



STATEMENT

by Prof. Diyan Enchev, MD
Head of Orthopaedic Traumatology, University Hospital "N.I. Pirogov".

Subject: The procedure for awarding the academic position of "Associate Professor" to kinesiotherapist Ana Todorova Nikolova PhD., in the field of higher education 7. "Health and Sport" in the professional field 7.4 "Public Health" for the needs of the specialty "Rehabilitator" in the MC of 0.5 post announced in the State Gazette issue 99/13.12.2022 at the Medical College, Trakia University.

The opinion is in accordance with the requirements of the "Law for the Development of Academic Staff" in the Republic of Bulgaria and the Regulations for its implementation, the Regulations for the conditions and procedure for the acquisition of scientific degrees and occupation of academic positions at the Medical College of the Medical University of Trakia - Stara Zagora.

By order N 294/06.02.2023 of the Rector of the Trakia University I have been appointed to submit an opinion as a member of the scientific jury.

In the announced competition ("State Gazette", No. 99/ 13.12.2022) for the full-time academic post of "Associate Professor" in the scientific specialty of the post of Associate Professor in "Kinesitherapy", field of higher education 7. Health and Sport, professional field 7.4. Public Health, for the needs of the specialty "Rehabilitation Therapist" at 0,5 post for the needs of Medical College, Trakia University participates only Ana Nikolova, Ph.D., Principal Assistant at Medical College of the Trakia University, Stara Zagora.

The candidate received his Bachelor's degree in Kinesitherapy at the NSA "V. Levski" - Sofia in 2000. From the next year until 2020 she was a kinesiotherapist in "Maichin Dom", "Tsaritsa Ioanna", Ulm, Private Praxis fur physische therapie, Marie-Anne Widmann, Military Medical Hospital Kuwait, assistant of the Department of Kinesitherapy South University of Health Sciences - Blagoevgrad, Department of Orthopedics and Traumatology and Reconstructive Surgery, MMA. From 2017 till now Kinesitherapist "Physiopilates Ltd", from 2021 till now Chief Assistant of Kinesitherapy at the Medical College of the Trakia University and from 2023 Honored Lecturer at the NSA "V. Levski", Sofia, Department of Kinesitherapy. Master's degree 2009-2012 in Public Health and Health Management at MU, Sofia. In 2019 she successfully defended his dissertation for the award of PhD at Southwestern University "Neofit Rilski", Sofia. "Postoperative kinesitherapy in elbow fractures" with scientific supervisor prof. Prof. Andrey Marinovich Yotov, MD, dmc.

Ana Nikolova, PhD, has conducted more than 15 courses and specializations on kinesitherapy and physiotherapy of shoulder and elbow joints, Thera-Band CLX and Thera- Band Concept, two-stage course on peripheral lymphedema problems, Kinesiotherapy after elbow joint surgery, Frankfurt, Germany, Kinesiotaping, PNF in Practice Course, Mulligan Conception Course, Myofascial Syndrome Treatment, Kinesiotherapy for Craniocerebral Trauma, for Spinal Cord Injury, for Lumbar Spine Injury, and Nerve Dynamic Testing for the Upper Extremity. The majority of specialisations and courses have been conducted abroad.

Dr. Nikolova's teaching activity began as a lecturer at the NSA "Vasil Levski" (2014-2017), Sofia, continued in the same base since 2023, and is a senior assistant professor of Kinesitherapy at the Medical College of the Trakia University since 2021, and until now. For the period 2022/

2023 inclusive, she has a total of 175 teaching hours (0.5 full-time) of lectures and exercises in kinesiotherapy, kinesiology and pathokinesiology with first- and second-year students majoring in rehabilitation, with a required workload of 180 hours. The teaching load as a senior assistant fully meets the requirements of the MC, Trakia University.

Kinesiotherapy activity is directed at upper limb and femoroacetabular impingement problems and a range of musculoskeletal problems. According to the required criteria for the academic degree of Associate Professor, he fully meets the set criteria of the IC Trakia University.

Ana Nikolova, PhD, is a member of professional scientific societies EUSSER and AFB.

The scientific production is presented in a list according to the requirements, of scientific publications in our and foreign journals, monographs, reports and communications from participation in international and national conferences, symposia and congresses - a total of 26 titles. Of these, 14 publications: 1 dissertation, 1 monograph, 1 manuscript, of which 11 were actual publications after the award of the PhD. 4 in English and 7 in Bulgarian. The scientific activity of the author continued after the completion of the dissertation - the monograph "Kinesiotherapy in femoroacetabular conflicts" was developed and published. 2 of the publications have IF 0,22.

The candidate has 11 citations. Scopus - 2, Web of Science - 3.

The author's scientific contributions, which are the first of their kind in our country, are in the areas of functional restoration of the elbow joint after fractures, wrong kinesiotherapeutic approach in kinesiotherapy of the elbow joint, kinesiotherapy in children with hemophilia, the impact of online training on the rehabilitation process of patients, the role of calcium phosphate substitutes, the epidemiology of femoroacetabular impingement and its kinesiotherapeutic treatment, etc.

The monograph presented here is developed over 116 pages and addresses issues of FAI in the context of kinesiotherapy behaviour. The work is the first of its kind in Bulgaria. The pathology, diagnostics and kinesiotherapeutic treatment of FAI are presented in depth. The work can be used by kinesiotherapists, rehabilitation therapists, orthopaedics and traumatology specialists and medical students.

I believe that the scientific activity and production presented by the candidate meet the scientific requirements for the academic position of "Associate Professor".

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I consider that the scientific activity and production presented by the candidate meet the scientific requirements for the academic position of "Associate Professor".

Sincerely:

Prof. Dr. Diyan Enchev, md.

27.02.2023

Sofia

