

CURRICULUM VITAE

Nombre: Enrique Varela Donoso

Doctor en Medicina y Cirugía desde 1993

Médico especialista en:

- Medicina Física y Rehabilitación
- Medicina de la Educación Física y el Deporte

Profesor Titular De Universidad. Facultad de Enfermería, Fisioterapia y Podología. Universidad Complutense de Madrid (UCM)
Departamento de Radiología, Rehabilitación y Fisioterapia. Anteriormente de Medicina Física y Rehabilitación e Hidrología Médica

Obtenido primer sexenio de investigación en 2014

Obtenido el segundo sexenio de investigación en 2020

Delegado de España ante:

- La Sociedad Europea de Rehabilitación y Medicina Física (ESPRM)
- La Unión Europea de Médicos Especialistas en Rehabilitación y Medicina Física (UEMS-PRM Section)

LISTADO DE MIS PUBLICACIONES EN REVISTAS INDEXADAS

1

[Role of the physical and rehabilitation medicine specialist regarding of children and adolescents with acquired brain injury.](#)

Varela-Donoso E, Damjan H, Muñoz-Lasa S, Valero-Alcaide R, Neumann V, Chevignard M, Berteanu M, Christodoulou N.

Eur J Phys Rehabil Med. 2013 Apr;49(2):213-21. Epub 2013 Apr 5.

PMID: 23558702

IMPACT FACTOR (IF) JCR (2012): 2, 060

2

[Musculoskeletal perioperative problems. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Varela E, Oral A, Ilieva E, Küçükdeveci AA, Valero R, Berteanu M, Christodoulou N; UEMS-PRM Section Professional Practice Committee. Eur J Phys Rehabil Med. 2013 Oct;49(5):753-9.
PMID: 24145233
IF JCR (2012): 2, 060

3

[Shoulder pain management. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Varela E, Valero R, Küçükdeveci AA, Oral A, Ilieva E, Berteanu M, Christodoulou N; UEMS-PRM Section Professional Practice Committee. Eur J Phys Rehabil Med. 2013 Oct;49(5):743-51.
PMID: 24145232
IF JCR (2012): 2, 060

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[Interdisciplinary team working in physical and rehabilitation medicine.](#)

Neumann V, Gutenbrunner C, Fialka-Moser V, Christodoulou N, **Varela E**, Giustini A, Delarque A.
J Rehabil Med. 2010 Jan;42(1):4-8. doi: 10.2340/16501977-0483.
PMID: 20111837 [PubMed - indexed for MEDLINE]
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[European models of multidisciplinary rehabilitation services for traumatic brain injury.](#)

McElligott J, Carroll A, Morgan J, Macdonnell C, Neumann V, Gutenbrunner C, Fialka-Moser V, Christodoulou N, **Varela E**, Giustini A,

Delarque A, Assucena A, Lukmann A, Tuulik-Leisi V, Zoltan D.
Am J Phys Med Rehabil. 2011 Jan;90(1):74-8. doi:
10.1097/PHM.0b013e318201744e. No abstract available.
PMID: 21169747 [PubMed - indexed for MEDLINE]
IF: SJR (2011): 0,584

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[Ear therapy and massage therapy in the elderly with dementia: a pilot study.](#)

Rodríguez-Mansilla J, González-López-Arza MV, **Varela-Donoso E**,
Montanero-Fernández J, Jiménez-Palomares M, Garrido-Ardila EM.
J Tradit Chin Med. 2013 Aug;33(4):461-7.
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Select item 23867242
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[Qigong improves balance in young women: a pilot study.](#)

González López-Arza MV, **Varela-Donoso E**, Montanero-Fernández J,
Rodríguez-Mansilla J, González-Sánchez B, González López-Arza L.
J Integr Med. 2013 Jul;11(4):241-5. doi: 10.3736/jintegrmed2013038.
PMID: 23867242 [PubMed - indexed for MEDLINE]
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8

[Animal assisted interventions in neurorehabilitation: A review of the most recent literature.](#)

Muñoz Lasa S, Máximo Bocanegra N, Valero Alcaide R, Atín Arratibel MA,

Varela Donoso E, Ferriero G.

. [Epub ahead of print] English, Spanish.

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[Local soft tissue musculoskeletal disorders and injuries. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Oral A, Ilieva EM, Küçükdeveci AA, **Varela E**, Valero R, Berteanu M, Christodoulou N; UEMS-PRM Section Professional Practice Committee. Eur J Phys Rehabil Med. 2013 Oct;49(5):727-42.

PMID: 24145231

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[Spinal pain management. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Valero R, **Varela E**, Küçükdeveci AA, Oral A, Ilieva E, Berteanu M, Christodoulou N; UEMS-PRM Section Professional Practice Committee. Eur J Phys Rehabil Med. 2013 Oct;49(5):715-25.

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[Osteoarthritis. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Ilieva EM, Oral A, Küçükdeveci AA, **Varela E**, Valero R, Berteanu M, Christodoulou N.

Eur J Phys Rehabil Med. 2013 Aug;49(4):579-93.

PMID: 24084416

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[Osteoporosis. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Oral A, Küçükdeveci AA, **Varela E**, Ilieva EM, Valero R, Berceanu M, Christodoulou N.

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[Inflammatory arthritis. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

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[Generalised and regional soft tissue pain syndromes. The role of physical and rehabilitation medicine physicians. The European perspective based on the best evidence. A paper by the UEMS-PRM Section Professional Practice Committee.](#)

Oral A, Ilieva EM, Küçükdeveci AA, **Varela E**, Valero R, Berceanu M, Christodoulou N.

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[The role of physical and rehabilitation medicine specialist in lymphoedema.](#)

Fialka-Moser V, Korpan M, **Varela E**, Ward A, Gutenbrunner C, Casillas JM, Delarque A, Berceanu M, Christodoulou N.

Ann Phys Rehabil Med. 2013 Jul;56(5):396-410. doi:

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PMID: 23727074

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[Intervenciones asistidas por animales en neurorrehabilitación: una revisión de la literatura más reciente](#)

Muñoz-Lasa S, Ferriero G, Valero R, Gomez-Muñiz F, Rabini A, **Varela E.**

Referencia: Neurología. 2013. doi:10.1016/j.nrl.2013.01.012

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[Effects of training status on fibers of the musculus vastus lateralis in professional road cyclists.](#)

Rodríguez LP, López-Rego J, Calbet JA, Valero R, **Varela E**, Ponce J.

Am J Phys Med Rehabil. 2002 Sep;81(9):651-60.

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[UEMS - Position Paper New technologies designed to improve functioning: the role of the physical and rehabilitation medicine physician](#)

A. Giustini , **E. Varela** , M. Franceschini , J. Votava , M. Zampolini , M.

Berteanu , N. Christodoulou · Eur J Phys Rehabil Med 2014; 50:579-83

IF JCR (2014) 1,903

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[The effects of ear acupressure, massage therapy and no therapy on symptoms of dementia. A randomized controlled trial](#)

Juan Rodríguez-Mansilla, María Victoria González López-Arza, **Enrique Varela-Donoso**, Jesús Montanero-Fernández, Blanca González Sánchez.

and Elisa María Garrido-Ardila. Clin Rehabil published online 16 October 2014. DOI: 10.1177/0269215514554240

20

[Extracorporeal Shockwaves versus ultrasound-guided percutaneous lavage for the treatment of rotator cuff calcific tendinopathy: a randomized controlled trial](#)

Del Castillo-González F, Ramos-Álvarez, JJ, Rodríguez-Fabián G, González-Pérez J, Jiménez-Herranz, E, **Varela E**. Eur J Phys Rehabil Med 2016; 52: 145-151

IF JCR (2016) 1,903

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[Evidence Based position paper on physical and rehabilitation medicine \(PRM\) practice for people with spinal deformities during growth. The European PRM position \(UEMS-PRM Section\)](#)

Negrini S, Dincer F, Kiekens C, Kruger L, **Varela-Donoso E**, Christotoulou N. Eur J Phys Rehabil Med 2017. 53, (1): 125-130

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[Evidence-based position paper on Physical and Rehabilitation Medicine \(PRM\) professional practice for people with obesity and related comorbidities. The European PRM position \(UEMS PRM Section\)](#)

Paolo CAPODAGLIO, Elena ILIEVA , Aydan ORAL , Carlotte KIEKENS , Stefano NEGRINI, **Enrique Varela DONOSO** , Nicolas CHRISTODOULOU , UEMS-PRM EBPP Methodological Group. Eur J Phys Rehabil Med 2017. 53; (7): 611-624

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Efficacy of Aquatic Therapy for Multiple Sclerosis: A Systematic Review

Corvillo I, Varela E, Armijo F, Alvarez-Badillo A, Armijo O, Maraver F. Eur J Phys Rehabil Med 2017. 53, (6): 944-52

24

Evidence based position paper on Physical and Rehabilitation Medicine (PRM) professional practice for ageing people with disabilities. The European PRM position (UEMS PRM Section)

Aydan ORAL *, Christina-Anastasia RAPIDI , Jiri VOTAVA , Nikolaos ROUSSOS , Xanthi MICHAIL , Jolanta KUJAWA , Stefano NEGRINI, Enrique VARELA DONOSO , Nicolas CHRISTODOULOU
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Efficacy of aquatic therapy for neck pain: a systematic review

Iluminada Corvillo & Francisco Armijo & Antonio Álvarez-Badillo & Onica Armijo & Enrique Varela & Francisco Maraver. Int J Biometeorol 2019 (published on line) <https://doi.org/10.1007/s00484-019-01738-6>

26

Evidence-based position paper on the professional practice of Physical and Rehabilitation Medicine for persons with cerebral palsy. The European PRM position (UEMSPRM section)

Karol Hornáček, Jolanta Kujawa, Enrique Varela-Donoso, Fitnat Dincer, Elena Ilieva, Peter Takáč *, Ivana Petronic-Markovic, Jiří Votava , Anita Vetra Dejan Nikolic, Nicolas Christodoulou, Mauro Zampolini, Charlotte Kiekens. European Journal of Physical and Rehabilitation Medicine 2021 December;57(6):1020-35
DOI: 10.23736/S1973-9087.21.06983-5

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Fdo.- Enrique Varela Donoso