

# Rui José Gomes de Pinho Santiago



## Personal Data:

Birth Date: 02/12/1977

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## Employment History

- 03/2019 : 03/2020 **Collaboration with LABIOMEPE - Biomechanics laboratory of Porto.** Data collection, part of PhD programme.
- Since 10/2016 **Lecturer at Escola Superior de Saúde (ESS) of Instituto Politécnico de Saúde do Porto (IPP). Osteopathy Degree.** Teaching 3<sup>rd</sup>, 4<sup>th</sup> year.
- Since 10/2016 **Lecturer at Instituto Piaget, Gaia. Osteopathy Degree.** Lecturing theoretical and practical subjects from the 1<sup>st</sup> to the 4<sup>th</sup> year.
- 11/2014 : 10/2016 **Collaboration with Universidade Franca, São Paulo, Brazil,** in developing **studies using PAS**, co-author, part of doctorate project of student of this institution.
- 12/2012 : 05/2014 **External Supervisor** in Osteopathy **dissertation using PAS** at the **BSO – British School of Osteopathy, London, UK.**
- 05/2013 : 12/2013 **Lecturer in Post-Graduate Course in Osteopathy** for **Escola Universitária Vasco da Gama, Coimbra.**
- 10/2012 : 01/2017 **Lecturer in Osteopathy** for **ITS Porto**, Osteopathy course.
- 10/2011 : 12/2018 **Lecturer in Osteopathy** for **IMT Porto**, Osteopathy. Clinic Tutor.
- Since 10/2011 **Professional Trainer in Manual Therapy** for **SIMAC Porto and Lisbon / Centro Osteopático de Lisboa –** Designed courses: Miofascial lines of force (4 months), Manual Therapy (10 months), Manual Therapy II - Neurology (2 months)
- Since 07/2011 **Desde 07/2011 Registered Osteopath with the GOsC (General Osteopathic Council), number 8004 until 2016. Now registered with ACSS and ERS in Portugal. Working in own practice,** collaborates with other practices. **Software development - PAS (Postural Awareness Software)** for osteopaths and patients. **Private and Tailored Tuition for Osteopaths.**
- 10/2009 : 06/2011 Working at the **St. Clements Osteopathy & Massage, Oxford, UK.**
- 09/2005 : 08/2009 **Working as a Massotherapist** in own practice, Gaia, Portugal.
- 05/2006 : 06/2006 **Internship as a Rehabilitation therapist** at Clinica Central de Gaia, Maximum Grade obtained.
- 03/2002 : 08/2005 **Software developer of management, control and GSM communications application** using Visual C++, VB 6.0, C++ 6.0 and C # in .NET technology for **Proteres - Sistemas electrónicos, Lda.** Participation in several development and implementation projects in partnership with Lactogal, Nestle, Optimus, DeltaGás and others.

03/2002 : 07/2002 **Professional trainer for web authoring applications for IPFEL.** It included the following modules: HTML, JavaScript, Photoshop, Flash, Dreamweaver, FTP's, etc. Creation and management of Websites.

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## Education

Since 01/2017 **PhD Programme – Occupational Health and Safety** in Universidade do Porto, Porto, Portugal. (Curriculum year grade obtained 19/20).

09/2013 : 07/2014 **PgCertACE - Postgraduate Certificate in Academic and Clinical Education** at the British School of Osteopathy, London, UK. Final Grade: B. ECTS Credits : 60.

09/2006 : 07/2011 **Bsc (Hons) Osteopathy** by Oxford Brookes University. Oxford, UK. Final Grade: 2:1 – Upper Second Class. ECTS Credits : 240.

09/1996 : 07/2001 **BEng in Automation and Control Engineering** by Universidade Moderna Porto, Porto, Portugal, Average grade obtained: 14/20. ECTS Credits : 300.

09/1992 : 07/1995 **Technical Course in Computer Sciences** at Colégio Internato dos Carvalhos. V.N. Gaia. Portugal. Average grade obtained: 12/20.

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## Professional Training

05-06/2020 John Hopkins University - through Coursera, online courses. **Design and Interpretation of clinical trials; Summary statistics in public health; Hypothesis testing in public health.**

01/2019 Tutorial with Aaron Shewring, Porto, 14h. **Dry Needling.**

10/2016 BSO – British School of Osteopathy, London, UK, 7h – **Advanced Ergonomics.**

01-03/2016 Osteoform, Porto, 44h – **Mobilization of the Nervous System.**

07/2015 Osteoform, Porto, 14h – **Osteopathic Gynecology.**

06/2014 BSO – British School of Osteopathy, London, UK, 7h – **Still Technique.**

01/2013 University College London – Healthy Performers, London, UK, 7h. **How to Treat the Performing Artist.** No assessment.

01/2013 BSO – British School of Osteopathy, London, UK, 7h – **Functional Active Rehabilitation.** No assessment.

09/2012 CPD - Gateway, London, UK, 8h. **Foot and Ankle Symposium for Adults and Children** with orthopaedic surgeons. No assessment.

02/2011 BSO – British School of Osteopathy, London, UK, 6h – **Ergonomics for Osteopaths.** Course recognized by IEHF (Institute of Ergonomics & Human Factors). No assessment.

11/2010 CPDO – Centre for Professional Development in Osteopathy, London, UK, 14h – **Integrative osteopathic technique, SIJ, pelvis and LEX with Prof. Laurie Hartman.** No assessment.

01/2010	CPDO – Centre for Professional Development in Osteopathy, London, UK, 14h – <b>Basic Visceral: The Abdomen</b> . No assessment.
10/2005 : 12/2006	IMT – Instituto Medicina Tradicional, Porto, 288h - <b>Massotherapy</b> , final grade 17/20.
09/2005 : 06/2006	Sindicato Nacional Massagistas Recuperação e Cinesioterapeutas, Porto, 765h – <b>Rehabilitation massage course</b> , final grade 17/20 .
12/2004	Nathug, Lousã – Weekend Workshop on <b>Shiatsu and Tui-ná massage</b> . No assessment.
10/2002 : 07/2003	Instituto Português de Naturologia, Porto, 250h – <b>Shiatsu Course</b> , final grade of 16/20.

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## Presentations and Publications

Santiago, R.J., Esteves, J., Baptista, J.S, Marques, A.T., Costa, J.T. (2020). **Instrumentation used to assess pain in Osteopathic interventions: A systematic review**. International Journal of Osteopathic Medicine. Published online: June 11, 2020.

Santiago, R.J., Baptista, J.S., Magalhães, A., Costa, J.T. (2020). **The use of surface electromyography in assessing the effectiveness of manual therapy: a systematic review protocol**. International Journal of Occupational and Environmental Safety. 4(1): 89-107.

Santiago, R.J. **Analysis of the instrumentation used in randomized controlled trials to measure pain in the osteopathic intervention: A systematic review**. 3<sup>rd</sup> Doctoral Congress in Engineering, FEUP, Porto, Portugal 27-28 June 2019.

Peer-review of: **International Journal of Occupational and Environmental Safety**.

Santiago, R.J., Baptista, J.S., Costa, J.T. (2018). **Categorization of purpose and evaluation of quality of reporting in the use of Electromyography in Manual Therapy: A systematic review protocol**. International Journal of Occupational and Environmental Safety. 2(2): 64-74.

Santiago, R. **The use of Surface Electromyography for Manual Therapy: A Systematic Review**. 2<sup>nd</sup> Doctoral Congress in Engineering, FEUP, Porto, Portugal 8-9 June 2017.

Rodrigues, V.C., Santiago, R.J., Rodrigues G.F., Quemelo, P.R. **Influence of Break Software in the symptoms of osteo-muscular problems in office workers**. ConScientiae Saúde (2017), 16(1):116-123.

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## Language Skills

**Portuguese:** Native.

**English:** *First Certificate in English* by Cambridge University, UK. Final Grade: Good. High performance in speaking and reading. Lived in Oxford, UK for 5 years 2006-2011.

**Spanish:** Basic at written level. Fluent at the spoken level.

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## Interests and Other Activities

**Associativism:** Founding member and president of the general assembly of the **AiO** (Associação Independente de Osteopatia) since 2016.

**Travel:** Passion for travelling and meeting other people and cultures.

**Culture:** Co-organizer and co-founder of the on-line community with social and cultural purposes with the objective of integrating international individuals living in the city of Porto – **Porto Internationals**.

**Sports:** Regular practice of jogging, cycling, and swimming.

**Arts:** Reading, music, and cinema.

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