercise and cognitive behavioral therapy on musculoskeletal and non-musculoskeletal conditions, Sports injury prevention

## **PROFESSIONAL ASSOCIATIONS**

Ordine TSRM PSTRP, provincia di Firenze, registration number: 1205

General Osteopathic Council (GOsC), registration number: 10310

Health and Care Professional Council (HCPC), registration number: PH119875

## **REFERENCES**

Tiziano Giovannelli

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Osteopathy Clinic

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