

PERSONAL INFORMATION

Vrabie Diana



 Ciupercă street, no. 5, Valea Ursului, Miroslava, Iasi, Romania

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Gender F | Birth date 13/09/1995 | Nationality Romanian

PERSONAL PROFILE

University „Alexandru Ioan Cuza” of Iasi
Faculty of Physical Education and Sport

PROFESIONAL EXPERIENCE

February 2022 – present

University Teaching Assistant, PhD Candidate / PhD

Alexandru Ioan Cuza University of Iasi, Faculty of Physical Education and Sport, Str. Toma Cozma, no. 3, 70054, Iasi, Romania (<https://www.sport.uaic.ro/>)

Teaching activity: delivering practical works for undergraduate students, specialization in Kinesiotherapy and Special Motricity; participation in scientific events.

Subjects: Geriatrics, Patient Handling Techniques, Occupational Therapy, Home-based Physiotherapy, Pediatrics

Sector: Education

October 2020 – February 2022 **Associate Lecturer**

Alexandru Ioan Cuza University of Iasi, Faculty of Physical Education and Sport

Teaching activity: delivering practical works for undergraduate students, specialization in Kinesiotherapy and Special Motricity; participation in scientific events.

Subjects: Geriatric Kinesiotherapy, Patient Handling Techniques, Occupational Therapy, Home-based Pediatrics.

Sector: Education

September 2018 – 2022 **Physiotherapist/Medical Rehabilitation Specialist**

Medical Center Unirea, Kinetic Sports and Medicine

Monitoring patients' condition during kinesiotherapy exercises;

Recording patient status continuously;

Informing and instructing patients about treatment, therapeutic effects, and possible side effects;

Applying rehabilitation exercises according to diagnosis;

Establishing objectives for rehabilitation programs and adapting them based on progress;

Ensuring patients' rights;

Continuous professional development through study and training.

Sector: Medical Rehabilitation

February 2018 – September 2018 **Physiotherapist**

SC MASKINEGO SRL, Iasi

Monitoring patients' condition during physiotherapy procedures;

Recording patient status;

Informing and instructing patients about treatment and effects;



Applying physiotherapy and massage procedures according to medical prescriptions.
Sector: Medical Rehabilitation

August 2017 – December 2017 Volunteer Physiotherapist

Altius Academy Foundation, Iași
 Member of a multidisciplinary team;
 Designing and applying rehabilitation plans;
 Using therapeutic techniques and exercises according to goals;
 Assessing patient progress and adapting intervention plans;
 Ensuring hygiene standards; Completing patient treatment records.
Sector: Medical Rehabilitation

EDUCATION AND TRAINING

- October 2020 – June 2023 Doctoral School in Sports Science and Physical Education, Iași
 Skills: research, use of statistical programs; designing and implementing rehabilitation programs for seniors after COVID-19.
- June 2021 Course: *3D Therapy of Scoliosis*
- August 2019 Course: *Kinesiotherapy approach in patients with lumbar disc hernia*
- July 2019 Course: *Topographic, sectional, biomechanical and MRI anatomy of spinal nerve roots*
- October 2017 – June 2019 Master's Degree in *Physiotherapy in Sports Traumatology*
 Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport
- May 2017 Course *Current and future applications of non-invasive and invasive BCIs*
- May 2017 Introductory Seminar: *Global Postural Reeducation – Souchart method*
- March 2016 Course: *Medical Taping Concept*
- February 2015 Course: *Updates in the kinesiotherapy approach of patients with lower back pain*
- October 2014 – June 2017 Bachelor's Degree in *Kinesiotherapy and Special Motricity*
 Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport
- September 2010 – June 2014 High School Diploma – Economic and Administrative College, Iași
 Field: Technician in economic activities

PERSONAL SKILLS

Language Romanian

Other languages	LISTENING		SPEAKING		WRITING
	Listening	Reading	Spoken Interaction	Spoken production	
English	B1	B2	B1	B1	B2

- Communication skills
- Student representative in Faculty Council and University Senate;
 - Interaction with patients during rehabilitation programs;
 - Presenting research reports and participation in scientific conferences.

Organisational / managerial skills

- Leadership and organisational skills as responsible for colleagues' activity in kinesiotherapy practice;
- Efficient time management and group organisation;
- Active involvement in the Faculty of Physical Education and Sport Students' Association, Iași.

Job-related skills:

- Coordinating student groups to achieve objectives;
- Designing rehabilitation plans based on pathologies and patient needs;
- Empathy and divided attention.

Digital skills:

Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Proficient user	Proficient user	Independent user	Independent user

Other skills:

- Punctuality;
- Adaptability;
- Team spirit;
- Efficient management of time and resources;
- Conflict prevention and management.

Driving license:

Category B

ADDITIONAL INFORMATION

Publications	▪ Vrabie, D., Abalasei, B. A., & Neculaeș, M. (2025). Exploring Age, Gender and Pandemic Dynamics: A Retrospective Analysis of the Impact of SARS-CoV-2 on Human Health. <i>Life (Basel, Switzerland)</i>, 15(3), 355. https://doi.org/10.3390/life15030355 ▪ Vrabie, D.; Abalasei, B.-A. Study of Exercise Capacity and Quality of Life after SARS-CoV-2 Infection among the Elderly. <i>Behav. Sci.</i> 2023, 13, 381. https://doi.org/10.3390/bs13050381 ▪ Vrabie, D., Abalasei, B.A., Descriptive study regarding COVID-19 incidence in the Romanian area and some European countries, <i>SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sport</i>, Volume 22, Issue 1 (2022), https://doi.org/10.36836/2022/1/01 ▪ Iacob, G. S., Vrabie, D., Stegariu V.I., Zelenovic, M., Bozic, D., The effects of modern radiofrequency therapies in the acute rehabilitation of hamstring strains, <i>Bulletin of the Transilvania University of Brașov Series IX: Sciences of Human Kinetics</i>, Vol. 14(63) No. 1 – 2021 https://doi.org/10.31926/but.shk.2021.14.63.1.27 ▪ Vrabie, D., Iacob, G.S., Comparative study regarding the benefits of using medical flossing in lateral epicondylitis, <i>SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sport</i>, Volume 21, Issue 2 (2021), https://doi.org/10.36836/2021/2/41 ▪ Vrabie, D., Iacob, G.S., The relationship between Body Mass Index and Body Fat percentage, estimated by bioelectrical impedance in a group of Romanian female students, <i>SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sport</i>, Volume 21, Issue 2 (2021), https://doi.org/10.36836/2021/2/31 ▪ Iacob, G.S., Pantyo, V., Vrabie, D., Zelenović, M., Măzăreanu, A. (2021). Short-Term Therapeutic Effects Of Bioptron Light Therapy And Dry Needling For The Treatment Of Low Back Myofascial Pain In Amateur Sport Players. <i>Proceedings of ICU 2021, Conference: 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy</i> https://www.researchgate.net/publication/358335311_Short-Term_Therapeutic_Effects_Of_Bioptron_Light_Therapy_And_Dry_Needling_For_The_Treatment_Of_Low_Back_Myofascial_Pain_In_Amateur_Sport_Players ▪ Vrabie, D., Abalasei, B.A., Iacob, G.S. (2021). Descriptive Study Regarding The Incidence Of SARS-Cov-2
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Projects Conferences	Virus Among The Romanian Population Strategies To Reduce The Infection Rate/Mortality In High-Risk Groups. Proceedings of ICU 2021, Conference: 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy https://www.researchgate.net/publication/358335956_Descriptive_Study_Regarding_The_Incidence_Of_SARS-Cov-2_Virus_Among_The_Romanian_Population_Strategies_To_Reduce_The_Infection_RateMortality_In_High-Risk_Groups ▪ Vrabie, D., Comparative study regarding the impact of dry needling therapy in the treatment of chronic cervical idiopathic pain, SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, Volume 20, Issue 2 (2020); https://doi.org/10.36836/2020/2/1 ▪ Gogan, D., Abalasei B.A., The impact of laterality disorders on the growth and development of the child, Young Scientists, No.3,3 (55,3), 2018. http://molodyvcheny.in.ua/files/journal/2018/3.3/16.pdf ▪ 10th International Conference of the Universitaria Consortium of Physical Education, Sport and Physiotherapy, Iași, 2024 ▪ International Scientific Conference <i>Youth in the perspective of the Olympic Movement</i>, March 19-20, 2021 ▪ National Conference of Doctoral Schools in Sports Science and Physical Education, Cluj-Napoca, December 11, 2020 ▪ Scientific Symposium <i>Topical Issues of Physical Culture, Sports and Ergotherapy</i>, Chernivtsi, Ukraine, April 12-13, 2018 ▪ <i>FITSPORT – International Festival of Youth, Science and Sport</i>, Iași, November 24-26, 2017 ▪ Universitaria Cup – Organizer, Iași, May 16-19, 2017 ▪ Student Conference, Universitaria Consortium, 1st Edition, Iași, May 18, 2017 ▪ Conference on Iași Clinical Rehabilitation Hospital Days, Kinesiotherapy section, Iași, March 17, 2017 ▪ Sports project <i>We encourage sports, not violence!</i>, Iași, June 9, 2016 ▪ International Conference <i>News and perspectives in physical education and sport in schools and universities</i>, November 13-14, 2015
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