

Fecha del CVA	21/04/2023
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## Parte A. DATOS PERSONALES

Nombre *	Manuel		
Apellidos *	Arroyo Morales		
Sexo *	Hombre	Fecha de Nacimiento *	
DNI/NIE/Pasaporte *		Teléfono *	
URL Web			
Dirección Email			
Identificador científico	Open Researcher and Contributor ID (ORCID) *		
	Researcher ID		
	Scopus Author ID		

\* Obligatorio

### A.1. Situación profesional actual

Puesto	Catedrático de Universidad		
Fecha inicio	2017		
Organismo / Institución	Universidad de Granada		
Departamento / Centro	Departamento de Fisioterapia / FACULTAD DE CIENCIAS DE LA SALUD		
País		Teléfono	
Palabras clave			

### A.3. Formación académica

Grado/Master/Tesis	Universidad / País	Año
Médico Especialista Actividad Física y Deporte	Universidad de Málaga	2012
DOCTOR EN MEDICINA Y CIRUGÍA	FACULTAD DE CIENCIAS DE LA SALUD. UNIVERSIDAD DE GRANADA.	2006
Médico Especialista Actividad Física y Deporte		

### A.4. Indicadores generales de calidad de la producción científica

#### Total de publicaciones:

151. Índice h: 33. Total citas: 3430. ( Fuente: WOS 2023).

## Parte C. MÉRITOS MÁS RELEVANTES

### C.1. Publicaciones

AC: Autor de correspondencia; (nº x / nº y): posición firma solicitante / total autores. Si aplica, indique el número de citaciones

- Burgos-Mansilla B; Galiano-Castillo N; Lozano-Lozano M; Fernández-Lao C; Lopez-Garzon M; Arroyo-Morales M. 2023. Correction: Burgos-Mansilla et al. Effect of Physical Therapy Modalities on Quality of Life of Head and Neck Cancer Survivors: A Systematic Review with Meta-Analysis. J. Clin. Med. 2021, 10, 4696. Journal of clinical medicine. 12. ISSN 2077-0383. Otros (1) <https://doi.org/10.3390/jcm12030827>

- 2 Martínez-Guijarro C; López-Fernández MD; Lopez-Garzon M; Lozano-Lozano M; Arroyo-Morales M; Galiano-Castillo N. 2023. Feasibility and efficacy of telerehabilitation in the management of patients with head and neck cancer during and after oncological treatment: A systematic review. *European journal of oncology nursing : the official journal of European Oncology Nursing Society*. 63, pp.102279. ISSN 1462-3889. <https://doi.org/10.1016/j.ejon.2023.102279>
- 3 Salinas-Asensio MDM; Ocón-Hernández O; Mundo-López A; et al; Artacho-Cordón F. 2022. 'Physio-EndEA' Study: A Randomized, Parallel-Group Controlled Trial to Evaluate the Effect of a Supervised and Adapted Therapeutic Exercise Program to Improve Quality of Life in Symptomatic Women Diagnosed with Endometriosis. *International journal of environmental research and public health*. 19. ISSN 1661-7827. Otros (91) <https://doi.org/10.3390/ijerph19031738>
- 4 Herbawi F; Lozano-Lozano M; Lopez-Garzon M; Postigo-Martin P; Ortiz-Comino L; Martin-Alguacil JL; Arroyo-Morales M; Fernandez-Lao C. 2022. A Systematic Review and Meta-Analysis of Strength Recovery Measured by Isokinetic Dynamometer Technology after Anterior Cruciate Ligament Reconstruction Using Quadriceps Tendon Autografts vs. Hamstring Tendon Autografts or Patellar Tendon Autografts. *International journal of environmental research and public health*. 19. ISSN 1661-7827. Otros (55) <https://doi.org/10.3390/ijerph19116764>
- 5 Lopez-Garzon M; Postigo-Martin P; González-Santos Á; Arroyo-Morales M; Achalandabaso-Ochoa A; Fernández-Pérez AM; Cantarero-Villanueva I. 2022. Colorectal cancer pain upon diagnosis and after treatment: a cross-sectional comparison with healthy matched controls. *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*. 30, pp.3573-3584. ISSN 0941-4355. Otros (51) <https://doi.org/10.1007/s00520-022-06803-2>
- 6 Lozano-Lozano M; Galiano-Castillo N; Gonzalez-Santos A; Ortiz-Comino L; Sampedro-Pilegaard M; Martín-Martín L; Arroyo-Morales M. 2022. Effect of mHealth plus occupational therapy on cognitive function, mood and physical function in people after cancer: Secondary analysis of a randomized controlled trial. *Annals of physical and rehabilitation medicine*. 66, pp.101681. ISSN 1877-0657. <https://doi.org/10.1016/j.rehab.2022.101681>
- 7 Lopez-Garzon M; Cantarero-Villanueva I; Legerén-Alvarez M; et al; Galiano-Castillo N. 2022. Prevention of Chemotherapy-Induced Peripheral Neuropathy With PRESIONA, a Therapeutic Exercise and Blood Flow Restriction Program: A Randomized Controlled Study Protocol. *Physical therapy*. 102. ISSN 0031-9023. <https://doi.org/10.1093/ptj/pzab282>
- 8 Rasmussen GHF; Madeleine P; Arroyo-Morales M; Voigt M; Kristiansen M. 2022. Resistance Training-Induced Acute Hypoalgesia in Women With Persistent Pain After Breast Cancer Treatment. *Journal of strength and conditioning research*. 37, pp.e16-e24. ISSN 1064-8011. <https://doi.org/10.1519/JSC.0000000000004320>
- 9 Rasmussen GHF; Kristiansen M; Arroyo-Morales M; Voigt M; Madeleine P. 2022. The Analgesic Effect of Resistance Training after Breast Cancer (ANTRAC): A Randomized Controlled Trial. *Medicine and science in sports and exercise*. 55, pp.167-176. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000003034>
- 10 Postigo-Martin P; Gil-Gutiérrez R; Moreno-Gutiérrez S; Lopez-Garzon M; González-Santos Á; Arroyo-Morales M; Cantarero-Villanueva I. 2022. mHealth system (ATOPE+) to support exercise prescription in breast cancer survivors: a reliability and validity, cross-sectional observational study (ATOPE study). *Scientific reports*. 12, pp.15217. Otros (43) <https://doi.org/10.1038/s41598-022-18706-7>
- 11 Postigo-Martin P; Cantarero-Villanueva I; Lista-Paz A; Castro-Martín E; Arroyo-Morales M; Seco-Calvo J. 2021. A COVID-19 Rehabilitation Prospective Surveillance Model for Use by Physiotherapists. *Journal of clinical medicine*. 10. ISSN 2077-0383. Otros (127) <https://doi.org/10.3390/jcm10081691>
- 12 Postigo-Martin P; Peñafiel-Burkhardt R; Gallart-Aragón T; et al; Cantarero-Villanueva I. 2021. Attenuating Treatment-Related Cardiotoxicity in Women Recently Diagnosed With Breast Cancer via a Tailored Therapeutic Exercise Program: Protocol of the ATOPE Trial. *Physical therapy*. 101. ISSN 0031-9023. <https://doi.org/10.1093/ptj/pzab014>

- 13** Burgos-Mansilla B; Galiano-Castillo N; Lozano-Lozano M; Fernández-Lao C; Lopez-Garzon M; Arroyo-Morales M. 2021. Effect of Physical Therapy Modalities on Quality of Life of Head and Neck Cancer Survivors: A Systematic Review with Meta-Analysis. *Journal of clinical medicine*. 10. ISSN 2077-0383. Otros (93) <https://doi.org/10.3390/jcm10204696>
- 14** Mundo-López A; Ocón-Hernández O; Lozano-Lozano M; et al; Artacho-Cordón F. 2021. Impact of symptom burden on work performance status in Spanish women diagnosed with endometriosis. *European journal of obstetrics, gynecology, and reproductive biology*. 261, pp.92-97. ISSN 0301-2115. <https://doi.org/10.1016/j.ejogrb.2021.04.008>
- 15** Lozano-Lozano M; Mundo-López A; San-Sebastian AP; et al; Artacho-Cordón F. 2021. Limitations in Activities of Daily Living Among Spanish Women Diagnosed With Endometriosis. *The American journal of occupational therapy : official publication of the American Occupational Therapy Association*. 75. ISSN 0272-9490. <https://doi.org/10.5014/ajot.2021.044974>
- 16** Castro-Martín E; Galiano-Castillo N; Fernández-Lao C; Ortiz-Comino L; Postigo-Martin P; Arroyo-Morales M. 2021. Myofascial Induction Therapy Improves the Sequelae of Medical Treatment in Head and Neck Cancer Survivors: A Single-Blind, Placebo-Controlled, Randomized Cross-Over Study. *Journal of clinical medicine*. 10. ISSN 2077-0383. Otros (47) <https://doi.org/10.3390/jcm10215003>
- 17** González-Santos Á; Postigo-Martin P; Gallart-Aragón T; et al; Cantarero-Villanueva I. 2021. Neurotoxicity prevention with a multimodal program (ATENTO) prior to cancer treatment versus throughout cancer treatment in women newly diagnosed for breast cancer: Protocol for a randomized clinical trial. *Research in nursing & health*. 44, pp.598-607. ISSN 0160-6891. <https://doi.org/10.1002/nur.22136>
- 18** Rasmussen GHF; Madeleine P; Arroyo-Morales M; Voigt M; Kristiansen M. 2021. Pain sensitivity and shoulder function among breast cancersurvivors compared to matched controls: a case-control study. *Journal of cancer survivorship : research and practice*. 17, pp.150-159. ISSN 1932-2259. Otros (40) <https://doi.org/10.1007/s11764-021-00995-y>
- 19** Lara-Ramos A; Álvarez-Salvago F; Fernández-Lao C; et al; Artacho-Cordón F. 2021. Widespread Pain Hypersensitivity and Lumbopelvic Impairments in Women Diagnosed with Endometriosis. *Pain medicine (Malden, Mass.)*. 22, pp.1970-1981. ISSN 1526-2375. <https://doi.org/10.1093/pm/pnaa463>
- 20** Membrilla-Mesa MD; Aranda-Villalobos P; Pozuelo-Calvo R; Cuesta-Vargas AI; Arroyo-Morales M. 2021. [Foot and ankle ability measure: Validation of a Spanish version with 29 items in rehabilitation setting]. *Rehabilitacion*. 56, pp.312-319. ISSN 0048-7120. <https://doi.org/10.1016/j.rh.2021.09.007>
- 21** Lozano-Lozano M; Fernández-Lao C; Cantarero-Villanueva I; Noguerol I; Álvarez-Salvago F; Cruz-Fernández M; Arroyo-Morales M; Galiano-Castillo N. 2020. A Blended Learning System to Improve Motivation, Mood State, and Satisfaction in Undergraduate Students: Randomized Controlled Trial. *Journal of medical Internet research*. 22, pp.e17101. ISSN 1439-4456. Otros (45) <https://doi.org/10.2196/17101>
- 22** Rasmussen GHF; Kristiansen M; Arroyo-Morales M; Voigt M; Madeleine P. 2020. Absolute and relative reliability of pain sensitivity and functional outcomes of the affected shoulder among women with pain after breast cancer treatment. *PloS one*. 15, pp.e0234118. Otros (63) <https://doi.org/10.1371/journal.pone.0234118>
- 23** Álvarez-Salvago F; Lara-Ramos A; Cantarero-Villanueva I; et al; Artacho-Cordón F. 2020. Chronic Fatigue, Physical Impairments and Quality of Life in Women with Endometriosis: A Case-Control Study. *International journal of environmental research and public health*. 17. ISSN 1661-7827. Otros (60) <https://doi.org/10.3390/ijerph17103610>
- 24** Mundo-López A; Ocón-Hernández O; San-Sebastián AP; et al; Artacho-Cordón F. 2020. Contribution of Chronic Fatigue to Psychosocial Status and Quality of Life in Spanish Women Diagnosed with Endometriosis. *International journal of environmental research and public health*. 17. ISSN 1661-7827. Otros (82) <https://doi.org/10.3390/ijerph17113831>

- 25 Castro-Martín E; Galiano-Castillo N; Ortiz-Comino L; Cantarero-Villanueva I; Lozano-Lozano M; Arroyo-Morales M; Fernández-Lao C. 2020. Effects of a Single Myofascial Induction Session on Neural Mechanosensitivity in Breast Cancer Survivors:A Secondary Analysis of a Crossover Study.Journal of manipulative and physiological therapeutics. 43, pp.394-404. ISSN 0161-4754. <https://doi.org/10.1016/j.jmpt.2019.03.016>
- 26 Ruiz-Vozmediano J; Löhnchen S; Jurado L; et al; Fernández MF. 2020. Influence of a Multidisciplinary Program of Diet, Exercise, and Mindfulness on the Quality of Life of Stage IIA-IIB Breast Cancer Survivors.Integrative cancer therapies. 19, pp.1534735420924757. ISSN 1534-7354. Otros (46) <https://doi.org/10.1177/1534735420924757>
- 27 Lozano-Lozano M; Galiano-Castillo N; Fernández-Lao C; Postigo-Martin P; Álvarez-Salvago F; Arroyo-Morales M; Cantarero-Villanueva I. 2020. The Ecofisio Mobile App for Assessment and Diagnosis Using Ultrasound Imaging for Undergraduate Health Science Students: Multicenter Randomized Controlled Trial.Journal of medical Internet research. 22, pp.e16258. ISSN 1439-4456. Otros (36) <https://doi.org/10.2196/16258>
- 28 Gil-Cosano JJ; Ubago-Guisado E; Sánchez MJ; et al; Gracia-Marco L. 2020. The effect of an online exercise programme on bone health in paediatric cancer survivors (iBoneFIT): study protocol of a multi-centre randomized controlled trial.BMC public health. 20, pp.1520. Otros (104) <https://doi.org/10.1186/s12889-020-09607-3>
- 29 Ortiz-Comino L; Fernández-Lao C; Speksnijder CM; Lozano-Lozano M; Tovar-Martín I; Arroyo-Morales M; Martín-Martín L. 2020. Upper body motor function and swallowing impairments and its association in survivors of head and neck cancer: A cross-sectional study.PloS one. 15, pp.e0234467. Otros (48) <https://doi.org/10.1371/journal.pone.0234467>
- 30 Lozano-Lozano M; Cantarero-Villanueva I; Martín-Martín L; Galiano-Castillo N; Sanchez MJ; Fernández-Lao C; Postigo-Martin P; Arroyo-Morales M. 2019. A Mobile System to Improve Quality of Life Via Energy Balance in Breast Cancer Survivors (BENECA mHealth): Prospective Test-Retest Quasiexperimental Feasibility Study.JMIR mHealth and uHealth. 7, pp.e14136. ISSN 2291-5222. Otros (64) <https://doi.org/10.2196/14136>
- 31 Ariza-Garcia A; Lozano-Lozano M; Galiano-Castillo N; Postigo-Martin P; Arroyo-Morales M; Cantarero-Villanueva I. 2019. A Web-Based Exercise System (e-CuidateChemo) to Counter the Side Effects of Chemotherapy in Patients With Breast Cancer: Randomized Controlled Trial.Journal of medical Internet research. 21, pp.e14418. ISSN 1439-4456. Otros (56) <https://doi.org/10.2196/14418>
- 32 Lozano-Lozano M; Melguizo-Rodríguez L; Fernández-Lao C; Galiano-Castillo N; Cantarero-Villanueva I; Martín-Martín L; Arroyo-Morales M. 2019. Association Between the Use of a Mobile Health Strategy App and Biological Changes in Breast Cancer Survivors: Prospective Pre-Post Study.Journal of medical Internet research. 21, pp.e15062. ISSN 1439-4456. Otros (56) <https://doi.org/10.2196/15062>
- 33 Martín-Martín L; Membrilla-Mesa MD; Lozano-Lozano M; Galiano-Castillo N; Fernández-Lao C; Arroyo-Morales M. 2019. Association between Physiological and Subjective Aspects of Pain and Disability in Post-Stroke Patients with Shoulder Pain: A Cross-Sectional Study.Journal of clinical medicine. 8. ISSN 2077-0383. Otros(37) <https://doi.org/10.3390/jcm8081093>
- 34 Martín-Alguacil JL; Arroyo-Morales M; Martín-Gómez JL; Lozano-Lozano M; Galiano-Castillo N; Cantarero-Villanueva I. 2019. Comparison of knee sonography and pressure pain threshold after anterior cruciate ligament reconstruction with quadriceps tendon versus hamstring tendon autografts in soccer players.Acta orthopaedica et traumatologica turcica. 53, pp.260-265. ISSN 1017-995X. Otros (23) <https://doi.org/10.1016/j.aott.2019.04.012>
- 35 Lozano-Lozano M; Martín-Martín L; Galiano-Castillo N; Fernández-Lao C; Cantarero-Villanueva I; López-Barajas IB; Arroyo-Morales M. 2019. Mobile health and supervised rehabilitation versus mobile health alone in breast cancer survivors: Randomized controlled trial.Annals of physical and rehabilitation medicine. 63, pp.316-324. ISSN 1877-0657. <https://doi.org/10.1016/j.rehab.2019.07.007>



- 36 Ortiz-Comino L; Fernández-Lao C; Castro-Martín E; Lozano-Lozano M; Cantarero-Villanueva I; Arroyo-Morales M; Martín-Martín L. 2019. Myofascial pain, widespread pressure hypersensitivity, and hyperalgesia in the face, neck, and shoulder regions, in survivors of head and neck cancer. *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*. 28, pp.2891-2898. ISSN 0941-4355. <https://doi.org/10.1007/s00520-019-05173-6>
- 37 Arroyo-Morales M; Martín-Alguacil J; Lozano-Lozano M; Cuesta-Vargas AI; Fernández-Fernández AJ; González JA; Tegner Y; Cantarero-Villanueva I. 2019. The Lysholm score: Cross cultural validation and evaluation of psychometric properties of the Spanish version. *PLoS one*. 14, pp.e0221376. Otros (39) <https://doi.org/10.1371/journal.pone.0221376>
- 38 Ortiz-Piña M; Salas-Fariña Z; Mora-Traverso M; et al; Ariza-Vega P. 2018. A home-based tele-rehabilitation protocol for patients with hip fracture called @ctivehip. *Research in nursing & health*. 42, pp.29-38. ISSN 0160-6891. <https://doi.org/10.1002/nur.21922>
- 39 Álvarez-Salvago F; Galiano-Castillo N; Arroyo-Morales M; Cruz-Fernández M; Lozano-Lozano M; Cantarero-Villanueva I. 2018. Health status among long-term breast cancer survivors suffering from higher levels of fatigue: a cross-sectional study. *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*. 26, pp.3649-3658. ISSN 0941-4355. <https://doi.org/10.1007/s00520-018-4240-z>
- 40 Lozano-Lozano M; Galiano-Castillo N; Martín-Martín L; Pace-Bedetti N; Fernández-Lao C; Arroyo-Morales M; Cantarero-Villanueva I. 2018. Monitoring Energy Balance in Breast Cancer Survivors Using a Mobile App: Reliability Study. *JMIR mHealth and uHealth*. 6, pp.e67. ISSN 2291-5222. Otros (45) <https://doi.org/10.2196/mhealth.9669>
- 41 Gallart-Aragón T; Fernández-Lao C; Cózar-Ibañez A; Cantarero-Villanueva I; Cambil-Martín J; Jiménez Ríos JA; Arroyo-Morales M. 2018. Relationship between changes in hemoglobin glycosylated and improvement of body composition in patients with morbid obesity after tubular laparoscopic gastrectomy. *Medicina clínica*. 151, pp.131-135. ISSN 0025-7753. <https://doi.org/10.1016/j.medcli.2017.11.022>
- 42 Martín-Alguacil JL; Arroyo-Morales M; Martín-Gomez JL; Monje-Cabrera IM; Abellán-Guillén JF; Esparza-Ros F; Lozano ML; Cantarero-Villanueva I. 2018. Strength recovery after anterior cruciate ligament reconstruction with quadriceps tendon versus hamstring tendon autografts in soccer players: A randomized controlled trial. *The Knee*. 25, pp.704-714. ISSN 0968-0160. <https://doi.org/10.1016/j.knee.2018.03.011>

### C.3. Proyectos y Contratos

- 1 **Proyecto**. Efectividad de un Sistema e -HEALTH Integrado en un Programa de Recuperación Física para el Tratamiento del Dolor en la Población Oncológica. PaiNEd STUDY. Conserjería de Salud y Familias – Junta de Andalucía. (Universidad de Granada). 21/12/2020-20/12/2023. 82.906 €.
- 2 **Proyecto**. PI18/01840, EFECTOS SOBRE LA APARICIÓN DE LA TOXICIDAD PRODUCIDA POR EL TRATAMIENTO ONCOLÓGICO MEDIANTE UN PROGRAMA DE EJERCICIO TERAPÉUTICO ADAPTADO (ATOPE): ENSAYO CLÍNICO CONTROLADO, ALEATORIZADO EN MUJERES CON CÁNCER DE MAMA. Instituto de Salud Carlos III. (Universidad de Granada). 01/03/2019-01/01/2022. 99.220 €. Investigador principal.
- 3 **Proyecto**. ATENTO: PREVENCIÓN DE LA TOXICIDAD EN EL SISTEMA NERVIOSO POR LOS TRATAMIENTOS PARA EL CÁNCER CON EJERCICIO TERAPÉUTICO Y TÉCNICAS DE RELAJACIÓN.. Asociación Española Contra el Cáncer. 01/09/2019-31/08/2021. 19.980 €.
- 4 **Proyecto**. Abordaje de la salud oral y la calidad de vida en supervivientes de cáncer de cabeza y cuello mediante la terapia de fotobiomodulación complementada con un sistema de m-Health. Estudio I3axer.. Conserjería de Salud y Familias – Junta de Andalucía.. Desde 09/12/2021. 87.716,25 €.
- 5 **Contrato**. Programa conjunto de atención, investigación e innovación que permita incorporar el ejercicio físico como terapia de apoyo a los pacientes oncológicos. 09/06/2016-09/06/2020. 0 €.
- 6 **Contrato**. ESTUDIO ERGONÓMICO EN TRABAJADORES Y TRABAJADORAS DE RESIDENCIAS PRIVADAS Desde 27/10/2011. 1.180 €.

- 7 **Contrato.** ESTUDIO DE LOS PARÁMETROS FUNCIONALES PARA LA PREVENCIÓN LABORAL ACTIVA 29/03/2011-29/11/2011. 1.400 €.
- 8 **Contrato.** ESTUDIO DE LOS PARÁMETROS FUNCIONALES PARA LA PREVENCIÓN LABORAL ACTIVA 29/06/2010-28/10/2010. 1.700 €.
- 9 **Contrato.** ESTUDIO DE LOS PARÁMETROS FUNCIONALES PARA LA PREVENCIÓN LABORAL ACTIVA: PREVENCIÓN DE LESIONES, RECUPERACIÓN-READAPTACIÓN DEL SISTEMA MUSCULO-ESQUELÉTICO, Y ACONDICIONAMIENTO FÍSICO INTEGRAL A TRAVÉS DE UN SISTEMA FUNCIONAL ESPECÍFICO PARA LOS ESPECIALISTAS EN PREVENCIÓN Y EXTINCIÓN DE INCENDIOS FORESTALES 29/06/2010-28/10/2010.
- 10 **Contrato.** ASISTENCIA PARA EL APOYO CIENTÍFICO A LOS DEPORTISTAS DE ALTA COMPETICIÓN DEL CENTRO DE ALTO RENDIMIENTO DEPORTIVO DE SIERRA NEVADA Desde 01/01/2000. 10.321,96 €.

#### **C.5. Estancias en centros de I+D+i públicos o privados**

- 1 UNIVERSITA DEGLIO STUDI DI FIRENZE FACULTY OF MEDICINE AN SURGERI. FLORENCIA; ITALIA. Desde 08/06/2007. 7 días.
- 2 JOHN MOORES UNIVERSITY. LIVERPOOL; REINO UNIDO. Desde 01/02/2006. 88 días - 23 horas.
- 3 FACULTAD DE CIENCIAS MÉDICAS "DR. RAUL DORTICÓS TORRADO".. CIENFUEGOS; CUBA. Desde 01/03/2005. 29 días - 23 horas.