

FORMATO EUROPEO
PER IL CURRICULUM
VITAE



PERSONAL INFORMATIONS

Name	MARCO CONTI
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E-mail	conti.marco@gmail.com
Nationality	Svizzera & Italiana
Data of birth	Imperia, 27/04/1962
Fiscal code	CNTMRC62D27E290M
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PERSONAL COMPETENCES

MOTHER TONGUE

	Italian		English	French
• reading	Good		Good	Very good
• writing	Good		Good	Good
• oral expression	Good		Good	Very good

EDUCATION

- 2015-2016 **Il level Master** Muscolo Skeletal Ultrasound –Torino University (cum mention)
Qualified as Medical Doctor in Switzerland
- 2008 ACSM Team Physician Course Part I & II, Ponte Vedra Beach, Florida
- 1997 **Sports Medicine Specialization**, Brescia University (100/100 cum mention)
- 1996 **Human Physiology PhD** at Milano Medicine University
- 1991 **Qualified to practice as a Surgeon Doctor** on the basis of Italian law
- 1991 **Medicine Master Degree** Milano University of Medicine (110/110 cum mention)
- 1990 Health Economics course at the Milano Medicine University
- 1987 Bioethics course at S.Raffaele Hospital - Milano
- 1983 **II° yr Engineering course at Politecnico** - Milano
- 1981 High School Diploma Liceo Scientifico "G.Mercalli" - Napoli (60/60)

WORK EXPERIENCES

<i>From April 2017</i>	Member of the Medical Advisory Board of Dycare (Dycare.com), Barcelona , Spain – techmed StartUp in the field of the Remote Monitored Rehabilitation
<i>From April 2023</i>	Consultant at Spazio Maugeri , Ist Clinico Maugeri, Via F.Sforza – Mi
<i>From April 2023</i>	Consultant at Humanitas Medical care, Via Domodossola – Mi
<i>From Jan 2023</i>	ICSSSET President & Founder (International Confederation of Societies for Shoulder & Elbow Therapy)
<i>From Jan 2019</i>	Consultant Shoulder Orto Unit Istituto Clinico Humanitas , UNIMED – Rozzano – Mi
<i>From 1997 to 2020</i>	Owner and Manager of MedSport medical centers in Como & Varese

February 2022	Teacher at the Master of Orthopedic & Traumatology of Sport at the Humanitas University , Milano
September 2021	Teacher at the Master of Orthopedic & Traumatology of Sport at the Humanitas University , Milano
May 2019	Teacher at the Master of MSK Ultrasound at the SCDU Medicina Fisica & Riabilitazione at AOU Città della Scienza, Torino University
March 2018	Teacher at the Master of MSK Ultrasound at the SCDU Medicina Fisica & Riabilitazione at AOU Città della Scienza, Torino University
From Jan 2019	Co-developer of the ReHub System and member of medical board of DyCare (EU winner of Horizon 2020)
From 2016 to 2018	SICS&G Chief of Rehab Comm (Soc. Italiana Chirurgia spalla e Gomito)
From 2015 to 2017	EUSSER President (European Shoulder and Elbow Rehabilitation)
From 2014 to 2015	EUSSER Vice President (European Shoulder and Elbow Rehabilitation)
From 2011 to 2016	Consultant Rehab Unit Istituto Clinico Humanitas – Rozzano - Mi
From 2012 to 2015	SECEC Board Member – Chief Rehabilitation Committee
From 2010 to 2014	EUSSER Treasury (European Shoulder and Elbow Rehabilitation)
From 2009 to 2019	EUSSER Board Member
From 2009	Ordinary SECEC Member (1st Sports Medicine member of the Society)
From 2002 to 2020	Medical Director MedSport Como (Sports Medicine Center)
From 1999 to 2002	Medical Director of Lugano Regional Hospital (CH) Wellness Program
From 1977 to 2000	Consultant at Erba (Co) Sports Medicine Center
1997	Consultant at Fondazione Don Gnocchi di Milano Sports Medicine Medical center
1997-98	Medical Consultant for Sciare, official paper of Italian Ski Instructors Association

MEDICAL EXPERIENCES

• 2003	Fellowship at Ben Rubin MD , Ortopaedic Specialty Institute Medical Group of Orange County , California – USA
From 1999 to 2000	Fellowship c/o Stanford Center for Research in Disease Prevention (USA) for the Stanford SEARRCH Program and the HEART2 program
• 1999	Fellowship at Steve Snyder MD, Southern California Orthopedic Institute – Van Nuys, California - Usa
• 1998	Fellowship presso Dott. Steve Snyder MD , Southern California Orthopedic Institute – Van Nuys, California - Usa
• 1997-98	Staff Doctor of Rehab Unit Istituto Clinico Humanitas, Milano
• From 1996	Fellow of Alessandro Castagna MD: surgery and rehabilitation of shoulder
• 1995	Research member of the scientific expedition EV-K2-C.N.R. to the Pyramid Lab at 5050m Everest camp base - Nepal
• 1994	C.N.R. National Research Council research project on Propionil L Carnitina use in cardiac patients
• 1992	Fellowship at Physiology Department Max Planck Institute di Gottinga - Germany
From 1991 to 1996	PhD student in Applied Human Physiology Advanced Biomedical Tech Institute (ITBA) (Prof. Paolo Cerretelli Director) C.N.R. di Milano
• 1990	Research member of the scientific expedition EV-K2-C.N.R. to the Pyramid Lab at 5050m Everest camp base - Nepal
• 1988	Medical Training Stepping Hill Hospital - Stockport - UK

PATENTS

• 2017	Co Inventor for a It Patent ref 102016000108678 for a K1 Posture Keeper Brace
• 2016	Co Inventor for a EU Patent ref 17199051-8-1664 for a S2 Dynamic Brace dedicated to shoulder instability

INDEXED PAPERS

- 1) Castagna A, Bonanzinga T, Giunti F, Gumina S, Garofalo R, **Conti M**, Loppini M, Minelli M, **Cutibacterium acnes Infections in Shoulder Arthroplasty, a Need for New Guidelines: a Scoping Review**. SN Comprehensive Clinical Medicine (2022) 4:244 <https://doi.org/10.1007/s42399-022-01334-7>
- 2) Garofalo R, De Crescenzo A, Fontanarosa A, **Conti M**, Castagna A, Calbi R, **Rotator cuff repair protected with subacromial balloon spacer shows a low rate of non-healing**, Knee Surg Sport Traumatol Surg 2022 Jan 13 doi:10.1007/s00167-021-06831-1
- 3) Garofalo R, Fontanarosa A, De Crescenzo A, **Conti M**, Calbi R, Castagna A, **Does arthroscopic superior capsule reconstruction using porcine dermal xenograft represent a viable option in case of massive irreparable posterosuperior rotator cuff tear?** Arch Orthop Trauma Surgery. 2022 Jan 27 <https://doi.org/10.1007/s00402-022-04335-2>
- 4) Castagna A, Ranieri R, Volpi P, Ceccarelli E, Garofalo R, **Conti M**, **Elite professional goalkeepers report high rate of sport resumption after shoulder surgery**, KSSTA 2021; <https://doi.org/10.1007/s00167-021-06637-1>
- 5) Nuevo M, Mahdavi H, Rodríguez D, Faura T, Fabrellas N, Balocco S, **Conti M et al.. Evaluation of Safety and Efficacy of ReHub in Patients Who Underwent Primary Total Knee Arthroplasty: Study Protocol for a Randomized Controlled Trial**. International Journal of Surgery: Protocols. 2021;25(1):34–41. DOI: <http://doi.org/10.29337/ijsp.138>
- 6) Castagna A, Garofalo R, **Conti M**, Khair Y, Gumina S, De Giorgi S. **Arthroscopic transosseous versus suture anchor repair: clinical outcomes in patients with bilateral rotator cuff tears**. J Biol Regul Homeost Agents. 2020 Jul-Aug;34(4 Suppl. 3):51-57.
- 7) Cescon C, Barbero M, **Conti M**, Bozzetti F, Lewis J (2019) **Helical axis analysis to quantify humeral kinematics during shoulder rotation**, International Biomechanics, 6:1, 1-8,
- 8) **Conti M**, Garofalo R, Castagna A, Massazza G, Ceccarelli E. **Dynamic brace is a good option to treat first anterior shoulder dislocation in season**. Musculoskelet Surg. 2017 Dec;101(Suppl 2):169-173. doi: 10.1007/s12306-017-0497-5. Epub 2017 Aug 2
- 9) Garofalo R, Ceccarelli E, Castagna A, Calvisi V, Flanagin B, **Conti M**, Krishnan SG. **Open capsular and ligament reconstruction with semitendinosus hamstring autograft successfully controls superior and posterior translation for type V acromioclavicular joint dislocation**. Knee Surg Sports Traumatol Arthrosc. 2017 Jul;25(7):1989-1994. doi: 10.1007/s00167-017-4509-7. Epub 2017 Apr 22
- 10) Castagna A, **Conti M**, Garofalo R. **“Soft tissue based surgical techniques for treatment of posterior shoulder instability in Obere Extremitat** ISSN 1862-6599 Vol12 Number 2 (2017) 12:82-89 DOI 10.1007/s11678-017-0413-
- 11) Castagna A, Garofalo R, **Conti M**, Flanagin B. **Arthroscopic Bankart repair: Have we finally reached a gold standard?** Knee Surg Sports Traumatol Arthrosc. 2016 Feb;24(2):398-405
- 12) Castagna A, De Giorgi S, Garofalo R, Tafuri S, **Conti M**, Moretti B. **A new anatomic technique for type II SLAP lesions repair**. Knee Surg Sports Traumatol Arthrosc. 2016 Feb;24(2):456-63
- 13) Castagna A, DE Giorgi S, Garofalo R, **Conti M**, Tafuri S, Moretti B, **Calcifying**

- tendinitis of the shoulder: arthroscopic needling versus complete calcium removal and rotator cuff repair. A prospective comparative study.** *Joints*. 2016 Jan 31;3(4):166-72
- 14) **M.Conti, R.Garofalo, A.Castagna. Does a brace influence outcomes after arthroscopic cuff repair?** *Musculoskeletal Surg* 2015- 99(Suppl 1) S31:S35
 - 15) **A.Castagna, S.De Giorgi, R.Garofalo, S.Tafari, M.Conti, B.Moretti. A New anatomic technique for SLAP II lesions repair.** 2014 November 21– KSST
 - 16) **Garofalo R, Flanagan B, Cesari E, Vinci E, Conti M, Castagna A. Destructive septic arthritis of shoulder in adults** *Musculoskelet Surg*. 2014 Mar 23. [Epub ahead of print]
 - 17) **Castagna A, Cesari E, Garofalo R, Gigante A, Conti M, Markopoulos N, Maffulli N. Matrix metalloproteases and their inhibitors are altered in torn rotator cuff tendons, but also in the macroscopically and histologically intact portion of those tendons** *Muscles Ligaments Tendons J*. 2013 Aug 11;3(3):132-8. eCollection 2013 Jul.
 - 18) **Castagna A, Borroni M, Garofalo R, Rose GD, Cesari E, Padua R, Conti M, Gumina S.. Deep partial rotator cuff tear: transtendon repair or tear completion and repair? A randomized clinical trial.** *Knee Surg Sports Traumatol Arthrosc*. 2013 May 21
 - 19) **Castagna A, Cesari E, Gigante A, Conti M, Garofalo R. Metalloproteases and their inhibitors are altered in both torn and intact rotator cuff tendons.** *Musculoskelet Surg*. 2013 Jun;97 Suppl 1:39-47. Epub 2013 Apr 21.
 - 20) **Dierickx C, Ceccarelli E, Conti M, Vanlommel J, Castagna A. Regarding "Aberrant origin of the long head of the biceps: a case series"** *J Shoulder Elbow Surg*. 2012 Dec;21(12):e20-2. doi: 10.1016/j.jse.2012.08.004.
 - 21) **Delle Rose G, Borroni M, Silvestro A, Garofalo R, Conti M, De Nittis P, Castagna A. The long head of biceps as a source of pain in active population: tenotomy or tenodesis? A comparison of 2 case series with isolated lesions.** *Musculoskelet Surg*. 2012 May;96 Suppl 1:S47-52. Epub 2012 Apr 18
 - 22) **Castagna A, Delle Rose G, Borroni M, Cillis BD, Conti M, Garofalo R, Ferguson D, Portinaro N. Arthroscopic stabilization of the shoulder in adolescent athletes participating in overhead or contact sports.** *Arthroscopy*. 2012 Mar;28(3):309-15. doi: 10.1016/j.arthro.2011.08.302. Epub 2011 Nov 30
 - 23) **Garofalo R, Conti M, Massazza G, Cesari E, Vinci E, Castagna A. Subcoracoid impingement syndrome: a painful shoulder condition related to different pathologic factors.** *Musculoskelet Surg*. 2011 Jul;95 Suppl 1:S25-9. PubMed PMID: 21643947.
 - 24) **Nordenson U, Garofalo R, Conti M, Linger E, Classon J, Karlsson J, Castagna A. Minor or occult shoulder instability: an intra-articular pathology presenting with extra-articular subacromial impingement symptoms.** *Knee Surg Sports Traumatol Arthrosc*. 2011 Sep;19(9):1570-5. Epub 2011 May 24. PubMed PMID: 21607736.
 - 25) **Garofalo R, Karlsson J, Nordenson U, Cesari E, Conti M, Castagna A. Anterior-superior internal impingement of the shoulder: an evidence-based review.** *Knee Surg Sports Traumatol Arthrosc*. 2010 Dec;18(12):1688-93. Epub 2010 Aug 11. Review. PubMed PMID: 20700579.
 - 26) **Castagna A, Markopoulos N, Conti M, Rose GD, Papadaku E, Garofalo R. Arthroscopic bankart suture-anchor repair: radiological and clinical outcome at minimum 10 years of follow-up.** *Am J Sports Med*. 2010 Oct;38(10):2012-6. Epub 2010 Jul 1. PubMed PMID: 20595552.
 - 27) **Garofalo R, Conti M, Notarnicola A, Maradei L, Giardella A, Castagna A. Effects of one-month continuous passive motion after arthroscopic rotator cuff repair: results at 1-year follow-up of a prospective randomized study.** *Musculoskelet Surg*. 2010 May;94 Suppl 1:S79-83. PubMed PMID: 20383685.
 - 28) **Castagna A., Garofalo R., Cesari E., Markopoulos N., Borroni M., Conti M. Anterior or posterior internal impingement of the shoulder: an evidence based review.** *Br J Sports Med*. 2010 Apr;44(5):382-8

- 29) **M.Conti, R.Garofalo, G.Delle Rose, G.Massazza, E.Vinci, M.Randelli, A.Castagna . Post Operative rehabilitation after surgical repair of rotator cuff.** *Musculoskelet Surg* (2009) 93: S55-S63 march 2009
- 30) **Dierickx C, Ceccarelli E, Conti M., Vanlommel J, Castagna A. Variations of the intra articular portion of the long head of the biceps tendon : A classification of embryologically explained variations.** *JSES* (2009) 18, 556-565
- 31) **Castagna A, Delle Rose G, Borroni M, Conti M, Maradei L, Garofano R Modified MacLaughling procedure in treatment of neglected posterior dislocation of the shoulder”** *Musculoskelet Surg.* 2009 Apr; 93 Suppl 1:S1-S5
- 32) **A.Castagna, M.Borroni, G.Delle Rose, N.Markopoulos, M.Conti, E.Vinci and R.Garofalo . Effects of posterior capsular plications in range of motion in arthroscopic anterior bankart repair: a prospective randomized clinical study.** *Knee Surg. Sport Traumatol* 17(2) feb 2009
- 33) **Castagna A, Delle Rose G, Conti M, Snyder SJ, Borroni M, Garofalo R. Predictive factors of subtle residual shoulder symptoms after transtendinous arthroscopic cuff repair: a clinical study.** *Am J Sports Med.* 2009 Jan;37(1):103-8
- 34) **A.Castagna, M.Conti, M.Borroni, B.Moretti, E.Vinci, G.Franceschi, R.Garofalo. Posterior shoulder pain and anterior instability: a preliminary clinical study .** *Chir Organi Mov* (2008) 91(2):79 – 83
- 35) **A.Castagna, R.Garofalo, M.Conti e V.M.Naula : Biceps soft tissue tenodesis in J.Abrams and R.H.Bell Arthroscopic Rotator cuff surgery,** Springer 2008
- 36) **Castagna A, Conti M, Markopoulos N, Borroni M, De Flaviis L, Giardella A, Garofalo R. : Arthroscopic repair of rotator cuff tear with a modified Mason-Allen stitch: mid term clinical and ultrasound outcomes.** *Knee Surg Sports Traumatol Arthrosc.* (2008 Feb 14)
- 37) **Castagna A, Conti M, Mouhsine E, Delle Rose G, Massazza G, Garofalo R. : A new technique to improve tissue grip and contact force in arthroscopic capsulolabral repair : the MIBA stitch.** *Knee Surg Sports Traumatol Arthrosc.* (2008 Jan 12)
- 38) **A.Castagna, E.Mouhsine, M.conti, E.Vinci, M.Borroni, A.Giardella, R.Garofalo : Condral print on humeral head: an indirect sign of long head biceps tendon instability.** *Knee Surg Traumatol Arthrosc* (2007) 15:645-648
- 39) **Castagna A, Snjder SJS, Conti M, Borroni M, Massazza G, Garofalo R: Posterior Humeral Avulsion of the Glenohumeral Ligament : a clinical review of 9 cases –** *Arthroscopy* 2007 Aug 23 (8): 809-15
- 40) **Castagna A, Garofalo R, Conti M, Borroni M, Snyder SJ. : Arthroscopic rotator cuff repair using a triple loaded suture anchor and a Modified Mason – Allen technique (Alex stitch).** *Arthroscopy* 2007 Apr 23 (4) :440e1-4
- 41) **Castagna A, Conti M, Borroni M, Garofalo R. How to teach and learn shoulder arthroscopy.** *Rev Chir Orthop Reparatrice Apparat Mot* 2006 Dec; 92 (8 suppl): 4S9
- 42) **Castagna A, M. Conti, M. Borroni, R. Garofalo Apprendre et enseigner l'arthroscopie de l'épaule** *Rev Chir Orthop Reparatrice Apparat Mot.* 2006 Dec;92(S8):4S9-4S12. French“
- 43) **A.Castagna, M.Conti, E.Mouhsine, P.Bungaro, R.Garofalo : Arthroscopic biceps tendon tenodesis: The ancorage technical note.** *Knee Surg Sport Traumatol Artrosc* 2006 Jun; 14 (6): 581-5; Epub 2005 Dec 23
- 44) **Castagna A., Garofalo R, Conti M, Randelli M : Reverse HAGL a possible complication of a tight anterior gleno humeral stabilization.** *Chir. Organi Mov.* 2005 Apr-Jun; 90(2): 201-7
- 45) **Y.Fukuoka, B.Grassi, M.Conti, S.Anchisi, A.Colombini, D.Guiducci, M.Sutti, C.Marconi and P.Cerretelli: Early effects of exercise training on VO2 on and off kinetics in 50 year old subjects.** *Pflugers Arch – Eur J Physiol* (2002) 443:690-697
- 46) **M.V.Narici, H.Hoppeler, B.Kayser, L.Landoni, H.Claassen, C.Gavardi, M.Conti and P.Cerretelli : Human quadriceps cross sectional area, torque and**

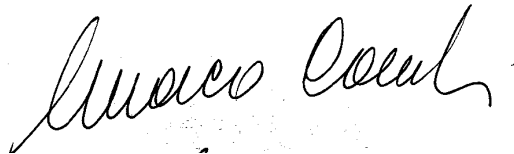
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1996 : 157, 175-186

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and P.Cerretelli : **Peak blood lactate and blood lactate vs. work load during
acclimatisation to 5050 m and in the deacclimatisation** - JAP 1995 : 80(2) ,
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MEMBERSHIPS

2019 - 2021	SICS&G Rehab Comm member
2016 - 2018	SICS&G Rehab Comm Chairman
2015 - 2017	EUSSER President
2014 - 2015	EUSSER Vice President
2012 - 2014	SECEC (member of the Board – Chief Rehabilitation Committee)
From 2010	SICS&G member Rehab Comm
2009 - 2014	EUSSER Treasury
From 2023	ICSSSET President & founder
From 2015.	ISFTEH International Individual Member representing Switzerland
From 2008	EUSSER (Honorary member from 2019)
From 2008	SECEC (Ordinary Member)
From 2006	SICS&G (Ordinary Member)
From 2005	SIGASCOT (Ordinary Member)
From 1995	American College of Sports Medicine (Ordinary Member)
From 1988	Federazione Italiana medici dello sport (Ordinary Member)

Comano 13 January 2025



Marco Conti

Il sottoscritto è a conoscenza che, ai sensi dell'art. art. 76 del DPR 445/2000, le dichiarazioni mendaci, la falsità negli atti e l'uso di atti falsi sono puniti ai sensi del codice penale e delle leggi speciali. Inoltre, il sottoscritto autorizza al trattamento dei dati personali ai sensi dell'art. 13 D. Lgs. 30 giugno 2003 n°196 – "Codice in materia di protezione dei dati personali" e dell'art. 13 GDPR 679/16 – "Regolamento europeo sulla protezione dei dati personali".

