

Iulia Dragoi Iovanca

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## **CURRICULUM VITAE**

### **POST-UNIVERSITY EDUCATION**

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#### **PhD**

Phd Student at “Victor Babes” University of Medicine and Pharmacy Timisoara - Division of Vascular Surgery and Reconstructive Microsurgery; 2017-2024  
Title of thesis: “Physical therapy-based intervention for reducing foot ulcer risk in patients with diabetic peripheral neuropathy”  
PhD main assistant: Prof. MD. Mihai Ionac, “Victor Babes” University of Medicine and Pharmacy, Timisoara,  
PhD assistant: Prof. Dr. Frank Bowling, Manchester University, UK

#### **Master Degree**

2013-2015  
Polytechnic University of Timisoara, Mechanical Faculty, Department of Mechatronics and Robotics, Applied Engineering Sciences, Master in Implants, Prostheses and Biomechanical Evaluation  
Title of thesis: “Pressure analysis for Functional Hallux Limitus”

#### **Master Degree**

2006-2008  
University of Studies, Genova, Italy, 1st Level Master in Rehabilitation of Musculoskeletal Disorders  
Title of thesis: “Translation and validation of Lower Extremity Functional Scale”.

#### **Post-University Course**

March 2015  
“Victor Babes” University of Medicine and Pharmacy Timisoara, Department on Urology, Inferior Urinary Tract Disfunctions.

#### **Post-University Course**

Feb. 2015  
Curtin University, Perth, Australia, Certificate in Advanced Sport Physiotherapy

#### **Post-University Course**

Nov 2013  
“Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Orthopedics and Traumatology, Arthroscopic surgical techniques for shoulder pathology.

### **University Education**

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2001-2006  
“Victor Babes” University of Medicine and Pharmacy Timisoara, Medical Faculty,  
Domain – Physio kinesitherapy, Title of thesis: “Rehabilitation of Patients with posttraumatic knee cartilaginous lesions, treated with autologous chondrocytes transplant”.

### **High School Graduation**

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Jul. 2001  
“Fine Arts High School, Timisoara”, Visual Communications Department and Graphic Design.

**Professional Training and Occupation Accreditation**

05 Sept. 2014

Formator of Formators, Course approved by Labor Ministry, Family, Social Protection and Elderly Persons Ministry Bucharest, Romania.

**Lecturer in scientific events**

6-8 Nov. 2009

“Lower Extremity Functional Scale” Knee and Hip Imaging Pathology, National Conference of Romanian Musculoskeletal Imaging Society, Timisoara, Romania.

“Red flags, possible indicators for serious pathologies of pelvis, hip and lateral tight”, Knee and Hip Imaging Pathology, National Conference of Romanian Musculoskeletal Imaging Society, Timisoara, Romania. 6-8 Nov. 2009

“Clinical symptomatology, diagnosis hypothesis, confirmation test and their role for radiologist”, Knee and Hip Imaging Pathology, National Conference of Romanian Musculoskeletal Imaging Society, Timisoara, Romania. 06-08 Nov 2009

“Low back pain-Identification, Meaning and Red Flags management”, Spine Imaging Pathology, National Conference of Romanian Musculoskeletal Imaging Society, Timisoara, Romania. 05-07 Nov. 2010

“Cervical spine-whiplash-Trauma in flexion/extension” Spine Imaging Pathology, National Conference of Romanian Musculoskeletal Imaging Society, Timisoara, Romania. 05-07 Nov. 2010

“Anatomy and Pathophysiology of Low Back Pain” The 4 th National Congress in Resonance Imaging. The 6 th National Conference of SIMSR, The 7 th Romanian Chapter Symposium-ISMIRM, Timisoara, Romania. 11-13 Oct. 2012

“Shoulder Instability. A physiotherapy approach for clinical diagnosis”, “Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Orthopedy and Traumatology, Military Clinical Hospital, “Shoulder Arthroscopy Course”, Timisoara, Romania. 04-09 Nov 2013

“Actualities in Diabetic Foot Approach. Clinical and Biomechanical Assessment of Diabetic Foot. Specific Tests. Prophylactic Measures and Modern Treatment”, Oradea, Romania 13-14 Nov. 2013

“Prophylaxis and treatment of plantar foot ulcers using thermoformable foot orthoses”, Actualities in Diabetic Foot Approach. Clinical and Biomechanical Assessment of Diabetic Foot. Specific Tests. Prophylactic Measures and Modern Treatment”, Oradea, Romania 13-14 Nov. 2013

“The Role of Counseling for Career and training seminars for licensed students”, Final Conference, Innovative Transdisciplinary System for working abilities development for students and master students. Orion Healthy Foundation. 13 Dec. 2013

“The Impact of pregnancy and labor for pelvis integrity”, International Course of Lower Urinary Tract Dysfunction. “Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Urology, Timisoara, Romania. 26 Mar. 2015

“Chronic pelvic pain syndrome”, International Course of Lower Urinary Tract Dysfunction. “Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Urology, Timisoara, Romania. 26 Mar. 2015

- “Postpartum Abdominal-perineal Rehabilitation” 27 Mar. 2015  
International Course of Lower Urinary Tract Dysfunction. “Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Urology, Timisoara, Romania.
- “Clinical examination of lumbo-pelvic region and Sacro-iliac join”, International Course of Lower Urinary Tract Dysfunction. “Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Urology, Timisoara, Romania. 27 Mar. 2015
- “Patient Recovery after TKA” 21 Feb. 2017  
Total Knee Arthroplasty Course, “Victor Babes” University of Medicine and Pharmacy Timisoara, Department of Orthopedy and Traumatology, Timisoara, Romania.
- “Modern Management for Diabetic Foot. Personalized Approach”, Multidisciplinary Symposium, Cluj-Napoca, Romania. 02 May. 2017
- “Self-Treatment in Dystonia”. 27 May. 2017  
Integrated Approach of Neuro-muscular Dystonia, Treatment in Dystonia, National Conference Timisoara, Romania
- “Basic Foot Biomechanics”, Summer School in Podiatry, Sinaia, Romania Jul 2017
- “Functional Hallux Limitus” 1<sup>st</sup> Fizioplus Congress, Cluj, Romania. 20-22 Oct. 2017
- “Basic Foot Biomechanics Elements” 09-10 Feb 2018  
National Educational Program for raising the level of Knowledge on Diabetic Neuropathy and Diabetic foot among family doctors, A Podiatry Association Action, Bucharest, Romania.
- “European Collaboration for Diabetic Foot Ulcerations” 07-09 Jun. 2018  
The 2<sup>nd</sup> Romanian Congress in Podiatry, with International Participation”, Bucharest, Romania.
- “Functional Anatomy, Human Movement, Gait Analysis, Videos, Hands On Practical Assessment” The 2<sup>nd</sup> Romanian Congress in Podiatry, with International Participation”, Bucharest, Romania. 07-09 Jun. 2018
- “Basic Foot Biomechanics Elements” 23 Jun. 2018  
Diabetic Neuropathy and Diabetic Foot Atelier, A Romanian Podiatry Association Project, Timisoara, Romania.
- “Diabetic Peripheral Neuropathy. Is there a place for Physical-therapist?”, First National Physiotherapy Congress, Timisoara, Romania. 28-29 Sept. 2018
- “Basic Diabetic Foot Biomechanics”, Diabetic Neuropathy And Diabetic Foot Atelier, Romanian Podiatry Association Educational Program, Timisoara, Romania. 03 Oct. 2018
- “Basic Diabetic Foot Biomechanics” 12 Oct. 2018  
Basic care for diabetic foot. Bihor Medical days. Oradea University Podiatry course for nurses and physiotherapists, Oradea, Romania.
- “Biomechanics Atelier. The role and applicability of Orthotic devices in high level athlete foot pathologies”, The 2<sup>nd</sup> Fizioplus Congress, Cluj-Napoca, Romania. 20-21 Oct. 2018
- “Limb Loss Prevention Program for Romania 22-25 Mai. 2019  
Neuropathy/Deformity/Trauma/Ulcer/Amputation. Do we know the rules?”, Diabetes, Nutrition and Metabolic Diseases National Congress, Sibiu, Romania.

“The physical-therapist in foot evaluation” 13-15 Jun. 2019  
The 3<sup>rd</sup> Romanian Congress in Podiatry, with International Participation”, Bucharest, Romania.

“The role of nurses in diabetic foot care” 27 Jun. 2019  
Innovative Diagnostic and Treatment, Clinical- Surgical Approach, The 14<sup>th</sup> Edition of Medical Days of Regional Emergency Hospital Moinesti, Romania.

“Physiotherapist and Foot Assessment, 28 Jun.2019  
From Theory to Practice”, Innovative Diagnostic and Treatment, Clinical- Surgical Approach, The 14<sup>th</sup> Edition of Medical Days of Regional Emergency Hospital Moinesti, Romania.

“Gait Analysis. From Theory to Practical approach. 18-21 Jul. 2019  
Workshop”, Summer School in Podiatry, Sinaia, Romania.

“Biomechanical Analysis and Diabetic Foot 01-02 Oct. 2019  
Orthotic Treatment”, The Role of Multidisciplinary Team in Diabetic Foot Care, 100 years of Cluj-Napoca Medicine, Cluj-Napoca, Romania.

“Proposal of Protocol for Diabetic Foot Exam 10-12 Oct. 2019  
in patients at risk for plantar foot ulcer. A physical-therapy and biomechanical approach”,  
The 7<sup>th</sup> Diabetic Neuropathy and Diabetic Foot National Congress with International Participation, Bucharest, Romania.

“Podiatry- the link to a better world for diabetic patients” 02-05 Oct. 2019  
The 42<sup>nd</sup> Medical Rehabilitation Annual Congress, Cluj-Napoca, Romania.

“Foot Aging Syndrome. Podiatry the missing link 30 Oct. 2019  
for a better world”, Diabetic Neuropathy and Diabetic Foot Atelier for Nurses and Physiotherapists, Romanian Podiatry Association Educational Program, Timisoara, Romania.

“Foot Aging Syndrome. Podiatry the missing link 02 Nov. 2019  
for a better world”, Diabetic Neuropathy and Diabetic Foot Atelier for Family Doctors, Romanian Podiatry Association Educational Program, Timisoara, Romania.

### **Diabetic Foot and Podiatry Conferences**

Summer School in Podiatry 21-23 Iulie 2017  
Sinaia, România  
“Foot biomechanics”  
<https://www.podiatrie.ro/media/1303/program-scoala-de-vara-ap-2019-final.pdf> vara Podiatrie.cdr

Summer School in Podiatry 19-22 Iulie 2018  
Sinaia, România  
„Physical therapy-based intervention for reducing foot ulcer risk in patients with diabetic peripheral neuropathy”  
<https://www.podiatrie.ro/media/1350/post-event-scoala-de-vara-in-podiatrie-2018.pdf>

Summer School in Podiatry Iulie 18-21, 2019  
Sinaia, România  
„Gait analysis. From theory to practical approach. Workshop”  
<https://www.podiatrie.ro/media/1303/program-scoala-de-vara-ap-2019-final.pdf>

Podiatry National Congress with International participation. 3<sup>rd</sup> Edition. 13-15 Iunie, 2019  
Bucuresti, România  
“The physical therapist in foot evaluation”  
<https://www.podiatrie.ro/media/1179/program-congres-podiatrie-2019.pdf>

- Summer School in Podiatry 23-24 Iulie, 2021  
 “Foot ware, and foot concerns in people playing sports. Who is in charge? ”  
<https://www.podiatrie.ro/media/1726/program-summer-school-in-podiatry-2021.pdf>
- Podiatry National Congress 15 Octombrie, 2021  
 Titlul lucrării: “Physiotherapy Garage. Diabetic foot Tools. Diagnostic and Treatment modalities”  
<https://www.podiatrie.ro/media/1879/program-ap-2021-congres-updated.pdf>
- Summer School in Podiatry 16-18 Iunie, 2022  
 Cluj-Napoca, România  
 „Diabetes-related neuropathy. How much to sit and how much to walk?”  
<https://www.podiatrie.ro/media/1936/program-scoala-de-vara-ap-snd-2022.pdf>
- “Physical therapy-based intervention for reducing foot ulcer risk in patients with diabetic peripheral neuropathy”
- When Podi ends? When Physio starts?  
<https://www.podiatrie.ro/media/1936/program-scoala-de-vara-ap-snd-2022.pdf>
- Summer School in Podiatry 4-5 Iulie 2024  
 „Foot muscle-derived signals captured from participants affected by diabetic-related neuropathy. A dynamometric measurement method”  
<https://www.podiatrie.ro/evenimente/scoala-de-vara/2024/>
- „Foot muscle strenght measurement in participants affected by diabetic-related neuropathy”  
<https://www.podiatrie.ro/evenimente/scoala-de-vara/2024/>
- ICOH 28 Aplilie-3 Mai 2024  
 Marrakesh, Maroc  
 “Acute effects of sedentary behaviour on foot strength in a group of physiotherapists”  
<https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.ich2024.ma%2Fexel%2FPoster%2520Presentations%2520Schedule.xlsx&wdOrigin=BROWSELINK>
- The 45th National Congress of the Romanian Society of Diabetes, Nutrition, and Metabolic Diseases - with international participation. 22-25 May, 2019  
 Sibiu, Romania  
 “Neuropathy/Deformities/Trauma/Ulceration/Infection/Amputation - Do We Know the Rules?”  
<https://congres2019.societate-diabet.ro/wp-content/uploads/2019/05/Program-Congres-ptr-SITE-1.pdf>
- Summer School in Diabetic Neuropathy and Diabetic Foot. Hybrid Event 16-18 June, 2022  
 Cluj-Napoca, Romania.  
 “Off-loading Algorithm. Off-loading Hands-on.”  
<https://www.podiatrie.ro/media/1936/program-scoala-de-vara-ap-snd-2022.pdf>
- National Congress of Diabetic Neuropathy and Diabetic Foot 27-28, October 2022  
 Bucharest, Romania.  
 “Factors Influencing Patient Preference for Removable Off-Loading Devices Used in the Treatment of Diabetic Ulcers”  
<https://evenimentepentrusanatate.ro/media/5kjpqxqz/program-congres-ndpd-2022.pdf>

Summer School in Diabetic Neuropathy and Diabetic Foot. 15-16 May, 2023  
 Bucharest, Romania.  
 “Home Care for Diabetic Foot Ulcers. Tips and Tricks to Avoid Potential Adverse Reactions from Using Off-Loading Medical Devices.”  
<https://www.podiatrie.ro/media/2073/program-scoala-de-vara-23-v-iii.pdf>

“Photographing the Foot - A Tool for Remote Monitoring of Diabetic Foot Ulcers Treated with Off-Loading Devices”  
<https://www.podiatrie.ro/media/2073/program-scoala-de-vara-23-v-iii.pdf>

The 4th Edition of the National Congress of Physiotherapy 6-8 October, 2023  
 Timișoara, Romania  
 “Physiotherapist Can Guide Patients’ Choices for Off-Loading Devices Used in the Management of Diabetic Foot Ulcer”  
<https://cnfizio2023.medical-congresses.ro/program/>

The 6th Congress of the Romanian Society of Vascular Surgery (SRCV) 18-20 October, 2023  
 Cluj-Napoca, Romania  
 „Patients buying behaviour for non-reimbursed off-loading devices used in the diabetic foot ulcer treatment. An observational study during Covid-19 pandemic from a Romanian Physical Therapy Unit”  
<https://srcv-events.ro/2023-program-stiintific/>

### **Chairing experience**

“Multidisciplinary Approach of Diabetic Foot” 26-28 Oct. 2018  
 Multidisciplinary Congress-CAMP, Young MD Organization, “Iuliu Hatieganu” University of Medicine and Pharmacy, Cluj-Napoca, Romania.

“Orthosis in foot and gait correction Session, 13-15 Jun. 2019  
 Top ten-foot conditions managed by podiatrists. Part 1 and 2 Sessions”, The 3<sup>rd</sup> Romanian Congress in Podiatry, with International Participation, Bucharest, Romania.

“Gait Analysis. From Theory to Practical approach. 18-21 Jul. 2019  
 Workshop”, Summer School in Podiatry, Sinaia, Romania.

Summer School in Podiatry 19-22 Iulie 2018  
 Sinaia, România

Summer School in Podiatry Iulie 18-21, 2019  
 Sinaia, România

Summer School in Diabetic Neuropathy and Diabetic Foot. 15-16 May, 2023  
 Bucharest, Romania.

### **RESEARCH EXPERIENCE**

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#### **Dissertation**

2006

“Victor Babes” University of Medicine and Pharmacy Timisoara,  
 Medical Faculty, Domain – Physio-kinesitherapy,  
 Title of thesis: “Rehabilitation of Patients with posttraumatic knee cartilaginous lesions, treated with autologous chondrocytes transplant”.

## Dissertation

2008

University of Studies, Genova, Italy, 1st Level Master in Rehabilitation of Musculoskeletal Disorders. Title of thesis: “Translation and validation of Lower Extremity Functional Scale”.

## Dissertation

Polytechnic University of Timisoara, Mechanical Faculty, Department of Mechatronics and Robotics, Applied Engineering Sciences, Master in Implants, Prostheses and Biomechanical Evaluation  
Title of thesis: “Pressure analysis for Functional Hallux Limitus”

## Reviewing experience

Scientific Reports Submission ID: 84de67e8-b9b8-46c3-8906-1c822debbf6e

2 November 2023

“A Portable Articulated Dynamometer for Ankle Dorsiflexion and Plantarflexion Strength Measurement: A Design, Validation, and User Experience Study”

Seung Yeon Cho 1,8, Youho Myong 2,3,8, Sungwoo Park 1,4, Minwoo Cho 5,6,9\* & Sungwan Kim 1,2,7,9

## Published Articles

**Drăgoi, I.I.**; Popescu, F.G.; Petrița, T.; Tatu, R.F.; Bondor, C.I.; Tatu, C.; Bowling, F.L.; Reeves, N.D.; Ionac, M. A Custom-Made Lower Limb Dynamometer for Assessing Ankle Joint Torque in Humans: Calibration and Measurement Procedures. *Sensors* 2022, 22, 135. <https://doi.org/10.3390/s22010135>; IF=3,9

**Dragoi, I.I.**; Popescu, F.G.; Petrita, T.; Alexa, F.; Tatu, R.F.; Bondor, C.I.; Tatu, C.; Bowling, F.L.; Reeves, N.D.; Ionac, M. A Custom-Made Electronic Dynamometer for Evaluation of Peak Ankle Torque after COVID-19. *Sensors* 2022, 22, 2073. <https://doi.org/10.3390/s22052073>; IF=3,9

**Dragoi, I.I.**; Popescu FG, Petrita T, Alexa F, Barac S, Bondor CI, Pauncu EA, Bowling FL, Reeves ND, Ionac M. Acute Effects of Sedentary Behavior on Ankle Torque Assessed with a Custom-Made Electronic Dynamometer. *J Clin Med.* 2022, Apr 28;11(9):2474. doi: 10.3390/jcm11092474. PMID: 35566600; PMCID: PMC910560; IF=3,9

**Dragoi, I.I.**; Petrita, T.; Popescu, F.G.; Alexa, F.; Barac, S.; Bowling, F.L.; Reeves, N.D.; Bondor, C.I.; Ionac, M. A Signal Processing Method for Assessing Ankle Torque with a Custom-Made Electronic Dynamometer in Participants Affected by Diabetic Peripheral Neuropathy. *Sensors* 2022, 22, 6310. <https://doi.org/10.3390/s22166310>; IF=3,9

**Dragoi, I.I.**; Popescu, F.G.; Bowling, F.L.; Bondor, C.I.; Ionac, M. Patients' Buying Behavior for Non-Reimbursed Off-Loading Devices Used in Diabetic Foot Ulcer Treatment—An Observational Study during COVID-19 Pandemic from a Romanian Physical Therapy Unit. *J. Clin. Med.* 2023, 12, 6516. <https://doi.org/10.3390/jcm12206516>; IF=3,9

Ionac, S.; Rogers, S.K.; Bondor, C.I.; Bowling, F.L.; **Dragoi, I.I.**; Ionac, M. Lower Extremity Amputation and Peripheral Revascularization Rates in Romania and Their Relationship with Comorbidities and Vascular Care. *J. Clin. Med.* 2024, 13, 52. <https://doi.org/10.3390/jcm13010052>; IF=3.9

Florina Popescu, Pauncu Elena-Ana, **Iulia Iovanca Dragoi**, Mirela C. Tomescu, Patricia Cristodor, Adrian Teodoru, LAzureanu Pompilia Camelia, Adrian Lazureanu, Sebastian Capotescu, Irina Mohora, Anca Draghici.

Ergo@Home Guideline – a Tool for Working from Home Using Information Technology, in Pandemic  
February 2022. Safety and Health at Work 13:S196  
DOI: 10.1016/j.shaw.2021.12.1362  
License CC BY-NC-ND 4.0

Popescu, F. G., Vaida, M. A., Mackay, G. J. K., Borza, C., Păuncu, E.-A., Roman, D., Malița, C., & **Drăgoi, I. I.** (2021). Successful management of a professional viola player with a complex playing related musculoskeletal disorder. Romanian Journal of Occupational Medicine, 71(4), 123-130.

**Drăgoi, I. I.**, Popescu, F. G., Lăzureanu, P. C., Anculia, R., Ghigulescu, M., Marin, I., & Păuncu, E.-A. (2021). Back pain in a group of computer workers assessed in a physiotherapy unit. Human Systems Management, 40(3), 467-477. <https://doi.org/10.3233/HSM-201044>

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#### PROFESSIONAL AFFILIATIONS

Romanian College of Physiotherapy since 2018 - Present Member  
Romanian Association for Podiatry since 2017 - Present Member and Active Member in The Directory Council  
Romanian Society of Neuropathy since 2018 - Present Member

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#### LANGUAGES

**Romanian:** Native Language

**English:** Superior level in listening, speaking, reading and writing

**Italian:** Superior level in listening, speaking, reading and writing

**German:** Intermediate level in listening, speaking and novice in reading and writing

**Spanish:** Novice in listening, speaking, reading and no writing skills

**French:** Intermediate level in listening, speaking and reading, novice in writing

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#### OTHER

Interests: Science, Biomechanics, Physiotherapy, High level athlete biomechanical related pathologies, Foot orthoses, Medical Footwear, Offloading devices, Gait analysis, Diabetic Foot.

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#### REFERENCES

**PhD. Norina Alinta Gavan,**  
Honorary President of Romanian Podiatry Association  
Emailing Address: [norina@norinagavan.ro](mailto:norina@norinagavan.ro)

**Prof. MD. Mihai Ionac,**  
Professor at "Victor Babes" University of Medicine and Pharmacy, Timisoara  
Division of Vascular Surgery and Reconstructive Microsurgery  
Emailing address: [mihai.ionac@gmail.com](mailto:mihai.ionac@gmail.com)

**PhD Cosmina Ioana Bondor**  
Assistant Prof. at "Iuliu Hatieganu" University of Medicine and Pharmacy, Cluj-Napoca  
Medical Informatics and Biostatistics Department  
Emailing address: [cbondor@umfcluj.ro](mailto:cbondor@umfcluj.ro)