

Mihai-Alexandru Cîtea

Curriculum Vitae

Personal Information

Address: Str. Toma Cozma nr. 3, Iași 700554, Romania

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Date of Birth: 26/09/1991

Nationality: Romanian

Professional Experience

- **Lecturer Phd**

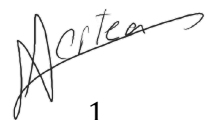
Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport
September 2026 – Present

- Teaching courses and practical classes for undergraduate and master's degree programmes; assessing students; developing and updating teaching materials; participating in scientific conferences; and supporting the department's academic activities.
- Subjects: Anatomy; Biomechanics; Elements of Anatomy and Biomechanics of the Musculoskeletal System; Functional Assessment and Testing in Physiotherapy; Assessment of Post-Traumatic Functional Impairment; Physiotherapy for Physical and Sensory Impairments;

- **Assistant Lecturer**

Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport
Feb 2021 – September 2026

- Teaching seminars and practical classes
- Student evaluation, conference participation, and course assistance
- Subjects: Anatomy, Biomechanics, Motor Rehabilitation Methods and Techniques, Measurements and Assessment in Physical Therapy, Massage and Complementary Techniques, Elements of Physiotherapy, Equipment, Devices and Facilities used in Physiotherapy;



- **Physiotherapist**

Tonus Plus S.R.L., Iași

Jun 2016 – Present

- **Associate Lecturer**

Alexandru Ioan Cuza University of Iași

Oct 2017 – Feb 2021

- Delivered seminars and practical classes

- Subjects: Anatomy, Measurements and Assessment in Physical Therapy, Home Physical Therapy, Massage and Complementary Techniques, Motor Rehabilitation Methods and Techniques;

- **Fitness Instructor**

Garage Workout, Iași

Mar 2013 – May 2014

- **Sales Representative (Work & Travel)**

Global Prints, Boston, USA

Jun – Sep 2014

Education

- PhD in Sport Science and Physical Education – National University of Physical Education and Sport, Bucharest (2017–2023)
- Master's Degree – Kinetotherapy in Sports Traumatology – Alexandru Ioan Cuza University, Iași (2013–2015)
- Bachelor's Degree – Kinetotherapy and Special Motricity – Alexandru Ioan Cuza University, Iași (2010–2013)

Professional Training & Certifications

- Osteopathy School –Osteopathic International Academy (2023–2025, Iași, Romania)
- TMJ Disorders & Interdisciplinary Care (2024, Iași, Romania)
- Osteopathy Course (2015 – 2021, Romanian Society of Osteopathy, Bucharest)
- Orthopedic Manual Therapy Course (2019, Life Kinesis, Bucharest, Romania)
- Pilates Comprehensive Teacher Program (2018, Life Pilates Education, Iași, Romania)
- Strength & Conditioning Coach – Level 1 (2018, Bucharest, Romania)
- Teacher Training Certification (Levels I & II, 2016–2017, Iași, Romania)
- Trigger Points Therapy (2016, Iași, Romania)



- NLP Practitioner & Master Certifications (2013–2015, Iași, Romania)
- L.A.F. Method (2014, Life Kinesis, Tenerife, Spain)
- Kinesiology Taping Therapy (Basic, Advanced, Pediatric, 2013, Bucharest, Romania)
- Yumeiho Therapy (2013, Iași, Romania)
- Portuguese Language Course (2012, Erasmus, Portugal)
- Traditional Chinese Medicine Principles in Physiotherapy (2011, Iași, Romania)
- Certified Masseur Technician (2013–2014, Iași, Romania)

Languages

- Romanian – Native
- English – C1 (Advanced)
- Portuguese – B1 (Intermediate)

Scientific Contributions

PhD Thesis: * POSSIBILITIES REGARDING THE DETECTION OF ASYMPTOMATIC SEGMENTAL DEVIATION AND THEIR CORRECTION THROUGH MANUAL TECHNIQUES *

- **Effects of Global Physical Exercises on Postural Balance of the Shoulder Girdle** (2025 — Sport and Society — ICU 2024 special issue linked to the 10th International Conference; Iași, Romania).
- **Physiotherapy in the Recovery After Fractures of the Upper Limb Phalanges** (2024 — Proceedings, 9th Universitaria Consortium FEFSTIM; Timișoara, Romania).
- **Functional Recovery After Distal Femur Epiphyses Fracture** (2024 — Proceedings, 9th Universitaria Consortium FEFSTIM; Timișoara, Romania).
- **Effects of Manual Therapy in Weight Distribution at Plantar Level in Female Adolescents** (2024 — Proceedings, 9th Universitaria Consortium FEFSTIM “Active People for a Healthy Future”; Timișoara, Romania).
- **Posture correction for high school students using manual techniques** (2022 — Sport and Society — Interdisciplinary Journal of Physical Education and Sports).
- **Changes of plantar arch after global physical exercises in high school students** (2022 — Discobolul – Physical Education, Sport and Kinetotherapy Journal).
- **Relationship between posture deviations in the sagittal plane and plantar weight distribution in adolescents** (2021 — Proceedings, 7th International Conference of the Universitaria Consortium; Iași, Romania).
- **The Effectiveness of Short Term Soft-Tissue Treatment Procedure Using Indiba Fascia in the Rehabilitation of Acute Lateral Epicondylitis** (2020 — Proceedings, 6th Universitaria Consortium FEFSTIM; Timișoara, Romania).
- **The Role of Proprioceptive Training as a Method of Functional Rehabilitation of Ankle Sprains in Futsal Players** (2019 — Sport and Society — Interdisciplinary Journal of Physical Education and Sports).



- **Correction of Posture Deviations in the Sagittal Plane Using the Pilates Method** (2019 — Sport and Society — Interdisciplinary Journal of Physical Education and Sports).
- **Use Of Tai Chi Elements to Increase Respiratory Amplitude** (2019 — Sport and Society — Interdisciplinary Journal of Physical Education and Sports).
- **Contribution of Physical Therapy to the Rehabilitation of Patients with Acute Stroke** (2019 — Proceedings, 5th International Conference of the Universitaria Consortium; Cluj-Napoca, Romania).
- **Use of Tai Chi Forms to Increase ROM in Athletes** (2018 — Proceedings, 4th International Conference of the Universitaria Consortium; Iași, Romania).

