

Manuel Saavedra Hernández.

Categoría: Profesor Titular de Universidad Almería.

Curriculum Vitae.

Diplomado en Fisioterapia, por la Universidad de Granada. Finalizado en 1995.

Máster Universitario en Avances en Radiología y Medicina Física. Universidad de Granada. Finalizado en 2008.

Máster Universitario en Antropología Física y Forense. Universidad de Granada. Facultad de Medicina. Finalizado en 2009.

Doctor en Fisioterapia por la Universidad de Granada. Mayo 2012.

Profesor en diversos másteres, entre ellos:

Profesor en el Master de la Universidad de Valencia titulado “Master Universitario en Recuperación Funcional en Fisioterapia” en sus ediciones I y II, 2016-2017 y 2017-2018.

Profesor en el Master de la Universidad de Granada titulado “Master Propio en Fisioterapia Manual e Invasiva para el Tratamiento del Dolor y de la Disfunción” en todas sus ediciones desde 2016 hasta la actualidad.

Profesor en el Master de la Universidad de Almería titulado “Master en Fisioterapia y Discapacidad” en todas sus ediciones, desde 2016 hasta la actualidad.

Publicaciones científicas:

1. **Comparison of percutaneous neuromodulation and therapeutic exercise in patients with chronic non-specific neck pain: a study protocol for a randomised controlled trial.** BMJ Open. 2025 Jun 12;15(6):e097193. doi: 10.1136/bmjopen-2024-097193. PMID: 40506078; PMCID: PMC12161351.
2. **A 14-Day Therapeutic Exercise Telerehabilitation Protocol of Physiotherapy Is Effective in Non-Hospitalized Post-COVID-19 Conditions: A Randomized Controlled Trial.** J Clin Med. 2023 Jan 18;12(3):776. doi: 10.3390/jcm12030776. PMID: 36769425; PMCID: PMC9918076.
3. **Therapeutic Exercise Interventions through Telerehabilitation in Patients with Post COVID-19 Symptoms: A Systematic Review.** J Clin Med. 2022 Dec 19;11(24):7521. doi: 10.3390/jcm11247521. PMID: 36556137; PMCID: PMC9785416.

4. **Effects of Foam Rolling vs. Manual Therapy in Patients with Tension-Type Headache: A Randomized Pilot Study.** J Clin Med. 2022 Mar 23;11(7):1778. doi: 10.3390/jcm11071778. PMID: 35407385; PMCID: PMC8999161.

5. **Clinical Changes of Respiratory Parameters in Institutionalized Older Adults after a Physiotherapy Program Combining Respiratory and Musculoskeletal Exercises.** Healthcare (Basel). 2022 Sep 2;10(9):1680. doi: 10.3390/healthcare10091680. PMID: 36141292; PMCID: PMC9498341.

6. **Effect of Combined Manual Therapy and Therapeutic Exercise Protocols on the Postural Stability of Patients with Non-Specific Chronic Neck Pain. A Secondary Analysis of Randomized Controlled Trial** J Clin Med. 2021 Dec 24;11(1):84. doi: 10.3390/jcm11010084.

7. **Breathing exercises versus strength exercises through telerehabilitation in coronavirus disease 2019 patients in the acute phase: A randomized controlled trial** Clin Rehabil 2021 Nov 16;2692155211061221. doi: 10.1177/02692155211061221

8. **Vojta Therapy in Neuromotor Development of Pediatrics Patients with Periventricular Leukomalacia: Case Series** Medicina (Kaunas). 2021 Oct 23;57(11):1149. doi: 10.3390/medicina57111149

9. **Short-Term Effects of a Conditioning Telerehabilitation Program in Confined Patients Affected by COVID-19 in the Acute Phase. A Pilot Randomized Controlled Trial** Medicina (Kaunas). 2021 Jul 3;57(7):684. doi: 10.3390/medicina57070684.

10. **Perspectives and Attitudes of Patients with COVID-19 toward a Telerehabilitation Programme: A Qualitative Study** Int J Environ Res Public Health. 2021 Jul 24;18(15):7845. doi: 10.3390/ijerph18157845.

11. **Short-Term Effects of a Respiratory Telerehabilitation Program in Confined COVID-19 Patients in the Acute Phase: A Pilot Study** Int J Environ Res Public Health. 2021 Jul 14;18(14):7511. doi: 10.3390/ijerph18147511.

12. **Could Physical Therapy Interventions Be Adopted in the Management of Critically Ill Patients with COVID-19? A Scoping Review** Int J Environ Res Public Health. 2021 Feb 8;18(4):1627. doi: 10.3390/ijerph18041627.

13. **Short-term effects of spinal thrust joint manipulation on postural sway in patients with chronic mechanical neck pain: a randomized controlled trial** Disabil Rehabil. 2020 Jul 30;1-7. doi: 10.1080/09638288.2020.1798517.
14. **Manual therapy versus therapeutic exercise in non-specific chronic neck pain: study protocol for a randomized controlled trial** Trials. 2019 Aug 9;20(1):487. doi: 10.1186/s13063-019-3598-7.
15. **Benefits of Craniosacral Therapy in Patients with Chronic Low Back Pain: A Randomized Controlled Trial.** J Altern Complement Med. 2016 Aug;22(8):650-7. doi: 10.1089/acm.2016.0068. Epub 2016 Jun 27.
16. **Short-term effectiveness of spinal manipulative therapy versus functional technique in patients with chronic nonspecific low back pain: a pragmatic randomized controlled trial.** Spine J. 2016 Mar;16(3):302-12. doi: 10.1016/j.spinee.2015.08.057. Epub 2015 Sep 8.
17. **The contribution of previous episodes of pain, pain intensity, physical impairment, and pain-related fear to disability in patients with chronic mechanical neck pain.** Am J Phys Med Rehabil. 2012 Dec;91(12):1070-6. doi: 10.1097/PHM.0b013e31827449a5
18. **Short-term effects of spinal thrust joint manipulation in patients with chronic neck pain: a randomized clinical trial.** Clin Rehabil. 2013 Jun;27(6):504-12. doi: 10.1177/0269215512464501. Epub 2012 Nov 5
19. **Short-term effects of interferential current electro-massage in adults with chronic non-specific low back pain: a randomized controlled trial.** Clin Rehabil. 2013 May;27(5):439-49. doi: 10.1177/0269215512460780. Epub 2012 Oct 3.
20. **Short-term effects of kinesio taping versus cervical thrust manipulation in patients with mechanical neck pain: a randomized clinical trial.** J Orthop Sports Phys Ther. 2012 Aug;42(8):724-30. doi: 10.2519/jospt.2012.4086. Epub 2012 Apr 20.
21. **Hydrotherapy for the treatment of pain in people with multiple sclerosis: a randomized controlled trial.** Evid Based Complement Alternat Med. 2012;2012:473963. doi: 10.1155/2012/473963. Epub 2011 Jul 14.

22. ***Effects of myofascial release techniques on pain, physical function, and postural stability in patients with fibromyalgia: a randomized controlled trial.*** Clin Rehabil. 2011 Sep;25(9):800-13. doi: 10.1177/0269215511399476. Epub 2011 Jun 14.
23. ***Predictors for identifying patients with mechanical neck pain who are likely to achieve short-term success with manipulative interventions directed at the cervical and thoracic spine.*** J Manipulative Physiol Ther. 2011 Mar-Apr;34(3):144-52. doi: 10.1016/j.jmpt.2011.02.011.

TESIS DOCTORALES DIRIGIDAS:

1. Eficacia de la disminución de la hipertensión arterial y del dolor cervical, su relación con el estado de ánimo tras la maniobra de tejido blando suboccipital en pacientes hipertensos. Defendida por D^a Elena de la Barrera Aranda, el día 12/09/2017. Universidad de Sevilla.
2. Eficacia de la técnica de musculoenergía en la charnela cervicodorsal en pacientes hipertensos, defendida por D. Antonio Moro Pantojo el día 12/09/2017. Universidad de Sevilla.
3. Efectos de la aplicación de la técnica funcional para el hueso hioides en las restricciones de movilidad temporomandibular, defendida por D. Antonio Bermejo Fernández el día 12/09/2017. Universidad de Sevilla
4. Eficacia de las técnicas de manipulación vertebral en pacientes con cervicalgia mecánica crónica. Defendida por D. Raul Romero del Rey, Almería 2021. Universidad de Almería.