

**CURRICULUM VITAE ABREVIADO (CVA)**

**IMPORTANT** – The Curriculum Vitae **cannot exceed 4 pages**. Instructions to fill this document are available in the website.

**Part A. PERSONAL INFORMATION**

|  |                     |                                     |            |
|--|---------------------|-------------------------------------|------------|
| First name                                     | Alberto Marcos      |                                     |            |
| Family name                                    | Heredia Rizo        |                                     |            |
| Gender (*)                                     | Male                | Birth date (dd/mm/yyyy)             | 20/03/1977 |
| Social Security, Passport, ID number           | 28498534Q           |                                     |            |
| e-mail   | amheredia@us.es     | URL Web: https://www.umssgroup.com/ |            |
| Open Researcher and Contributor ID (ORCID) (*) | 0000-0003-2847-2846 |                                     |            |

(\*) *Mandatory*

**A.1. Current position**

|                   |   |  |              |
|-------------------|---|--|--------------|
| Position          | Professor   |  |              |
| Initial date      | 31/05/2021  |  |              |
| Institution       | University of Seville   |  |              |
| Department/Center | Physiotherapy   | Faculty of Nursing, Physiotherapy and Podiatry |              |
| Country           | Spain   | Teleph. number                                 | +34954486507 |
| Key words         | mHealth, telehealth, pain, chronicity, self-management, therapeutic exercise, physical activity |  |              |

**A.2. Previous positions (research activity interruptions, indicate total months)**

| Period    | Position/Institution/Country/Interruption cause              |
|-----------|--|
| 2007-2021 | Lecturer - Assistant Professor, University of Seville, Spain |
| 2004-2007 | Physiotherapist, Andalusian Health Service                   |

**A.3. Education**

| PhD, Licensed, Graduate | University/Country                                 | Year |
|-------------------------|--|------|
| PhD                     | University of Seville (Spain)                      | 2012 |
| Master, MSc             | University of Seville (Spain)                      | 2010 |
| Bachelor Degree         | Satakunta University of Applied Sciences (Finland) | 2005 |

(Include all the necessary rows)

**Part B. CV SUMMARY** (max. 5000 characters, including spaces)

- 2 recognized six-year research terms (periods 2009-2014 and 2015-2020)
- Awarded a Fulbright Scholarship for a research stay at the University of Iowa, Iowa City (US) from July to December 2022 (Spanish Ministry of Education and Vocational Training, PRX2100179)
- Codirector of 5 doctoral theses. Three of these PhD students are now engaged in teaching activities and hold an Assistant Professor position in 2 different universities (University of Seville and Extremadura)
- Currently, director or codirector of 5 doctoral theses. One of them is being conducted by one of the members of this project, Mr. Pablo Rodriguez Sanchez-Laulhé and aims to investigate the effect of an mHealth solution in chronic rheumatic and systemic diseases of the wrist-hand complex.
- 1 contract (funding of 6050 euros) for the development of a mHealth solution for neurorehabilitation of the upper extremity in patients with neurological disorders, together with the company HealthInn.
- 47 articles (mostly related to chronic musculoskeletal pain, and many of them related to therapeutic exercise and telerehabilitation) published in international scientific journals included in the Journal Citation Reports (JCR). Of those, 36 articles have been published



in journals listed in the first or second quartile of their categories (Q1 or Q2). Reference author (first author, last author, or corresponding author) in 33 of the articles.

- H index (January 2023): 12 (WOS), 12 (Scopus), and 18 (Google Scholar),
- Total number of cites (January 2023): 409 (WOS), 455 (Scopus), 956 (Google Scholar)
- Coauthor of two book chapters in the field of chronic pain, one of them published by Elsevier. <https://doi.org/10.1016/B978-0-12-818988-7.00021-2>
- Year 2017, postdoctoral scholarship, Jose Castillejo program, Spanish Ministry of Education, Culture and Sports, University of Aalborg, Denmark (January to July 2017).
- Research stay at the University of South Australia (Adelaide, Australia), from July to September 2016, funded by the University of Seville, Spain.
- Lead researcher of the Research Group Uncertainty, Mindfulness, Self, Spirituality (UMSS), CTS-1110.
- Academic Secretary of the Physiotherapy Department, University of Seville, Spain. The department has a staff of 66 lecturers, and an annual budget of more than 55.000€.
- Involved in research divulgation at the Noche Europea de los Investigadores, 2022
- External peer reviewer of nearly 40 papers in more than 20 different scientific journals indexed in the Journal Citation Reports (JCR).

## Part C. RELEVANT MERITS (sorted by typology)

### C.1. Publications (see instructions)

1. Rodríguez Sánchez-Laulhé P, Biscarri-Carbonero Á, Suero-Pineda A, Luque-Romero LG, Barrero García FJ, Blanquero J, **Heredia-Rizo AM**. The effects of a mobile app-delivered intervention in people with symptomatic hand osteoarthritis: a pragmatic randomized controlled trial. *Eur J Phys Rehabil Med*. 2023 (online ahead of print). doi: 10.23736/S1973-9087.22.07744-9.  
IF JCR (2021) 5.313; **Q1** (4/68); T1
2. Rodríguez Sánchez-Laulhé P, Luque-Romero LG, Barrero-García FJ, Biscarri-Carbonero Á, Blanquero J, Suero-Pineda A, **Heredia-Rizo AM**. An exercise and educational and self-management program delivered with a smartphone app (carehand) in adults with rheumatoid arthritis of the hands: randomized controlled trial. *JMIR Mhealth Uhealth* 2022; 10(4):e35462. doi: 10.2196/35462.  
IF JCR (2021) 4.947; **Q1** (21/109); T1
3. Albornoz-Cabello M, Barrios-Quinta CJ, Espejo-Antúnez L, Escobio-Prieto I, Casuso-Holgado MJ, **Heredia-Rizo AM**. Immediate clinical benefits of combining therapeutic exercise and interferential therapy in adults with chronic neck pain: a randomized controlled trial. *Eur J Phys Rehab Med*. 2021; 57(5):767-774. doi: 10.23736/S1973-9087.21.06688-0  
IF JCR (2021) 5.313; **Q1** (4/68); T1
4. Pérez-Martínez-Casero C, Gogorza-Arroitaonandia K, **Heredia-Rizo AM**, Salas-González J, Oliva-Pascual-Vaca A. INYBI: A new tool for self-myofascial release of the suboccipital muscles in patients with chronic non-specific neck pain: a randomized controlled trial. *Spine (Phila Pa 1976)* 2020; 45(21): E1367-E1375. doi: 10.1097/BRS.0000000000003605  
IF JCR (2020) 3.468; **Q1** (20/82); T1
5. Rodríguez-Sánchez-Laulhé P, Luque-Romero LG, Blanquero J, Suero-Pineda A, Biscarri-Carbonero A, Barrero-García FJ, **Heredia-Rizo AM**. A mobile app using therapeutic exercise and education for self-management in patients with hand rheumatoid arthritis: a randomized controlled trial protocol. *Trials* 2020; 21(1): 777. doi: 10.1186/s13063-020-04713-4.  
IF JCR (2020) 2.279; Q4 (108/140); T3
6. **Heredia-Rizo AM**, Petersen KK, Arendt-Nielsen L, Madeleine P. Eccentric training changes the pressure pain and stiffness maps of the upper trapezius in females with chronic neck-shoulder pain: a preliminary study. *Pain Med*. 2020; 21(9):1936-1946. doi: 10.1093/pm/pnz360.  
IF JCR (2020) 3.750; **Q2** (43/169); T1

7. Ortega-Martín ME, Lucena-Antón D, Luque-Moreno C, **Heredia-Rizo AM**, Moral-Muñoz JA. Commercial mobile applications in the therapeutic approach to stroke: Review in main application repositories and scientific evidence. *Rev Esp Salud Publica*. 2019; 93: e201906035.  
IF JCR (2019) 0.746; Q4 (159/170); T3
8. **Heredia-Rizo AM**, Petersen KK, Madeleine P, Arendt-Nielsen L. Clinical outcomes and central pain mechanisms are improved after upper trapezius eccentric training in female computer users with chronic neck/shoulder pain. *Clin J Pain*. 2019; 35(1): 65-76. doi: 10.1097/AJP.0000000000000656.  
IF JCR (2019) 2.893; **Q2** (89/204); T2
9. Piña-Pozo F, **Heredia-Rizo AM**, Madeleine P, Escobio-Prieto I, Luque Carrasco A, Oliva-Pascual-Vaca Á. Local and widespread pressure pain hyperalgesia is not side specific in females with unilateral neck pain that can be reproduced during passive neck rotation. *J Clin Med*. 2019; 8(8): 1246. doi: 10.3390/jcm8081246.  
IF JCR (2019) 3.303; **Q1** (36/165); T1
10. Bautista-Aguirre F, Oliva-Pascual-Vaca Á, **Heredia-Rizo AM**, Boscá-Gandía JJ, Ricard F, Rodríguez-Blanco C. Effect of cervical vs. thoracic spinal manipulation on peripheral neural features and grip strength in subjects with chronic mechanical neck pain: a randomized controlled trial. *Eur J Phys Rehabil Med*. 2017;53(3):333-341. doi: 10.23736/S1973-9087.17.04431-8  
IF JCR (2017) 2.208; **Q1** (16/65); T1
11. Albornoz-Cabello M, Maya-Martín J, Domínguez-Maldonado G, Espejo-Antúnez L, Heredia-Rizo AM. Effect of interferential current therapy on pain perception and disability level in subjects with chronic low back pain: a randomized controlled trial. *Clin Rehabil*. 2017; 31(2): 242-249. doi: 10.1177/0269215516639653.  
IF JCR (2017) 2.930; **Q1** (11/65); T1 \*
12. Luque-Moreno C, Ferragut-Garcías A, Rodríguez-Blanco C, **Heredia-Rizo AM**, Oliva-Pascual-Vaca J, Kiper P, Oliva-Pascual-Vaca Á. A decade of progress using virtual reality for poststroke lower extremity rehabilitation: systematic review of the intervention methods. *Biomed Res Int* 2015;2015:342529. doi: 10.1155/2015/342529.  
IF JCR (2015) 2.931; **Q2** (7/24); T1

## C.2 Congress

1. Poster communication. Piña-Pozo F, Paredes-López F, Hueso-Pérez AI, Delgado-Miras M, Oliva-Pascual-Vaca A, Heredia-Rizo AM. *Is sham dry needling as effective as real dry needling when combined with a home exercise program in people with chronic neck pain? A randomized controlled trial*. 2022 World Congress on Pain (IASP), Septiembre 2022, Toronto (Canada).
2. Poster communication. Piña-Pozo F, Fricke-Comellas H, Paredes-López F, Oliva-Pascual-Vaca A, García-Bernal I, **Heredia-Rizo AM**. *Dry needling of myofascial trigger points enhances the effects of therapeutic exercise in adults with chronic neck pain*. 2021 Virtual World Congress on Pain. International Association for the Study of Pain (IASP). June 9-18.
3. Poster communication. Luque Romero LG, Biscarri Carbonero A, Rodríguez Pappalardo V, García López A, **Heredia-Rizo AM**, Jódar Sánchez F, Suero- Pineda A. *CareHand, aplicación de rehabilitación de la mano artrósica y artrítica en Atención Primaria*. 42º Congreso Nacional Sociedad Española de Médicos de Atención Primaria (SEMergen), octubre de 2020.
4. Luque-Carrasco A, Rodríguez-Blanco C, Valencia-Chulián R, Piña-Pozo F, **Oliva-Pascual-Vaca A**, Heredia-Rizo AM. *Immediate responses of a multimodal manual therapy approach in individuals with painful temporomandibular disorders: a randomized controlled trial*. World Confederation for Physical Therapy (WCPT) Congress. May 10-12, 2019. Geneve (Switzerland).
5. Poster communication: **Heredia-Rizo AM**, Petersen KK, Arendt-Nielsen L, Madeleine P. *Eccentric training changes the muscle tension map of the upper trapezius in female computer users with chronic neck-shoulder pain*. World Confederation for Physical Therapy (WCPT) Congress. May 10-12, 2019. Geneve (Switzerland).
6. Poster communication: **Heredia-Rizo AM**, Petersen KK, Madeleine P, Arendt-Nielsen L. *Self-reported pain and function, widespread hyperalgesia and conditioned pain modulation*

are improved after eccentric training in computer users with neck/shoulder pain. 17<sup>th</sup> World Congress on Pain (IASP), Boston, September de 2018

7. Poster communication: Piña-Pozo F, Muñoz-Puerto N, Zamorano AM, Oliva-Pascual-Vaca A, **Heredia-Rizo AM**. Local and widespread mechanical pressure hyperalgesia in females with unilateral neck pain reproducible during passive neck rotation: an exploratory study. 17<sup>th</sup> World Congress on Pain (IASP), Boston, September de 2018
8. Invited Lecture: **Heredia-Rizo AM**. *Fisioterapia y Calidad de Vida*. **Cursos de Verano 2011 "Fisioterapia y Salud"**. Escuela Universitaria Francisco Maldonado, Osuna, Sevilla, septiembre de 2011

### C.3. Research projects, indicating your personal contribution.

1. Project. AP-0220-2019. Effects of dry needling in chronic neck pain associated with passive neck rotation. A randomized controlled trial.  
Funding: Fundación Progreso y Salud, Consejería de Salud y Familias, Junta de Andalucía, Spain.  
Lead investigator: Fernando Piña Pozo.  
Length: 01/01/2020 to 30/06/2023. Total funding: 12.906,19 €.
2. Project. CAS16/00046. Peripheral and central sensitivity in the management of chronic neck pain.  
Funding: Ministerio de Educación, Cultura y Deporte, España (Convocatoria Movilidad José Castillejo)  
Lead investigator: Alberto M. Heredia Rizo  
Length: 15/01/2017 to 30/06/2017. Total funding: 17.850 €.
3. Project. 04634/19P/MA, Stroke and Myotonpro: validity and discrimination of the neurological and mechanic components in the spastic muscle.  
Funding: Ilustre Colegio Profesional Fisioterapeutas de Andalucía (ICPFA)  
Lead investigator: María Isabel García Bernal.  
Length: 01/01/2019 to 31/12/2020. Total funding: 2.200 €.
4. Project. 04526/19P/MA Effects of dry needling on pain sensitivity, quality of gait and level of spasticity in patients with multiple sclerosis.  
Funding: Ilustre Colegio Profesional Fisioterapeutas de Andalucía (ICPFA)  
Lead investigator: Carlos Luque Moreno.  
Length: 01/01/2019 to 31/12/2020. Total funding: 3.600 €.
5. Project. PP2016-5922. The role of the brain and mind in chronic pain. Pain education and graded motor imagery.  
Funding: University of Seville (Spain)  
Lead investigator: Alberto M. Heredia-Rizo  
Length: 01/07/2016 to 30/09/2016. Total funding: 3.610 €.

### C.4. Contracts, technological or transfer merits

1. Contract. NeuroHand: Evidence-based knowledge for the implementation of a technical device in neurorehabilitation programs of the upper extremity.  
Lead investigator: Alberto Marcos Heredia Rizo (University of Seville, Spain).  
Length: 20/01/2021 to 20/05/2021.  
Total funding (Fundación Investigación Universidad de Sevilla- FIUS): 6050 €.
2. Patent: Lanzadera metálica para thrust directo  
Authors: Díaz-Mancha JA, Fernández-Seguín L, **Heredia-Rizo AM**, Albornoz-Cabello M, García-Pastrana P, Vaquero Garrido A, Otero-Saborido FM, Escamilla-Martínez E, Gómez-Martín B.  
Number of patent: ES 2 548 070 B1.  
Int Cl: A61H1/00 (2006.01)  
Concession date: July 12<sup>th</sup>, 2016. Titular entities: Universidad de Sevilla (85%), Universidad Pablo de Olavide de Sevilla (5%), Universidad de Extremadura (10%)