



ALEXANDRU FLORIAN CRIȘAN

SENIOR PHYSICAL THERAPIST

Scientometric Indicators

Web of Science

- ✓ Publications - 29
- Total citations - 229
- H-index - 7

Foreign Languages

English

- Reading
- Listening
- Writing



German

- Reading
- Listening
- Writing



Professional Experience

- 2023 - Present** Victor Babeș University of Medicine and Pharmacy, Timișoara
Lecturer
- 2015 - 2023** Victor Babeș University of Medicine and Pharmacy, Timișoara
Assistant Professor
- 2011 - 2012** Department of Plastic and Reconstructive Surgery, "Pius Brînzeu" County Emergency Clinical Hospital, Timișoara
Clinical Internship - Physiotherapist
- 2011 - 2012** Department of Orthopedics and Traumatology, "Pius Brînzeu" County Emergency Clinical Hospital, Timișoara
Clinical Internship - Physiotherapist
- 2011 - Present** "Victor Babeș" Clinical Hospital for Infectious Diseases and Pulmonology, Timișoara
Physiotherapist

Education

- 2023 - 2024** West University of Timișoara
Department for Teacher Training
Level II - Postgraduate Teacher Training Program
- 2022 - 2023** West University of Timișoara
Department for Teacher Training
Level I - Postgraduate Teacher Training Program
- 2018 - 2021** West University of Timișoara
Faculty of Physical Education and Sport
Specialization: Physical Education and Sport
- 2012 - 2015** Victor Babeș University of Medicine and Pharmacy, Timișoara
Doctoral Studies (PhD)

Contact

- 🏠 Eftimie Murgu nr. 2 Timișoara
- ✉️ crisan@umft.ro



● 2010 - 2012

West University of Timișoara
Faculty of Physical Education and Sport
Master's Degree in Physiotherapy in Orthopedics and Traumatology

● 2007 - 2010

West University of Timișoara
Faculty of Physical Education and Sport
Bachelor's Degree in Physiotherapy and Special Psychomotor Skills

Academic Committees and Institutional Service

● 2023 - Present

Victor Babeș University of Medicine and Pharmacy, Timișoara
Director, Center for the Assessment of Movement, Functionality, and Disability (CEMFD)

● 2023 - Present

Victor Babeș University of Medicine and Pharmacy, Timișoara
Member, University Committee for Scientific Research



Publications

ISI-Indexed Journals – First Author

1. **Crișan AF**, Oancea C, Timar B, Fira-Mladinescu O, Crișan A, Tudorache V. Cognitive impairment in chronic obstructive pulmonary disease. *PLoS One*. 2014 Jul 17;9(7):e102468.
2. **Crișan AF**, Oancea C, Timar B, Fira-Mladinescu O, Tudorache V. Balance impairment in patients with COPD. *PLoS One*. 2015 Mar 13;10(3):e0120573.
3. Pescaru CC, **Crisan AF**, Marc M, Trusculescu AA, Maritescu A, Pescaru A, Sumenkova A, Bratosin F, Oancea C, Vastag E. A Systematic Review of Telemedicine-Driven Pulmonary Rehabilitation after the Acute Phase of COVID-19. *Journal of Clinical Medicine*. 2023; 12(14):4854.
4. **Crisan AF**, Pescaru CC, Maritescu A, Carunta V, Oancea C, Vastag E. Respiratory Muscle Training and Its Impact on Balance and Gait in Patients with Severe COPD. *Medicina* 2024, 60, 257.
5. Maritescu, A.; **Crisan, A.F.**; Pescaru, C.C.; Stoicescu, E.R.; Oancea, C.; Iacob, D. Effectiveness of Combined Pulmonary Rehabilitation and Progressive Muscle Relaxation in Treating Long-Term COVID-19 Symptoms: A Randomized Controlled Trial. *J. Clin. Med.* 2024, 13, 6237.
6. Poplicean, E.; **Crișan, A.F.**; Tudorache, E.; Hogeia, P.; Mladin, R.; Oancea, C. Unlocking Better Asthma Control: A Narrative Review of Adherence to Asthma Therapy and Innovative Monitoring Solutions. *J. Clin. Med.* 2024, 13, 6699.
7. **Alexandru Florian C**, Camelia Corina P, Adelina M, et al. Dual-task performance and balance in patients with severe COPD: a cross-sectional study. *Therapeutic Advances in Respiratory Disease*. 2024;18.
8. **Crisan, A.F.**; Pescaru, C.C.; Maritescu, A.; Stoicescu, E.R.; Carunta, V.; Oancea, C. The Impact of Chronic Obstructive Pulmonary Disease Severity on Psychological and Functional Outcomes: A Cross-Sectional Analysis. *J. Clin. Med.* 2025, 14, 1865.
9. **Crișan, A.F.**, Pescaru, C.C., Maritescu, A. et al. A 14-week structured breathing program: an investigation into its impact on psychological health parameters in university students. *BMC Public Health* 25, 1395 (2025). <https://doi.org/10.1186/s12889-025-22585-8>.
10. Maritescu, A.; Pescaru, C.C.; **Crisan, A.F.**; Stoicescu, E.R.; Oancea, C.; Iacob, D. The Effects of Progressive Muscle Relaxation on Mental Health and Sleep Quality in Adults with Cystic Fibrosis: A Randomized Controlled Trial. *J. Clin. Med.* 2025, 14, 2807.
11. Maritescu A, **Crisan AF**, Pescaru CC, Oancea C, Iacob D. The Psychological and Physical Benefits of Progressive Muscle Relaxation in Chronic Respiratory Diseases: A Systematic Review. *Medicina (Kaunas)*. 2025 Jun 7;61(6):1055.
12. Pescaru CC, **Crișan AF**, Marițescu A, Cărunta V, Marc M, Dumitrache-Rujinski Ș, Laitin S, Oancea C. Effects of CFTR Modulators on Pseudomonas aeruginosa Infections in Cystic Fibrosis. *Infectious Disease Reports*. 2025; 17(4):80.
13. Mihart D, **Crisan AF**, Carunta V, Trăilă D, Tudorache E, Oancea C. Neurocognitive Impairment in Idiopathic Pulmonary Fibrosis: A Systematic Review of Current Evidence. *Med Sci (Basel)*. 2025 Nov 27;13(4):288.
14. Pescaru CC, **Crisan AF**, Maritescu A, Tudorache E, Oancea C. A Multidimensional Perspective on COPD: How Coping Styles and Self-Esteem Relate to Psychological Distress and Functional Capacity. *Int J Chron Obstruct Pulmon Dis*. 2025 Dec 27;20:4143-

ISI-Indexed Journals – Co-author

1. Voica AS, Oancea C, Tudorache E, Crisan AF, Fira-Mladinescu O, Tudorache V, Timar B. Chronic obstructive pulmonary disease phenotypes and balance impairment. *Int J Chron Obstruct Pulmon Dis.* 2016 Apr 29;11:919-25.
2. Barata PI, Marc MS, Tudorache E, Frandes M, Crisan AF, Olar DC, Oancea C. Self-reported sleep disturbance and mild cognitive impairment in COPD patients with severe airflow limitation. *Clin Respir J.* 2021 Jul;15(7):808-814.
3. Barata, P.I.; Crisan, A.F.; Maritescu, A.; Negrean, R.A.; Rosca, O.; Bratosin, F.; Citu, C.; Oancea, C. Evaluating Virtual and Inpatient Pulmonary Rehabilitation Programs for Patients with COPD. *J. Pers. Med.* 2022, 12, 1764.
4. Marc, M.S.; Pescaru, C.C.; Costin, E.O.; Crisan, A.F.; Maritescu, A.; Pescaru, A.; Suppini, N.; Olteanu, G.E.; Traila, D.; Oancea, C.; et al. Large Lung Consolidation: A Rare Presentation of Pulmonary Sarcoidosis. *Life* 2024, 14, 44.
5. Velescu, D.R.; Marc, M.S.; Traila, D.; Pescaru, C.C.; Hogeia, P.; Suppini, N.; Crisan, A.F.; Wellmann, N.; Oancea, C. A Narrative Review of Self-Reported Scales to Evaluate Depression and Anxiety Symptoms in Adult Obstructive Sleep Apnea Patients. *Medicina* 2024, 60, 261.
6. Wellmann N, Ancusa VM, Marc MS, Trusculescu AA, Pescaru CC, Martis FG, Ciortea I, Crisan AF, Maritescu A, Balica MA, Fira-Mladinescu O. Telemedicine-Supported CPAP Therapy in Patients with Obstructive Sleep Apnea: Association with Treatment Adherence and Clinical Outcomes. *J Clin Med.* 2025 Jul 29;14(15):5339.
7. Ciortea I, Vastag E, Fira-Mladinescu C, Crisan AF, Wellmann N, Trusculescu AA, Bertici NS, Traila D, Oancea C, Fira-Mladinescu O. Subclinical Carotid Atherosclerosis Is Present from Early COPD Stages, Being in a Close Relationship with Systemic Inflammation. *Journal of Clinical Medicine.* 2026; 15(1):180.

ISI Conference Proceedings – First Author

1. **Alexandru F. Crisan**, Cristian Lazar, Emanuela Tudorache, Cristian Oancea, Ovidiu Fira-Mlădinescu, Alexandru Crișan, Voicu Tudorache. Montreal cognitive assessment in COPD. European Respiratory Journal, vol 44 / supplement 58 / Sept 2014. Abstracts / 24th International Congress Munich, Germany 6 –10 September 2014.
2. **Alexandru F. Crișan**, Cristian Oancea, Bogdan Timar, Ovidiu Fira-Mladinescu, Voicu Tudorache. Falls, an underestimated risk in COPD. European Respiratory Journal, vol 46 / supplement 59 / Sept 2015. Abstracts / 25th International Congress Amsterdam, Olanda 26 – 30 September 2015 (Best abstract in chronic care).
3. **Alexandru F. Crisan**, Camelia Pescaru, Adelina Maritescu, Vlad Carunta, Cristian Oancea, Emanuela Vastag. Breathing better, moving better: The benefits of inspiratory muscle training on balance and gait in severe COPD patients. European Respiratory Journal 2024; 64(suppl 68): PA1381.
4. **Crisan AF**, Pescaru CC, Maritescu A, Carunta V, Onofrei RR, Stoicescu ER, et al. Step by step: how dual-tasking affects balance in patients with severe COPD. European Respiratory Journal. 2025 Nov 18;66(suppl 69):PA1983.
5. **Crisan AF**, Pescaru CC, Maritescu A, Stoicescu ER, Oancea C, Iacob D. Beyond the lungs: the added benefit of progressive muscle relaxation in pulmonary rehabilitation for long COVID – a clinical trial. European Respiratory Journal. 2025 Nov 18;66(suppl 69):PA5798.

ISI Conference Proceedings – Co-author

1. Tudorache Emanuela, Oancea Cristian, **Crisan Alexandru**, Pescaru Camelia, Fira-Mladinescu Ovidiu. Different chronic obstructive pulmonary disease phenotypes, systemic inflammation and the risk of falls. European Respiratory Journal Sep 2016, 48 (suppl 60) PA3445.
2. Tudorache Emanuela, Oancea Cristian, **Crisan Alexandru**, Pescaru Camelia, Fira-Mladinescu Ovidiu. Chronic obstructive pulmonary disease phenotypes, nutritional status and the risk of falls. European Respiratory Journal Sep 2016, 48 (suppl 60) PA3743.
3. Pescaru CC, **Crisan AF**, Maritescu A, Stoicescu ER, Carunta V, Oancea C. The mind-body struggle in COPD: unveiling the psychological and functional impact of disease progression. European Respiratory Journal. 2025 Nov 18;66(suppl 69):PA6004.

Full-Length Articles Published in National Journals Indexed in BDI/B+ – First Author

1. **Alexandru F. Cisan**, Voicu Tudorache, Ovidiu Fira-Mladinescu, Alexandru Crișan, Cristian Oancea. Pulmonary Rehabilitation during acute exacerbation of Chronic Obstructive Pulmonary Disease - non-invasive techniques. Medicine in Evolution, Volume XIX, Nr. 2, 2013.
2. **Crișan Alexandru Florian**. The role of the physiotherapist in pulmonary rehabilitation. Romanian Medical Journal - Volume LXVII, Suppl 6, 85 - 91, 2020.
3. Emanuel P, Emanuela T, **Florian Alexandru C**, Cristian O. Progressive dyspnoea in a rare disease – clinical case. Pneumologia. Romanian Society of Pneumology, 2025;73(1): 88-94.

Full-Length Articles Published in National Journals Indexed in BDI/B+ – Co-author

1. Voica Sorina Alina, Cristian Oancea, Tudorache Emanuela, **Crisan Alexandru F**, Fira-Mladinescu Ovidiu, Tudorache Voicu. The Importance Of Body Composition In Patients With Chronic Obstructive Pulmonary Disease. *Medicine in Evolution* Volume XXI, No. 4, 2015.
2. Voica Sorina Alina, Cristian Oancea, **Crisan Alexandru F**, Tudorache Emanuela, Fira-Mladinescu Ovidiu, Tudorache Voicu. Body composition assessment in patients with chronic obstructive pulmonary disease. *Fiziologia – Physiology*. 2015.25.4(88)
3. Tudorache Emanuela, Motoc Nicoleta Stefania, Pescaru Camelia, **Crisan Alexandru**, Ciumarnean Lorena. Impact of pulmonary rehabilitation programs in improving health status in COPD patients. *Balneo Research Journal* (Vol 10 No. 4):472-477 2019.
4. Daniel Tăilă, **Alexandru Florian Crișan**. Pulmonary rehabilitation in obstructive pathology versus restrictive pathology. *Romanian Medical Journal - Volume LXVII, Suppl 6*, 81 - 84, 2020.
5. Marc Monica, Pescaru Camelia, Ilie Adrian Cosmin, **Crișan Alexandru**, Hogeia Stanca Patricia, Trăilă Daniel. Effectiveness of pulmonary rehabilitation in improving quality of life in patients with different COPD stages. *Balneo Research Journal*. 2020;11(1):3–8.
6. Trăilă Daniel, Pescaru Camelia, Suppini Porojan Noemi, Mihuta Camil, Hogeia Patricia, **Crișan Alexandru**, Ciumărean Lorena, Marc Monica. Neuromuscular electrostimulation as an adjuvant therapy to pulmonary rehabilitation programs in chronic obstructive pulmonary disease. *Balneo Research Journal*. 2020;11(1):80-84.
7. Pescaru Camelia, **Crișan Alexandru**. Update în reabilitarea respiratorie. *Viața Medicală*, editura Medichub Media, București, 2021, ISBN 978-606-94854-9-1.
8. Wellmann N, Marc MS, Stoicescu ER, Pescaru CC, Trusculescu AA, Martis FG, Ciortea I, **Crisan AF**, Balica MA, Velescu DR, Fira-Mladinescu O. Enhancing Adult Asthma Management: A Review on the Utility of Remote Home Spirometry and Mobile Applications. *J Pers Med*. 2024 Aug 11;14(8):852.
9. Emanuel, Poplicean, Emanuela Tudorache, Alexandru Florian Crisan, Cristian Oancea. Progressive dyspnoea in a rare disease – clinical case. *Pneumologia*, vol. 73, no. 1, Romanian Society of Pneumology, 2025, pp. 88-94.

National Specialty Book – First or last author of a chapter

1. **Alexandru Florian Crișan**, Cristian Oancea. Monografie. *Exigență și excelență în astm*. Editie, Editia I ; ISBN, 978-606-26-1384-6. *Astmul și sportul de performanță*. 614-621.
2. Camelia Pescaru, Cristian Oancea, **Alexandru Florian Crișan**. Monografie. *Exigență și excelență în astm* ; Editie, Editia I ; ISBN, 978-606-26-1384-6. *Reabilitarea pulmonară la pacienții post infecție COVID 19*. 645-655.

University Courses / University Textbooks – First Author

1. Ergofiziologie. Alexandru Florian Crișan, Elena Amăricăi, Liliana Cațan, Andreea Cațan. Editura Victor Babeș 2024. ISBN 978-606-786-334-5.
2. Activități fizice adaptate pe grupe de vârstă. Alexandru Florian Crișan, Liliana Cațan, Adelina Marițescu. Editura Victor Babeș 2025. ISBN 978-606-786-475-5.

University Courses / University Textbooks – Co-author

1. Reabilitarea respiratorie în patologia pulmonară. Editura "ILEX" București, 2020. ISBN 978-606-8430-01-0.