



Ionuț- Mihai Bajinschi

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WORK EXPERIENCE

ASSOCIATED TEACHING STAFF – "ALEXANDRU IOAN CUZA" UNIVERSITY, FACULTY OF PHYSICAL EDUCATION AND SPORTS – 03/2022 – Current – IAȘI, ROMANIA

Teaching activity - teaching practical skills at undergraduate level

PHYSICAL THERAPIST – CLINICAL REHABILITATION HOSPITAL – 24/09/2017 – Current – IAȘI, ROMANIA

PHYSICAL THERAPIST (AFFILIATED PRACTITIONER) – CLINICAL REHABILITATION HOSPITAL
– 06/07/2015 – 31/01/2019 – IAȘI, ROMANIA

Provider of aquatic physical therapy.

PHYSICAL THERAPIST (VOLUNTEER) – EMERGENCY CLINICAL HOSPITAL "PROF. DR. NICOLAE OBLU" – 08/04/2016 – 07/07/2016 – IAȘI, ROMANIA

PHYSICAL THERAPIST (VOLUNTEER) – ARCADIA HOSPITAL – 20/06/2012 – 15/10/2012

PHYSICAL THERAPIST (VOLUNTEER) – RESOURCE CENTER FOR PERSONS WITH DISABILITIES, CARITAS DIOCESAN CENTER, IAȘI – 10/10/2011 – 20/05/2012 – IAȘI

EDUCATION AND TRAINING

01/10/2022 – 01/10/2026 Iași, Romania

DOCTOR OF PHILOSOPHY IN SPORT SCIENCE AND PHYSICAL EDUCATION „Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports

Field of study Science of Sport and Physical Education

01/10/2012 – 20/06/2014

MASTER'S DEGREE „Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports

Field of study Sports Traumatology

01/10/2009 – 25/06/2012 Iași, Romania

BACHELOR DEGREE „Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports

Field of study Physical Therapy and Special Motor Skills

LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2
FRENCH	C2	C2	C2	C2	C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **COMPETENCIES**

Competencies acquired

- Assessment of neuromotor function and application of specific tests;
- Application of rehabilitation-specific methods and techniques;
- Planning and customizing the physical therapy rehabilitation program according to condition type and pathological stage;
- Ability to adapt the physical rehabilitation plan in the context of hospital care.

Other social skills and abilities

- active member in teamwork environment;
- dedicated as team member or during individual tasks;
- rapid adaptation to new circumstances;
- capacity and desire for self-improvement;
- excellent communication skills, with both adults and children, acquired since volunteering.

● **OTHER CERTIFICATIONS**

01/2020 – 01/2023

P-DTR (Proprioception-deep tendon reflex) Foundational, Intermediate and Advanced

Application and understanding of neurological manual therapy principles.

05/10/2009 – 09/01/2026

Su Jok Practitioner (International Su Jok Association)

Teacher training course recognition within ISA (International Sujok Association)- Teacher Su Jok level I
Correspondence systems
Theory of six ki energy
Theory of triorigin
Twist therapy
Sam Won Dong/ Sam Won Gong

Courses and seminars

"Analytical biomechanics - Principles of movement and functional anatomy", Iași, 2018
IASTM, 2018
"Current physiotherapy approaches in patients with lumbar disc herniation", 2017
"Current developments in physiotherapy treatment of patients with lumbosacral radiculopathy and lower limbs peripheral neuropathy", 2017
Kinesio taping, 2016
"Pulmonary Rehabilitation: Practical Implementation", 2016
"Gait rehabilitation in patients with post-stroke hemiparesis", 2016

● **CERTIFICATIONS**

Department for Teacher Training

- Level I Certification

Articles published in international scientific journals

- Ionut Mihai BAJINSCHI, Bianca MIHUȚ, Beatrice Aurelia ABĂLAȘEI (2025). *Is Neck Pain the Effect of Ankle Instability?*. 11th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy: EDUCATION FOR HEALTH AND PERFORMANCE, 17-18 October, Cluj-Napoca, România
- Ionuț Bajinschi (2024). *The role of myofascial chains in cervical pain management: a combined IASTM and post-isometric relaxation approach.* 10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy: THE FOOTBALL OF THE FUTURE-BETWEEN SCIENCE, SOCIETY AND SPORTS, 22-24 November, Iași, România, pag. 30-38, <https://doi.org/10.36836/22-24/11/2024>
- Ionuț Bajinschi, Beatrice Aurelia Abălașei (2023). *Impact of myofascial chains in musculoskeletal disorders*, International Scientific and Practical Conference: Youth Science for Peace and Development, Cernăuți, Ucraina, October 2023