



Dr. med. Fabio Lodi Rizzini

Specialist in Physical Medicine and Rehabilitation, FMH member

Languages

IT,EN,ES

Competences

Over the years, Dr. med. Fabio Lodi Rizzini has acquired various specialised and ultra-specialised skills in the field of orthopaedic and sports rehabilitation, such as

- expertise and experience both in the specialist outpatient and in the Traumatology Emergency Room, with excellent clinical and diagnostic framing of the patient and the ability to direct him/her towards the best treatment pathway;
- training and experience in neuromusculoskeletal ultrasound;
- ultra-specialised expertise in interventional physiatry (focal shock waves, dry needling, percutaneous electrolysis, intra-articular and peri-articular infiltrations, peripheral nerve blocks, caudal epidural blocks, facet joint blocks, percutaneous ultrasound-guided lithoclasia, botulinum toxin)
- training and experience in acute and chronic non-oncological all-round pain management (pharmacotherapy, rehabilitation, interventional therapy, cognitive-behavioural therapy);
- expertise in the field of sports rehabilitation, gained both at amateur and professional level (Swiss National Ice Hockey League / Italian Volleyball Federation / multiple Olympic medallists at the Higher Sports Council in Madrid)
- training and experience in the conservative management of scoliosis, gained at the Italian Scientific Institute Spinal Column
- expertise and experience as lecturer and scientific director of advanced training courses in the field of rehabilitation for physicians and physiotherapists (having contributed, to date, to the post-graduate training of over 3000 professionals in Italy, Switzerland and Spain; for info: www.ecm-fisiokinesis.it)

Work Experience

since 2023	Specialist in Physical Medicine and Rehabilitation , Ars Medica Clinic, Gravesano
since 2007	Lecturer and scientific responsible at various continuing education institutions for postgraduate training events for physicians and physiotherapists in Italy, Switzerland and Spain
2022-2023	Medical Specialist in Physical Medicine and Rehabilitation , Hospita Suisse Anesthesia Care SA, Bioggio
2018-2021	Medical Specialist in Physical Medicine and Rehabilitation , EOC Rehabilitation Clinic - Faido location
2018	Medical Specialist in Physical Medicine and Rehabilitation , Virgen de la Victoria University Hospital, Malaga

2014-2018	Resident Physician in Physical Medicine and Rehabilitation , Virgen de la Victoria University Hospital, Malaga - Further training at various European centres of excellence in rehabilitation, including: National Hospital for Paraplegics, Toledo / Higher Sports Council, Madrid / Italian Scientific Institute Spinal Column, Milan
2006-2014	Physiotherapist in the orthopaedic, neurological and sports fields at various rehabilitation centres in Italy, Switzerland and Spain - experience with professional athletes (Swiss National Ice Hockey League / Italian Volleyball Federation)

Education

2017-2025	PhD student in "Biomedicina, investigacion traslacional y nuevas tecnologias en salud" at the University of Malaga
2014-2018	Specialist qualification in Physical Medicine and Rehabilitation obtained with 'Excellent' qualification at the Virgen de la Victoria University Hospital in Malaga
2016-2017	Master's degree in "Musculoskeletal ultrasound and interventional ultrasound". awarded at the Universidad CEU San Pablo Andalucia in Seville
2006-2012	Specialist degree in Medicine and Surgery graduated with honours from the University of Insubria in Varese
2003-2006	Bachelor's degree in physiotherapy obtained with full marks and honours at the University of Insubria in Varese

Publications

Scientific article publication: Lodi Rizzini F, Gómez-González AM, Conejero-Cisneros R, Romero-Blanco MJ, Maldonado-Barrionuevo A, Salinas-Sánchez P, Jiménez-Navarro M. **Effects of Cardiac Rehabilitation on Sleep Quality in Heart Disease Patients with and without Heart Failure.** *Int J Environ Res Public Health.* 2022 Dec 12;19(24):16675. doi: 10.3390/ijerph192416675. PMID: 36554555; PMCID: PMC9779564.

Poster presentation: **Tratamiento con puncion seca en pacientes con sindrome de dolor miofascial de cuello y hombro.** *69th Congress SAMFYRE - Sociedad Andaluza de Medicina Física y Rehabilitación.* Salobreña, March 2017.

Accreditation

[Clinica Ars Medica](#)

Specialties

[Physical and rehabilitation medicine](#)

Contact

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