



Europass Curriculum Vitae

Personal information

First name(s) / Surname(s)

Address(es)

Telephone(s)

Fax(es)

E-mail

Nationality

Date of birth

Gender

website

ORCID

Title

Nunes, Alexandre Maurício Passos

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Loulé Portugal

Mobile: +351 965726125

alexandrempnunes@gmail.com

Portuguese

29-01-1979

Male

www.dralexandrenunes.com

orcid.org/0000-0002-7450-3933

PhD. In Rehabilitation, Faculty of Human Kinetics, Lisbon University

MSc. In Neuromusculoskeletal Health Care, Keele University

BSc. in Osteopathy by Oxford Brookes University

Portuguese Professional Certificate of
Osteopathy C-100057

KCMT - Kinetic Control Movement Therapist

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Work experience

Dates	September 2017 onwards
Occupation or position held	Osteopathic Graduation Course Coordinator; Associate Director (since September 2018) Coordinator course, Lecturer in Osteopathic
Main activities and responsibilities	Introduction, Models of Structure-Function, Pathology, Methods and
Name and address of employer	Techniques of Osteopathic Evaluation and Treatment, Osteopathic Clinic Education Superior Health School Jean Piaget Algarve, Portugal
Type of business or sector	
Dates	May 2015 onwards
Occupation or position held	Lecturer
Main activities and responsibilities	Lecturer in Osteopathic Introduction, Models of Structure-Function, Methods and Techniques of Osteopathic Evaluation and Treatment, Psychoneuroimmunology
Name and address of employer	Project Director of the Graduation Course in Osteopathy, submit to the Agency for Assessment and Accreditation of Higher Education - A3ES, Portugal. It was accepted in May 2017. Atlantic Superior Health School, Atlantic New University Private University
Type of business or sector	
Dates	2011-2016
Occupation or position held	Lecturer
Main activities and responsibilities	Lecturing in Osteopathic Clinic Education, Clinic Reasoning, Neurology, Semiology, and Osteopathic Technique
Name and address of employer	ITS – Institute of Health Techniques School of
Type of business or sector	Osteopathy
Dates	2004 onwards
Occupation or position held	Osteopath Owner / Manager Clinic Staff / Osteopath
Main activities and responsibilities	Osteopath in different private clinics

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Education and training

Dates	2016 - 2021
Title of qualification	PhD in Rehabilitation
Principal subjects/occupational skills covered	Nociplastic changes in computer workers with chronic trapezius myalgia and non-specific neck pain.
Name and type of organisation providing education and training	Faculty of Human Kinetics – University of Lisbon, Biomechanics and Functional Morphology Laboratory – Neuromechanics of Human Movement Research Group. http://neuromechanics.fmh.ulisboa.pt/people/graduated-students
Level in national or international classification	
Dates	22 September 2008 – 30 September 2013
Title of qualification awarded	Master of Science in Neuromusculoskeletal Healthcare
Principal subjects/occupational skills covered	Research Methods, Evidence-Based Practice, Applied Clinic Anatomy, Physiology and Pharmacology of Pain, APEL Motor Control Retraining of Movement Dysfunction, Physiology of the Neuromusculoskeletal Tissue , Biomechanics of the Neuromusculoskeletal Tissue
Name and type of organisation providing education and training	Keele University
Level in national or international classification	
Dates	29 July 2010
Title of qualification awarded	Kinetic Control Movement Therapist
Principal subjects/occupational skills covered	APEL Motor Control Retraining of Movement Dysfunction Kinetic Control and Keele
Name and type of organisation providing education and training	University
Level in national or international classification	KCMT
Dates	2010-2020
Title of qualification	Registered in General Osteopathic Council Registration Number : 7110
Principal subjects/occupational skills covered	Portfolio of Evidence and Assessment of Clinical Performance General Osteopathic Council

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Dates	9 October 2002 – 23
Title of qualification awarded	February 2005
Principal subjects/occupational skills covered	Professional Diploma
Name and type of organisation providing education and training	Acupuncture
Level in national or international classification	Anatomy, Pathology, Chinese Medicine, Chinese Diagnosis, Acupuncture
Dates	I.M.T. – Institute Medicine Traditional 15 in a scale of 0-20
Title of qualification awarded	January 1999 – December 2001 BSc Osteopathy
Principal subjects/occupational skills covered	Anatomy, Physiology, Pathology, Biomechanics, Orthopaedics, Rheumatology, Neurology, Pharmacology, Diagnosis, Practice and Clinic Practice)
Name and type of organisation providing education and training	Oxford Brookes University in association with Osteopathic Centre of Lisbon Bachelol of Science
Publications	<p>Marconcin, P., Silva, AL., Flôres, F., Nunes, A., Lourenço, JF., Peralta, M, et al (2023). Association between Musculoskeletal Injuries and Depressive Symptoms among Athletes: A Systematic Review. Int J Environ Res Public Health,20(12):6130. https://doi.org/10.3390/ijerph20126130</p> <p>Dinis, M., Silva, C., Cruz, R., Esteves, J., Nunes, A. (2022). The Portuguese osteopaths' attitudes towards a biomechanical or biopsychosocial model in the approach of chronic low back pain – A cross-sectional questionnaire-based survey. International Journal of Osteopathic Medicine, 45;17-24. https://doi.org/10.1016/j.ijosm.2022.06.001</p> <p>Santiago, R.J., Nunes, A., Esteves, J.E., Cerritelli, F., Verbeeck, J., Lopes, S., et al. (2022) The Portuguese Osteopathic Practitioners Estimates and RAtes (OPERA): A cross-sectional survey. International Journal of Osteopathic Medicine;43:23–30. https://doi.org/10.1016/j.ijosm.2022.04.002</p> <p>Nunes A, Arendt-Nielsen L, Espanha M, Teles J, Moita J, Petersen KK. Bedside clinical tests to assess sensitization in office workers with chronic neck pain. Somatosens Mot Res. 2021;38(4):357–65. http://www.ncbi.nlm.nih.gov/pubmed/34635001</p> <p>Nunes, A., Espanha, M., Teles, J., Petersen, K., Arendt-Nielsen, L., & Carnide, F. (2021). Neck pain prevalence and associated occupational factors in Portuguese office workers. International Journal of Industrial Ergonomics, 85, 103172. https://doi.org/10.1016/J.ERGON.2021.103172</p>

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Nunes, A. M. P., Moita, J. P. A. M., Espanha, M. M. M. R., Petersen, K. K., & Arendt-Nielsen, L. (2021). Pressure pain thresholds in office workers with chronic neck pain: A systematic review and meta-analysis. *Pain Practice*, 21(7):799-814. <https://doi.org/10.1111/papr.13014>

Moita, J., **Nunes, A.**, Esteves, J., Oliveira, R., Xarez, L., (2017) The relationship between muscular strength and dance injuries: a systematic review. *Medical Problems of Performing Artists*, 32;40.

Cerritelli, F., Lunghi, C., Esteves, J. E., Vaucher, P., van Dun, P. L. S., Alvarez, G., **Nunes, A.**, Santiago, R., Thomson, O. (2021). Osteopathy: Italian professional profile. A Professional Commentary by the European community of practice. *International Journal of Osteopathic Medicine*, 0(0). <https://doi.org/10.1016/j.ijosm.2021.03.004>

Nunes, A., Petersen, K., Espanha, M., & Arendt-Nielsen, L. (2021). Sensitization in office workers with chronic neck pain in different pain conditions and intensities. *Scandinavian Journal of Pain*. <https://doi.org/10.1515/sjpain-2020-0107>

Santiago, R., Campos, B., Moita, J., **Nunes, A.** (2020). Response to: Models and theoretical frameworks for osteopathic care- A critical review and call for updates and research. *International Journal of Osteopathic Medicine*, 37, 52-53.

Moita, J., **Nunes, A.**, Esteves, J., Oliveira, R., Xarez, L., (2017) The relationship between muscular strength and dance injuries: a systematic review. *Medical Problems of Performing Artists*, 32;40.

Nunes, A., Moita, J., Effectiveness of physical and rehabilitation techniques in reducing pain in chronic trapezius myalgia: A systematic review and meta-analysis, *International Journal of Osteopathic Medicine*: 2015;18:189-206

Conferences

Nunes, A., Espanha, M., Arendt-Nielsen, L., Petersen, K. (2019) Differences in pressure pain threshold in computer workers with chronic trapezius myalgia, non-specific chronic neck pain and healthy workers. 11th Congress of the European Pain Federation EFIC, Valência, Espanha, pp 144.

<https://vbn.aau.dk/en/publications/differences-in-pressure-pain-thresholds-in-computer-workers-with--2>

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12th Osteopathic International Symposium of Nantes – Differences in experimental pain assessment in computer workers with chronic trapezius myalgia, non-specific chronic neck pain and healthy computer workers. Short communications winner.

Conference QUANTUM 2017 – Chronic trapezius myalgia in computer workers, relation between pain, body image and disability – methodology for randomised controlled trial. Barcelon

- PhD Training

Internship in Sensory Motor Interaction (SMI) in the Department of Health Science and Technology, Faculty of Medicine, Aalborg University, Denmark.

Journals Reviewer

Frontiers in Pain Research – Review Editor for Musculoskeletal Pain

BMC Musculoskeletal Disorders

BMC Sports Science, Medicine and Rehabilitation

Heliyon

Pain Research and Management

International Journal of Osteopathic Medicine

Journal of Manipulative and Physiological Therapeutics

Scientific Reports

BMC Rheumatology

International Courses Lecturer

ICOM Master Degree in Osteopathy – Quantitative Sensory Testing in Osteopathic Practice

Muscle Energy Technique – International School of Osteopathic Medicine, Kiev, Ukraine

General Osteopathic Assessment – International School of Osteopathic Medicine, Live, Ukraine

Postgraduation in Osteopathic Medicine Diploma Program “Thoracic and Rib Cage” at National Guard Health Affairs – KAMAC, Riyadh

Postgraduation in Osteopathic Medicine Diploma Program “Lower Extremity” at National Guard Health Affairs – KAMAC, Riyadh

Personal skills and competences

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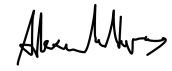
Portuguese – Native Language

English IELTS – Overall Score 6.5

Year - 2008

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C 2	Proficiency	C 2	Proficiency	C 1	Advanced	C 1	Advanced	C 1	Advanced

(*) *Common European Framework of Reference*



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