

Jorge Hugo Villafaña

First years

He was born and raised in “Escuela” neighbourhood in the city of Río Tercero, Argentina. Jorge was always committed to knowledge, thanks to his family in great part that conveyed him the love for science and the emotion of living in family. He dedicated his final work of the Master to his daughters: “Dedicata alle mie figlie Valentina e Sofia” During his childhood and adolescence he studied and collaborated in the Salesian Oratory, Juvenile Institute Ceferino Namuncura, where he cultivated his Christian faith. As an individual sports fan he was an outstanding athlete at national level and he represented his country in the Southamerican tournaments. He got many medals at national level and holds two records in the province of Córdoba in 1500m with hurdles and 4x400m relay, since 1993. He finished primary school at “Gral Manuel Belgrano” school. In 1990, Villafaña entered IPEM N° 266 ex ENET N°1 Gral Savio. When he finished secondary school he entered the School of Kinesiology and Physiotherapy, School of Medicine of the National University of Córdoba.

While he was following the subjects in his last year, he made his practices at Rawson Hospital where he met his wife, Roxana Massaccesi. In 2002, just graduated, with his will of progress he moves to Italy, as he saw that his country could not give him the necessary conditions for his development, Argentina falls in one of the deepest economic crisis in history.

Passion for Research

Since he was very young he was a lover of the scientific method instilled by his father, a Math teacher, who always said to him “observation is science”, he stood out in the school Science Fair organized by the primary school every end of year; during the secondary school he developed an interest in hypoxia-hipoxica in high-performance athletes, which he studied deeply at University during the third year, he attended for a year the career of Laboratory Technician at the School of Medical Technology, National University of Córdoba, with the purpose of studying Histology and using the microscope properly, which was bought by his father. The beginnings were not easy, after many years of work and self-study of osteopathy in Italy, where he formed his own family, he could self-finance his specialization and he made the “University Master on Manual Therapies” at the European University of Madrid, Spain. There, he met Doctor Josue Fernandez-Carnero who guides him as a tutor in his scientific publications.

At present he self-finances his research on techniques of manual therapies for the treatment of the secondary thumb carpometacarpal osteoarthritis as doctoral student at the Rey Juan Carlos University, Madrid.

PUBLICATIONS:

1. **Villafaña JH**, Silva GB and Fernandez-Carnero J Short-term effects of the Neurodynamic mobilization in patients with secondary thumb carpometacarpal osteoarthritis: A Cases Series study *J Manipulative Physiol Ther.* 2011 Sep;34(7):449-56.
2. **Villafaña JH**, Silva GB, Diaz-Parreño SA and Fernandez-Carnero J Hypoalgesic and motor effects of Kaltenborn mobilization on elderly patients with secondary

- thumb carpometacarpal osteoarthritis. A randomized, controlled trial *J Manipulative Physiol Ther.* 2011 Oct;34(8):547-56.
3. **Villafañe JH**, Silva GB, Bishop MD and Fernandez-Carnero J Radial nerve mobilization decreases pain sensitivity and improves motor performance in patients with thumb carpometacarpal osteoarthritis: a randomized, controlled trial. *Archives of Medicine and Physical Therapy.* In press 2011.
 4. **Villafañe JH**, Silva GB and Fernandez-Carnero J Does the thumb joint mobilization decrease hyperalgesia on elderly patients with secondary thumb carpometacarpal osteoarthritis? *J Manipulative Physiol Ther. Con editore.*
 5. **Villafañe JH**, Silva GB and Dughera A Manipulative physiotherapy as a treatment for idiopathic scoliosis without psychological sequels: case report *Spine J.* with editor.
 6. **Villafañe JH**, Silva GB and Chiarotto A Passive Joint Mobilization of Arm Joints on Secondary Thumb Carpometacarpal Osteoarthritis. Increased strength and reduced pain: A Case Series *Eur J Phys Rehabil Med. With editor.*

CONFERENCIAS, COMUNICACIONES A CONGRESOS, REUNIONES, SIMPOSIOS:

1. **Villafañe JH**, “Efectos hipoalgesicois y motores de la terapia manual en adultos mayores con rizartrrosis secundaria” I congreso internacional de terapia manual ortopedica. Universidad Europea de Madrid. Spain. April 2011.
2. **Villafañe JH**, Silva GB, Diaz-Parreño SA and Fernandez-Carnero J “Short-term effects of the Neurodynamic mobilization in patients with secondary thumb carpometacarpal osteoarthritis: A Cases Series study” 34° Congresso Nazionale AISD. Riccione. Italy. May 2011.
3. **Villafañe JH**, Silva GB, Bishop MD and Fernandez-Carnero J. “Radial nerve mobilization decreases pain sensitivity and improves motor performance in patients with thumb carpometacarpal osteoarthritis: a randomized, controlled trial”. 49° Congresso Nazionale della Società Italiana di Chirurgia della Mano”. Torino. Italia. Ottobre 2011.
4. **Villafañe JH**, Silva GB, Diaz-Parreño SA and Fernandez-Carnero J “Hypoalgesic and motor effects of Kaltenborn mobilization on elderly patients with secondary thumb carpometacarpal osteoarthritis. A randomized, controlled trial”. XLVIII National Congresso of Italian Society Rheumatolo (SIR) Rimini. Italia. November 2011.

HONORS AND AWARDS:

2011. Awards “For young researchers AISD” 34° AISD National Congress. Italian Association for the Study of Pain). Riccione. Italy.

Work

He started working with great difficulties in Italy, his grandfather’s country, with private patients during 2002, activity he never quit. In 2003 he got from the “Ministero della Salute”, Italy, the certificate of equivalence of his degree of “MSc in Kinesiology and Physiotherapy” in order to be able to work as a “Physiotherapist” in Italy. He started to work independently in different health centres in the province of Torino and improved the techniques in neurology, respiratory and traumatology, he never left his private

patients. By the end of 2008 he started to improve his techniques on manual therapies at the surgery in Avigliana.

Family

In Italy, Pioiasco (TO), with his wife Roxana Massaccesi he forms a family. They had two daughters Valentina in 2007 and Sofia in 2009. The same as his wife Jorge is Italian thanks to his grandparents.