




## George Sebastian Iacob

Date of birth: 16/09/1995

Nationality: Romanian

Gender: Male

### CONTACT

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### WORK EXPERIENCE

**01/10/2019 – CURRENT** – Iasi, Romania

#### University teaching assistant

Alexandru Ioan Cuza University

- teaching activity for the practical lessons and seminars for students during the undergraduate studies, specialization in Physical therapy and special motor skills (disciplines: Measurement and evaluation in physical therapy; Massage and complementary techniques; Equipment, devices and installations used in physiotherapy);
- research activity during participation in national and international scientific events;
- publication of scientific papers and articles indexed in Web of Science, Crossref, EBSCO and other BDI international databases.

**09/10/2019 – CURRENT** – Iasi, Romania

#### Physiotherapist

Kinetic Sports & Medicine

- creating individual therapeutic strategies necessary for an effective rehabilitation of orthopedic, geriatrics, pediatrics, neurological patients;
- initiating treatments in the acute phase of functional rehabilitation through specific exercises and methods (taping, dry needling) in the rehabilitation of various sports injuries;
- developing a constant therapeutic approach through active and passive physiotherapeutic methods (active exercises, posture correction, McKenzie and Schroth Therapy) of a wide category of patients;
- performing appropriate manual therapy techniques and maneuvers (deep tissue & trigger points massage therapy, Mulligan joint techniques, spinal manipulations, stretching) in a combined treatment protocol;
- the use of modern physiotherapy devices valuable to enhance the body's self-healing abilities in acute / chronic conditions: Tecar therapy, Indiba therapy, Cryo-ultrasound therapy, Cryotherapy (Game-Ready), Electrotherapy, Shockwave therapy, Light therapy (Biopton), Laser therapy;
- increasing the adherence to sport rehabilitation due to the implementation of a multidisciplinary strategy.

Iasi, Romania

**05/07/2019 – 05/09/2019** – Porto, Portugal

#### Assistant coach

IFT- Individual Football Training

- monitoring of youth players and testing the efficiency of training using specific drills applications;
- explaining and exemplifying the tasks during individual and group training sessions;
- identifying potential inadequate biomechanical as a risk factor for sport injuries and establishing a prevention plan based on specific flexibility, stability and motor control skills;
- acute care interventions based on physiotherapy methods due to direct and indirect sport injuries.

Porto, Portugal

**01/10/2017 – 15/06/2018** – Iasi

#### Physiotherapist

Top Kineto - Recuperare Medicală

- performing exercise programs adapted for all the patients' particularities (diagnosis, age);
- working for an efficient rehabilitation of each patient in order to return to their workplace/sports activity as soon as possible;

- facilitating a good patient-physiotherapist cooperation, an essential key in achieving our goals;
- creating new strategies of becoming aware of the importance of a healthy lifestyle (balanced diet, daily movement).

<https://topkineto.ro/> Iasi

**04/03/2019 - 10/06/2019 - Foggia, Italy**

### **Physiotherapy assistant**

Ospedali Riuniti

- evaluation and testing (baseline and final measurements) of patients in order to carry out the necessary research for the dissertation work;
- assuring an adapted therapeutic plan for a wide-range of neurologic and orthopedic patients.

Foggia, Italy

**01/10/2016 - 15/06/2017 - Iasi, Romania**

### **Primary school teaching assistant**

Constantin Paunescu Special School

- preparation of specific Physical Education and Sport courses for different classes from primary school (down syndrome, autism spectrum disorder and other developmental disabilities);
- encouraging children to have an active lifestyle;
- developing socio-emotional skills;
- creating sport games and functional drills to increase children's competition spirit and to develop an important chance for new passions;
- the systematic development of the most important basic skills.

<https://educatieincludiva.wordpress.com/prezentare-institutii/scoala-speciala-c-paunescu/> Iasi, Romania

**01/09/2017 - 30/09/2017 - Krakow, Poland**

### **Volunteer Physiotherapist**

Wieliczka Salt Mine Health Resort

- performing exercises adapted to children with various respiratory diseases or growth and development disorders;
- creating exciting activities for all the categories (young people and adults) to stimulate the importance of movement in their lives;

<https://health-resort.wieliczka-saltmine.com/> Wieliczka, Poland

**01/07/2017 - 30/07/2017 - Krakow, Poland**

### **Volunteer Physiotherapist**

Niepubliczne Przedszkole Specjalne Związku Polskich Kawalerów Maltańskich

- adapting physiotherapy programs for children with various neuromotor, orthopedic and pediatric disorders;
- functional rehabilitation following some different accidents;
- the fulfillment of the objectives within the kindergarten activities (testing for laterality, increasing the body scheme and the spatial and temporal orientation).

<http://www.przedszkolemaltanskie.pl/> Krakow, Poland

**15/02/2017 - 10/06/2017 - Iasi, Romania**

### **Volunteer**

Asociația "Renașterea Speranței"

- creating exciting activities and games adapted to teenagers/adults with Down Syndrome in order to increase their social and physical skills.

Iasi, Romania

**01/10/2015 - 15/06/2017 - Iasi, Romania**



## Physiotherapist

"Diecezan Caritas" Centre

- looking to discover new patients in order to develop new recovery strategies and methods during two consecutive years of study;
- creation of physical therapy sessions adapted to every patient's needs (neurological, geriatric disorders);
- performing individual physiotherapy sessions at home of every patient based on passive and active physiotherapeutic methods.

Iași, Romania

**15/09/2009 - CURRENT** - Iasi, Romania

## Football Player

AS Stejarul Sinești - 4th League

Iasi

**15/08/2017 - 10/06/2018** - Iasi, Romania

## Football Player

AS Gloria Românești - 5th League

Iași

## EDUCATION AND TRAINING

**30/09/2019 - CURRENT** - Iasi, Romania

## PhD Candidate - Science of Physical Education and Sport

University of Alexandru Ioan Cuza

- doing research work in the area of sport patients rehabilitation;
- participating at conferences, workshops, online courses from the area of sports performance and sports rehabilitation.

### Field(s) of study

- Health and welfare : *Therapy and rehabilitation*

PhD Degree | Design and implementation of a program to increase compliance with physiotherapy treatment in the rehabilitation of sports injuries. | <https://www.sport.uaic.ro/>

**05/07/2019 - 05/09/2019** - Porto, Portugal

## Erasmus+ Internship Mobility Program

IFT- Individual Football Training

**04/03/2019 - 15/06/2019** - Foggia, Italy

## Erasmus+ Study Mobility Program

Universita di Foggia

**01/07/2017 - 30/09/2017** - Cracovia, Poland

## Erasmus+ Internship Mobility Program

Akademia Wychowania Fizycznego

**01/10/2017 - 05/06/2019** - Strada Toma Cozma 3, Iași, Romania

## Master degree - Physiotherapy in Sport Traumatology

University of Alexandru Ioan Cuza

Main following courses:

- Physiotherapy related to different sports;
- Anatomy and biomechanics of the human body;
- Evaluation of posttraumatic orthopedic functions;
- The importance of the massage therapy in sport rehabilitation;
- Electrotherapy using BTRL, CIS, Shockwave, Compex and other various machines;



- Internships in institutions specialized in various branches of kinetotherapy (orthopedics, neurology, rheumatology);

<http://www.sport.uaic.ro/>

**14/06/2021 - 15/06/2021** - Bucharest, Romania

**Certificate of Education - Advanced Upper Body Dry Needling Course**

David G. Simons Academy DGSA

**11/06/2021 - 13/06/2021** - Bucharest, Romania

**Certificate of Education - Top 30 Dry Needling Course**

David G. Simons Academy DGSA

**01/10/2020 - 25/01/2021** - Iasi, Romania

**Training Program - "Outplacement support for doctorates in emerging areas - OUTDOC"**

University of Alexandru Ioan Cuza

**04/2020 - 04/2020** - Iasi, Romania

**Certification of Education - Dynamic Tape (Biomechanical Tape Course)**

Dynamic Tape Romania

**2017 - 2020**

**Certificate of Graduation - Psycho-Pedagogical Study Module Level II**

University of Alexandru Ioan Cuza

**02/05/2020 - 02/05/2020** - Bucharest, Romania

**Course Diploma - "The rehabilitation of the lumbar spine"**

Kinetic Recovery Education

**02/05/2020 - 03/05/2020** - Bucharest, Romania

**Course Diploma - "The rehabilitation of the shoulder joints"**

Kinetic Recovery Education

**2014 - 2017**

**Certificate of Graduation - Psycho-Pedagogical Study Module Level I**

University of Alexandru Ioan Cuza

**01/10/2014 - 05/07/2017** - Iasi, Romania

**Graduate - Licensed in Physiotherapy and Special Motricity**

University of Alexandru Ioan Cuza

- Completion of the bachelor cycle: Physiotherapy and Special Motricity.

**15/09/2010 - 15/06/2014** - Strada Petre Andrei 9, Iasi, Romania

**Bachelor Degree**

Informatics High School of Grigore Moisil

<http://www.liis.ro/>

## LANGUAGE SKILLS

**MOTHER TONGUE(S):** Romanian

**OTHER LANGUAGE(S):**

**English**

**Listening**  
B2

**Reading**  
B2

**Spoken  
production**  
B2

**Spoken  
interaction**  
B2

**Writing**  
B2

**French**

**Listening**  
A2

**Reading**  
B1

**Spoken  
production**  
B1

**Spoken  
interaction**  
B1

**Writing**  
B1

**Italian**

**Listening**  
A2

**Reading**  
B1

**Spoken  
production**  
B1

**Spoken  
interaction**  
A2

**Writing**  
A2

**German**

**Listening**  
A2

**Reading**  
B1

**Spoken  
production**  
A2

**Spoken  
interaction**  
A2

**Writing**  
A2

## DRIVING LICENCE

● **Driving Licence: B**

## ORGANISATIONAL SKILLS

● **Organisational skills**

- efficient organizer of student groups, optimal management of time and resources during the works practical and seminars;
- excellent organizational skills acquired through the organization of events, being an active member of the student association of the faculty;
- desire to promote movement, a healthy lifestyle, enriched by multiple internship mobility / volunteering;
- good organizational skills of a group, developed both within the team of professionals of the cabinet physical therapy, as well as in sports clubs.

## COMMUNICATION AND INTERPERSONAL SKILLS

● **Communication and interpersonal skills**

- well-developed skills in the field of communication as a result of my experiences as a volunteer during various professional activities;
- an excellent adaptive power in contacts with new people developed in repeated interactions with customers, visitors of different nationalities encountered in the territory of the United States of America;
- the pleasure of interacting with children of all ages, acquired through volunteer activities in schools and extra-curricular activities.

## JOB-RELATED SKILLS

### Job-related skills

- a better knowledge of the importance of an early physiotherapy treatment in the process of functional rehabilitation;
- using an updated set of rehabilitation techniques: dry needling therapy, deep tissue & trigger point massage, myofascial release therapy, stretching, manipulation;
- creating a top level rehabilitation plan that combines manual therapy and useful technology machines such as Tecar / Indiba Therapy, Cryo-Ultrasound, Shockwave therapy, etc.;
- looking to increase the capacity of the patients to increase the level of adherence to physiotherapy treatment;
- publishing results of scientific work at international conferences, online newspapers, university magazine;
- developing new skills in order to increase the process of adaptation to new places and to new demanding situations (physically and emotionally);
- learning about the importance of emotional intelligence in relationships with the others required to choose the most appropriate ways of preventing / managing a conflict, regardless of its type;
- managing time and body energy.

## OTHER SKILLS

### Other skills

- the sport, an unlimited passion developed to establish a healthy lifestyle;
- reading: knowledge accumulated by reading different books, both of which are beneficial for the future career, as well as books in the sphere of Classical Literature, Fiction or Psychology;
- passionate of traveling in order to explore and discover the true pleasures of life;
- the desire to discover new things that are essential in the development and creation of cognitive, emotional skills according to the future demands of everyday life.



## PUBLICATIONS

Božić, D., Bjelica, B., Cicović, B., Iacob, G.S., Zelenović, M. (2022). The impact of electromyostimulation on the athletes vertical jumping performance: a systematic review. Book of Proceedings, XXIII Scientific Conference „FIS COMMUNICATIONS 2021" in Physical education, sport and recreation.

[https://www.researchgate.net/publication/358118625\\_The\\_impact\\_of\\_electromyostimulation\\_on\\_the\\_athlete's\\_vertical\\_jumping\\_A\\_systematic\\_review](https://www.researchgate.net/publication/358118625_The_impact_of_electromyostimulation_on_the_athlete's_vertical_jumping_A_systematic_review)

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. Proceedings of ICU 2021, Conference: 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy.

[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](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., Abalașei, B.A., Iacob, G.S. (2021). Descriptive Study Regarding The Incidence Of SARS-Cov-2 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](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., Abalașei, B.A., Iacob, G.S. (2021). Comparative study regarding the benefits of using medical flossing in lateral epicondylitis. Sport and Society. Interdisciplinary Journal of Physical Education and Sports, 21(2).

<https://sportsisocietate.ro/articol/564>

Vrabie, D., Iacob, G.S. (2021). The relationship between Body Mass Index and Body Fat percentage, estimated by bioelectrical impedance in a group of Romanian female students. Sport and Society. Interdisciplinary Journal of Physical Education and Sports, 21(2).

<https://sportsisocietate.ro/articol/578>

Iacob, G.S., Măzăreanu, A. (2021). The comparison between manual trigger point and dry needling in treating upper and middle back myofascial pain syndrome in sport players. Journal of Physical Rehabilitation and Sports Medicine: Volume III (2587-3709).

<https://zenodo.org/record/5552884#.Yfw5M99BxPY>

Boroja, A., Bjelica, B., Stanković, M., Đorđević, D., D'Onofrio, R., Iacob, G.S., Singh, L.S., Zelenović, M. (2021). The Influence of Corrective Gymnastics on Correcting Deformities in Younger School-age Children. Italian Journal of Sports rehabilitation and Posturology, 10(25),4 (2638-2648).

[https://www.researchgate.net/publication/354582192\\_The\\_Influence\\_of\\_Corrective\\_Gymnastics\\_on\\_Correcting\\_Deformities\\_in\\_Younger\\_School-age\\_Children](https://www.researchgate.net/publication/354582192_The_Influence_of_Corrective_Gymnastics_on_Correcting_Deformities_in_Younger_School-age_Children)

Zelenović, M., Božić, D., Aksović, N., Iacob, G.S., Alempijević, R., Bjelica, B. (2021). The Effects of Physical Activity on Disease and Mortality. *International Journal of Sport Culture and Science*, 9(2).

<https://dergipark.org.tr/en/download/article-file/1727097>

Iacob, G.S., Vrabie, D., Stegariu, V.I., Zelenović, M., Božić, D. (2021). The effects of modern radiofrequency therapies in the acute rehabilitation of hamstring strains. *Bulletin of the Transilvania University of Brasov*. 14(63):209-216.

[http://webbut.unitbv.ro/index.php/Series\\_IX/article/view/408](http://webbut.unitbv.ro/index.php/Series_IX/article/view/408)

Iacob, G.S., Cîtea M.A., (2020) The Effectiveness of Short Term Soft-Tissue Treatment Procedure Using Indiba Fascia in the Rehabilitation of Acute Lateral Epicondylitis. The 6th International Conference of Universitaria Consortium FEFSTIM: Physical Education, Sports and Kinesiotherapy - Implications in Quality of Life, Timisoara, 259-265 .

<https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700039>

Iacob, G.S. (2020). The efficiency of manual therapy with combined cryoultrasound technology in the functional rehabilitation of chronic plantar fasciitis. *Bulletin of the Transilvania University of Brasov* 13(62) (2):193-200.

[http://webbut.unitbv.ro/index.php/Series\\_IX/article/view/150](http://webbut.unitbv.ro/index.php/Series_IX/article/view/150)

Stegariu, V.I., Iacob, G.S. (2020). The effects of practicing chess on analytical thinking in primary school students. *Sport and Society - Interdisciplinary Journal of Physical Education and Sports* , 20(2).

<https://www.sportsisocietate.ro/articol/527>

Iacob, G.S., Munteanu, C. (2020). The role of manual therapy in the treatment of chronic cervical pains. *Sport and Society - Interdisciplinary Journal of Physical Education and Sports*

<https://sportsisocietate.ro/articol/493>

Iacob, G.S., Panto, A. (2020). The efficiency of implementing a rehabilitation protocol that combines tecar therapy and manual therapy in acute low back pains. *International Scientific Students' Conference „Uzhhorod Medical Students' Conference“*

<https://www.researchgate.net/publication/349574177> The efficiency of implementing a rehabilitation protocol that combines tecar therapy and manual therapy in acute low back pains

Panto, V., Panto, A., Iacob, G.S. (2020). Laser photo modification and iodine medications in the treatment of osteochondrosis. Conference: Current issues regarding the use of lasers in medicine, Cherkasy, Ukraine.

<https://www.researchgate.net/publication/350959600> Laser photomodification and iodine medications in the treatment of otheochondrosis

Panto, V., Panto, A., Iacob, G.S. (2020). Treatment of gonarthrosis using low-intensity laser radiation and chondroprotectors. Conference: Current issues regarding the use of lasers in medicine, Cherkasy, Ukraine.

<https://www.researchgate.net/publication/350959758> Treatment of gonarthrosis using low-intensity laser radiation and chondroprotectors





● **Iacob G.S., Cîtea M.A., (2019) The Role of Proprioceptive Training as a Method of Functional Rehabilitation of Ankle Sprains in Futsal Players, Sport and Society - Interdisciplinary Journal of Physical Education and Sports, 19(2)**

<https://www.sportsisocietate.ro/articol/457>

● **Citea, M.A., Iacob, G.S. (2019). Correction of Posture Deviations in the Sagittal Plane Using the Pilates Method. Sport and Society - Interdisciplinary Journal of Physical Education and Sports, 19(2).**

<https://sportsisocietate.ro/articol/455>

