

EUROPEAN
FORMAT FOR
CURRICULUM
VITAE



PERSONAL
INFORMATION

Registered at no. 970 of the register of physiotherapists, at the TSRM PSTRP Order of Milan Como Lecco Lodi Monza Brianza Sondrio, from 12/20/2018, with resolution no. 29 of 12/20/2018.

Name **TIZIANA BRUNA NAVA**
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Nationality ITALIAN

Date of birth JANUARY 8, 1953

WORK EXPERIENCE

- Dates (from - to) **• TEACHING:**
From 1997 to-date
Azienda Ospedaliera Niguarda Ca' Granda - Milan
Rheumatology Division
Physiotherapy Consultant

From 2000 to-2020

University of Milan-Bicocca
Contract Professor, Evaluation and Rehabilitation in
Rheumatology

From 2020 to-date

University of Milan-Bicocca
Contract Professor, of Rehabilitation in
Rheumatology, elective teaching activities

From 2000 to-date

Lecturing activities in several Italian Universities such
as Bologna, Cagliari, Ferrara, Firenze, Genova,
Parma, Pavia, Pescara, Varese, Verona... as well as
in the University of Sevilla

From 2005 to-date

University of Milan-San Raffaele
Professor of Rehabilitation in Rheumatology

From 2010 to 2020

Casa di Cura Villa Donatello Firenze
Professor in the Master Degree Course, founder and
member of the executive committee

From 2011 to 2014

University of Brescia, Faculty of Medicine and Surgery
Second level University Master's Degree in
Osteoporosis and Bone Metabolic Diseases

From 2016 to-date

University of Milan - Università Statale degli Studi
Professor of Rehabilitation in Rheumatology, elective
teaching activities

2019

University of Milan - Università Statale degli Studi
Master's Degree in Hand Surgery and Rehabilitation

University of Rome Tor Vergata
Master's degree in research, Clinical and
Rehabilitation of the Diabetic Foot,

2021 to-date

University of Malta Icom Educational Ltd e/o CCFO
Malta Ico Srl
CDL in Physiotherapy

2021 to-date

University of the Third Age
Lions Club Sesto San Giovanni

2022

University of Ostrava, Rome headquarters
Degree Course in Physiotherapy Kinesitherapy 2,

Università Cattolica del Sacro Cuore, Rome
Master in Multi-Specialist Regenerative Medicine and
Surgery

2023-2024

Pegaso Online University, Italy
master's degree course: module 1. Definition and
classification of pain, analysis and evaluation criteria
Module 2. Pain rehabilitation

• CONSULTANCIES:**From 1996 to-date**

A.N.M.A.R. - National Association of Rheumatic
Disorders

From 2009 to-date

A.P.M.A.R. National Association of Rheumatic
Patients

2010 to-date

Italian National Association of Patients with Sjogren
Syndrome

2011 to 2020

AI SpA, Italian Spondyloarthritis Association

2011 to-date

Italian Association of Progressive Systemic Sclerosis

2013 to 2016

Consultant for determining the relevant, identifying characteristics of a medical device product developed by 3M

2014

Ministry of Health

2006

Higher Institute of Health for ministerial decrees as well as healthcare in the Lombardy region

2014-to-date

EU Research Project on the Implementation of Chronic Care Improvements

2014 to-date

FOREUM Foundation for Research in Rheumatology research proposals: Ageing in Rheumatic and Musculoskeletal Diseases

2017 to-date

Diabetes Foot Centre IRCCS Multimedica Milan

2020 to-date

UNIAMO Federazione Italiana, Rare Diseases, Italy

• MEMBER / REPRESENTATIVE OF:

From 2000 to 2010

National Action Network for Italy of the Bone and Joint

2011

Scientific group of the Italian Society of Physiotherapy EBP-SIF

From 2001 to 2014

GIS Reumatology AIFI, Specific Interest Group Italian Physiotherapists Association, founder **2001**
President **2001-2014**

From 2003 to 2016

Vice President AIORP - Italian Association of Professional Rheumatologic Operators, HP founder
2003

From 2004 to 2007

Rehabilitation Sciences Editorial Committee, Publishing company Universo

2008

AMuRR – Multi-disciplinary Rheumatologic Rehabilitation Association, founder

2008 to-date

Rehabilitation Sciences Editorial Committee, Italian Association of Physiotherapists

From 2010 to 2016

Liaison officer Italian Health Professional European League Against Rheumatism EULAR
Standing Committee of Health Professionals in Rheumatology EULAR

From 2011 to 2014

Italian Society of Physiotherapy – EBP-SIF, founder

From 2012 to-date

EULAR, Physical Activity and Exercise Therapy Group

From 2013 to-date

EULAR HPs Foot and Ankle Study Group,

From 2013 to-date

EUPATI European Patients' Academy on Therapeutic Innovation

From 2014 to-date

World Arthritis Day EULAR standing committee of PARE

From 2015 to 2020

Horizon 2020 Advocacy Campaign Guidelines for Action at the National Level

2017

EULAR Study Group of Patient Education (STOPE),

2018

Scientific Committee, Giovanni Caporaso Foundation,
Benevento

From 2022 to-date

HP Italian Rheumatology Study Group College, CReI,

From 2022 to-date

Italian Society of Polyspecialist Medicine and Surgery,
SIMCRI

2023

EULAR Study Group non-pharmacological treatment,
CTDs

2023

Scientific Technical Committee Fondazione Centro Studi
Valetudo, Napoli

2024

AIDS Italian Association For The Study Of Pain

• **EDITORSHIP AND PUBLICATIONS:**

2008

Editorial committee Rehabilitation Science

2016

Nava T., Rehabilitation of rheumatic pathologies
Integrated approach. EDRA: Milano; 2016

2019

Nava T. Palmieri B, Vadalà M. Tiziana Nava, Laurino C.
Fibromyalgia and rehabilitation
Evidence of physiotherapy treatment in the
literature. Aracne: Canterano (RM) 2019
ISBN 978-88-548-2623-3

*all publications are in Italian, titles have been translated for the benefit of whom this CV may concern

2020

Nava T., Rehabilitation and physiotherapy of the person with Ankylosing Spondylitis
Scientific information journal on Italian Rheumatology
ISSN 2704-5900

Collaboration in the review The Efficacy of Manual Soft Tissue Mobilization in Ankylosing Spondylitis: A Randomized Controlled Study
International Journal of Rheumatic Diseases IJRD-2020-0774

Nava T., Physiotherapy rehabilitation in patients with osteoporosis, Journal of Advanced Health Care

Nava T. AFA Rheumatoid arthritis
Adapted Motor Activity: from theory to practice. Tests and training programs. Luca Marin Editor Calzetti & Mariucci Editori,
ISBN 9788860284570

2021

Nava T., Structured approach in the management of osteoarthritis rehabilitation
Scientific information journal on Italian Rheumatology
ISSN 2704-5900

Nava T., The role of the patient: from spectator to active player in the path of personal prevention and healthcare
Journal of Advanced Health Care

Nava T., Physiotherapy and rehabilitation of the person with Fibromyalgia
Scientific information journal on Italian Rheumatology
ISSN 2704-5900

Collaboration in the study Empirical development of prioritised components for a global strategy for

improving musculoskeletal health
Musculoskeletal health Global Alliance for
Musculoskeletal Health (G-MUSC)

From 2021 to-date

Editor of the Journal of Advanced Health Care, JAHC

2022

Nava T., Disseminating and assessing implementation of the EULAR recommendations for patient education in inflammatory arthritis: a mixed-methods study with patients' perspectives

Jones B, et al. RMD Open 2022;0:e002256.
doi:10.1136/rmdopen-2022-002256

Nava T., Rheumatic foot and postural alterations
Scientific information periodical on Italian Rheumatology
ISSN 2704-5900

2023

Nava T., Physiotherapy in Rheumatoid Arthritis
Understanding and overcoming Rheumatoid
Arthritis2023, Tecniche Nuove, 20157 Milan
ISBN 978-88-481-4266-3

2023

coordinator of A.MA.RE.C. column: "Rehabilitation in
Rheumatological Diseases"

2024

Impact of a smartphone Digital Therapeutic
(DTx) app with real-time feedback in the
management of Axial Spondyloarthritis (axSpA)
through physiotherapy home-based exercise
Program: a pilot study
Poster EULAR

**EDUCATION AND
TRAINING**

- Dates (from- to)

1981

Rehabilitation Therapist: Medicine and Surgery
University La Statale, Milan

2005

Degree in Physiotherapy: Medicine and Surgery,
University "G. D'Annunzio", Chieti.

Dissertation in Pulmonary Rehabilitation in Systemic
Sclerosis – 110 cum laude

Has attended numerous courses of training

**PERSONAL SKILLS AND
COMPETENCES**

As national manager of rheumatologic
rehabilitation, organizes theoretical/practical
courses, meetings, debates and seminars for
physiotherapists, doctors associations of rheumatic
patients, as lecturer, dedicated to the rehabilitation
of rheumatic disorders. Also joined more than 150
meetings as moderator and/or speaker

MOTHER TONGUE

ITALIAN

OTHER LANGUAGES

ENGLISH

- Reading Good
- Writing Good
- Speaking Good

FRENCH

- Reading Basic
- Writing Basic
- Speaking Basic

**COMPUTER SKILLS AND
COMPETENCES**

Good (Word, Excell, PowerPoint, Acrobat)

**OTHER SKILLS AND
COMPETENCES**

Author / co-author of several articles in national and
international scientific journals
Author/co-author of various abstracts at national and
international conferences
Author/co-author of several scientific books
Review of various scientific texts
Author of several divulgation articles and books

Cooperation with on-line magazines
Cooperation with radio networks

C.F. NVATNB53A48I690Z

Tiziana Bruna Nava



Sesto San Giovanni 15.05. 2024