

Rui José Gomes de Pinho Santiago

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Employment History

Since 07/2011	Registered Osteopath with the GOsC (General Osteopathic Council, UK) , number 8004 until 2016. Registered with ACSS from 2016 with professional licence number C-0100087 and ERS, in Portugal. Working in own practice and collaboration with other practices. Private, advanced and tailored tuition for Osteopaths.
Since 02/2020	Collaboration with COME (Center for Osteopathic MEDicine collaboration) in several projects , including the OPERA (The Osteopathic Practitioners, Estimates and Rates) Portugal Project.
Since 04/2024	External Examiner for the Master in Osteopathy (MSc Ost) Programme of Malta ICOM Educational, Malta
10/2016:08/2023	Lecturer at Escola Superior de Saúde of Instituto Piaget, Gaia. Osteopathy Degree. From the 1 st to the 4 th year.
10/2011:03/2023	Professional Trainer in Manual Therapy for SIMAC Porto and Lisbon / COL (Centro Osteopático de Lisboa).
09/2019:09/2022	Lecturer at Escola Superior de Saúde of Instituto Politécnico de Saúde do Porto (IPP). Osteopathy Degree. From the 2 nd to the 4 th year.
12/2012:05/2014	External Supervisor in Osteopathy Masters dissertation 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	Professional trainer in Osteopathy for ITS Porto. Osteopathy professional course.
10/2011:12/2018	Professional trainer in Osteopathy for IMT Porto. Osteopathy professional course.
10/2009:06/2011	Assistant osteopath at the St. Clements Osteopathy & Massage, Oxford, UK.
09/2005:08/2009	Massage therapist at own practice , Gaia, Portugal.
05/2006:06/2006	Internship as a Rehabilitation therapist at Clínica Central de Gaia.
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, Gaia, Portugal.
03/2002:07/2002	Professional trainer for web authoring applications for IPFEL, Porto, Portugal.

Education

01/2017:11/2021	PhD Programme – Occupational Health and Safety at Porto University, Porto, Portugal. ECTS Credits: 180
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.
09/2006:09/2011	BSc (Hons) Osteopathy at Oxford Brookes University, Oxford, UK. Final grade: 2:1 - Upper Second Class. ECTS Credits: 240.
10/1996:07/2001	MEng in Automation and Control Engineering at Universidade Moderna – Porto. Final grade: 14/20. ECTS Credits: 300.
09/1992:07/1995	Technical-professional course in computer science at Colégio Internato dos Carvalhos. Final grade: 12/20.

Professional Training

10/2023	Foundations of Public Health Practice: Behaviour & Behaviour Change. Imperial College London - through Coursera online courses, 20h.
10/2022	Biopsychosocial management of patients with low back pain. On-line course. UCO—University College Osteopathy, 8h.
05-06/2020	Design and Interpretation of clinical trials; Summary statistics in public health; Hypothesis testing in public health. John Hopkins University - through Coursera online courses.
03-04/2020	Webinars by COME Collaboration: Enactive Osteopathy: Predictive Processing framework to managing patients with persistent physical symptoms; Neural correlates of osteopathic treatment in patients with persistent low back pain; Words Matter- choosing words wisely with back pain: how to help and not harm; Body-Mind-Spirit in Osteopathy; Innovative methodologies in applied biomechanics to increase evidence in osteopathic care: perspectives to education and research; Reflective approach on hygiene measures for clinical practices during the COVID-19 pandemic; Research networks in Osteopathy.

01/2019	Dry Needling course. With Aaron Shewring, Porto, 14h.
10/2016	Advanced Ergonomics for Osteopaths. BSO – British School of Osteopathy, London, UK, 7h.
01-03/2016	Mobilization of the Nervous and Vascular Systems. Osteoform, Porto, 44h.
07/2015	Osteopathic Gynecology. Osteoform, Porto, 14h.
06/2014	Still Technique. BSO, London, UK, 7h.
01/2013	Treating the Performing Artist as an Osteopath. UCL – Healthy Performers, London, UK, 7h.
01/2013	Functional Active Release. BSO, London, UK, 7h.
09/2012	Foot and Ankle Symposium. CPD - Gateway, London, UK, 8h.
02/2011	Ergonomics for Osteopaths. Course recognized by IEHF (Institute of Ergonomics & Human Factors). BSO, London, UK, 7h.
11/2010	Integrative osteopathic technique, SIJ, pelvis and LEX with Laurie Hartman. CPDO – Centre for Professional Development in Osteopathy, London, UK, 14h.
01/2010	Osteopathy applied to the viscera: The Abdomen. CPDO, London, UK, 14h.
10/2005:12/2006	Massotherapy. IMT Porto, 288h, final grade 17/20.
09/2005:06/2006	Rehabilitation massage course. SIMAC Porto, 765h, final grade 17/20.
10/2002:07/2003	Shiatsu massage course. IPN Porto, 250h, final grade 16/20.

Presentations and Publications

Santiago, R. J., Santos Baptista, J., Magalhães, A., & Torres Costa, J. (2023). **Total forearm support during a typing task may reduce the risk of Trapezius' Myalgia development.** International Journal of Industrial Ergonomics, 95,103449. doi:10.1016/j.ergon.2023.103449.

Santiago, R.J., Nunes, A., Esteves, J.E., Cerritelli, F., Verbeeck, J., Lopes, S., Paquete, M., & van Dun, P.L. (2022). **The Portuguese Osteopathic Practitioners Estimates and RATES (OPERA): A cross-sectional survey.** International Journal of Osteopathic Medicine.

Santiago, R.J., Santos Baptista, J., Magalhães, A., & Torres Costa, J. (2022). **Impact of a ten-minute typing task in the development of trapezius myalgia.** International Journal of Occupational Safety and Ergonomics.

Santiago, R.J., Esteves, J., Baptista, JS, Magalhães, A, Costa, JT. **Results of a feasibility randomised controlled trial of osteopathy on neck-shoulder pain in computer users.** Complementary Therapies in Clinical Practice. 46(7):101507.

Cerritelli F, Lunghi C, Esteves J, Vaucher P, van Dun P, Alvarez G, Biberschick M, Wagner A, Merdy O, Menard M, Tavernier P, Clouzeau C, Risch A, Ruffini N, Nunes A, Santiago RJ, Marett P, Grech R, Thomson O. (2021). **Osteopathy: Italian professional profile. A Professional commentary by a group of experts of the European community of practice.** International Journal of Osteopathic Medicine, 40, 22-28.

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

Santiago, R.J., Esteves, J, Baptista, JS, Marques, AT, Costa, JT. (2020). **Instrumentation used to assess pain in Osteopathic interventions: A critical literature review.** International Journal of Osteopathic Medicine. 37:25-33.

Santiago, R.J., Baptista, JS, Magalhães, A, Costa, JT. (2020). **The use of surface electromyography in assessing the effectiveness of manual therapy: a systematic review.** 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.** 3rd Doctoral Congress in Engineering, FEUP, Porto, Portugal 27-28 Junho 2019

Santiago, R.J., Baptista, JS, Costa, JT. (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.J. **The use of Surface Electromyography for Manual Therapy: A Systematic Review.** 2nd Doctoral Congress in Engineering, FEUP, Porto, Portugal 8-9 Junho 2017.

Rodrigues, VC, Santiago, RJ, Rodrigues G.F., Quemelo, P.R. **Influencia do Software de pausa nos sintomas de distúrbios osteomusculares em trabalhadores de escritório.** ConScientiae Saúde (2017), 16(1):116-123.

Reviewer of scientific journals: **International Journal of Occupational and Environmental Safety e International Journal of Osteopathic Medicine.**

Invited speaker in several webinars, seminars and fóruns on Osteopathy. “Osteopathy in Portugal: from the classroom to the clinic”, “Debate: Osteopathic Models and Principles – A critical vision”, “Potential of Osteopathy Public and Occupational Healthcare”, “Osteopathy and PhD in Portugal”, “Osteopathy and Occupational Health”.

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 and London, UK for 6 years 2006-2011 and 2013-2014.

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

Interests and Activities

Associative: Founding member and president of the general assembly of AIO (Associação Independente de Osteopatia) since 2016.

Travel: Passion for travelling and meeting other people and cultures. Visited 40 countries.

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*. Literature enthusiast, maintaining daily reading habits.