



Nicola Grazzi

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Gender: Male **Date of birth**: 08/05/1996 **Nationality**: Italian

ABOUT ME

Physical therapist passionate in exercise testing and prescription among patients with cardiopulmonary diseases, exploring interventions that promote regular physical activity participation and investigating strategies that enhance the enrollment and adherence of cardiac rehabilitation with the aim of optimizing patient outcomes.

WORK EXPERIENCE

[01/02/2021 – 01/09/2021]

Cardiovascular physiotherapist

ABCCardio s.r.l.

City: Bologna

Country: Italy

I was involved in exercise testing and prescription in outpatients with cardiovascular diseases. My work was essentially focused on the assessment and improvement of cardiac patients' musculoskeletal and cardiorespiratory fitness. Additionally, I contributed in a clinical programme for the enhancement of cardiorespiratory fitness in Covid-19 patients, who were admitted for typical presentation of bilateral interstitial pneumonia. Finally, as part of my experience, I participated in a study looking at improvements in walking capacity among patients with intermittent claudication and peripheral artery disease.

[01/02/2021 – 01/09/2021]

Sports physiotherapist

Ferrara Running Clinic

City: Ferrara

Country: Italy

I focused my work on the functional evaluation and treatment of lower limb tendinopathies in both athletes and recreational active individuals.

EDUCATION AND TRAINING

[01/10/2017 – 27/11/2020]

Physiotherapy BSc

University of Ferrara

Address: Italy

Final grade: 105/110 **Level in EQF**: EQF level 6

Number of credits: 180

Thesis: Achilles Tendinopathy: Experimental Protocol for the Assessment of Clinical Tests' Diagnostic Accuracy.

[15/09/2021 – 15/09/2022]

Sport and Exercise Science and Medicine MSc

University of Glasgow

Address: United Kingdom

Final grade: with Merit **Level in EQF**: EQF level 7

Number of credits: 180

Thesis: Validity and Reliability of Critical Speed

Core Modules included:

Physical Activity and Health: Epidemiology, Mechanisms and Interventions.
Evidence-Based Biomedical Research Methods and Statistics
Exercise In Clinical Populations.
Exercise Physiology Mini Lab
Physical Activity and Health: Public Health and Behaviour Change
Sports Injuries for Doctors and Physiotherapists

I have just completed my masters dissertation, conducting a study that investigated the validity and reproducibility of the critical speed threshold during treadmill running. The study also aimed to elucidate the tolerable duration of the critical speed threshold and determine whether the threshold is a distinct speed or rather a band of intensities, assessing physiological parameters such as VO₂, blood lactate concentration and HR to determine this.

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

CONFERENCES AND SEMINARS

[07/11/2022 – 11/11/2022]

The Cardiopulmonary Exercise Test (CPET) Training Course

Centro Cardiologico Monzino (Milan, IT)