



# Dr. med. Fabio Lodi Rizzini

Specialist in Physical Medicine and Rehabilitation, FMH member

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## Languages

IT,EN,ES

## Competences

Over the years, Dr. med. Fabio Lodi Rizzini has acquired various specialised and ultra-specialised skills in the field of orthopaedic and sports rehabilitation, such as

- expertise and experience both in the specialist outpatient and in the Traumatology Emergency Room, with excellent clinical and diagnostic framing of the patient and the ability to direct him/her towards the best treatment pathway;
- training and experience in neuromusculoskeletal ultrasound;
- ultra-specialised expertise in interventional physiatry (focal shock waves, dry needling, percutaneous electrolysis, intra-articular and peri-articular infiltrations, peripheral nerve blocks, caudal epidural blocks, facet joint blocks, percutaneous ultrasound-guided lithoclasia, botulinum toxin)
- training and experience in acute and chronic non-oncological all-round pain management (pharmacotherapy, rehabilitation, interventional therapy, cognitive-behavioural therapy);
- expertise in the field of sports rehabilitation, gained both at amateur and professional level (Swiss National Ice Hockey League / Italian Volleyball Federation / multiple Olympic medallists at the Higher Sports Council in Madrid)
- training and experience in the conservative management of scoliosis, gained at the Italian Scientific Institute Spinal Column
- expertise and experience as lecturer and scientific director of advanced training courses in the field of rehabilitation for physicians and physiotherapists (having contributed, to date, to the post-graduate training of over 3000 professionals in Italy, Switzerland and Spain; for info: [www.ecm-fisiokinesis.it](http://www.ecm-fisiokinesis.it))

## Work Experience

since 2023	<b>Specialist in Physical Medicine and Rehabilitation</b> , Ars Medica Clinic, Gravesano
since 2007	<b>Lecturer and scientific responsible</b> at various continuing education institutions for postgraduate training events for physicians and physiotherapists in Italy, Switzerland and Spain
2022–2023	<b>Medical Specialist in Physical Medicine and Rehabilitation</b> , Hospita Suisse Anesthesia Care SA, Bioggio
2018–2021	<b>Medical Specialist in Physical Medicine and Rehabilitation</b> , EOC Rehabilitation Clinic - Faido location
2018	<b>Medical Specialist in Physical Medicine and Rehabilitation</b> , Virgen de la Victoria University Hospital, Malaga

- 2014–2018 **Resident Physician in Physical Medicine and Rehabilitation**, Virgen de la Victoria University Hospital, Malaga - Further training at various European centres of excellence in rehabilitation, including: National Hospital for Paraplegics, Toledo / Higher Sports Council, Madrid / Italian Scientific Institute Spinal Column, Milan
- 2006–2014 **Physiotherapist** in the orthopaedic, neurological and sports fields at various rehabilitation centres in Italy, Switzerland and Spain - experience with professional athletes (Swiss National Ice Hockey League / Italian Volleyball Federation)

## Education

- since 2017 **PhD student in "Biomedicina, investigacion traslacional y nuevas tecnologias en salud"** at the University of Malaga
- 2014–2018 **Specialist qualification in Physical Medicine and Rehabilitation** obtained with 'Excellent' qualification at the Virgen de la Victoria University Hospital in Malaga
- 2016–2017 **Master's degree in "Musculoskeletal ultrasound and interventional ultrasound"**. awarded at the Universidad CEU San Pablo Andalucia in Seville
- 2006–2012 **Specialist degree in Medicine and Surgery** graduated with honours from the University of Insubria in Varese
- 2003–2006 **Bachelor's degree in physiotherapy** obtained with full marks and honours at the University of Insubria in Varese

## Publications

Scientific article publication: Lodi Rizzini F, Gómez-González AM, Conejero-Cisneros R, Romero-Blanco MJ, Maldonado-Barrionuevo A, Salinas-Sánchez P, Jiménez-Navarro M. **Effects of Cardiac Rehabilitation on Sleep Quality in Heart Disease Patients with and without Heart Failure.** *Int J Environ Res Public Health.* 2022 Dec 12;19(24):16675. doi: 10.3390/ijerph192416675. PMID: 36554555; PMCID: PMC9779564.

Poster presentation: **Tratamiento con puncion seca en pacientes con sindrome de dolor miofascial de cuello y hombro.** *69th Congress SAMFYRE - Sociedad Andaluza de Medicina Física y Rehabilitación.* Salobreña, March 2017.

## Accreditation

[Clinica Ars Medica](#)

## Specialties

[Physical and rehabilitation medicine](#)

## Contact

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