

Data na terii:

Cetatenie: romana

Gen: Masculin

CONTACT

EXPERIENTA PROFESIONALA

Universitatea de Medicina i Farmacie Grigore T. Popa Ia;;i

Site de internet <https://www.umfiasi.ro/ro>

ef Lucrari/Lector

[2021 - Tn curs](#)

Spitalul de Recuperare Medicala Arcadia Iasi, Romania

Coordonator Centru de Terapie

[2021 - Tn curs](#)

CFZRO Bucuresti, Romania

Membru in Consiliul National al Colegiului Fizioterapeutilor din Romania

[2018-Tncurs](#)

Colegiul Fizioterapeutilor din Romania Iasi, Romania

Membru in Consiliul Teritorial Iasi al CFZRO

[2018-Tncurs](#)

Universitatea de Medicina si Farmacie Grigore T. Popa Ia;;i, Romania

Intreprindere sau sector de activitate Tnvatamant **Adresa** Str. Universitatii, Nr. 16, 700115, Ia;;i, Romania **Site de internet** www.umfiasi.ro

Asistent Universitar

[2012 - 2021](#)

Predare Lucrari practice la disciplinele: Kinetologie medicala, Masaj si Tehnici complementare

Universitatea de Medicina i Farmacie Grigore T. Popa - Centrul de Fiziokinetoterapie i Recuperare Ia;;i, Romania

Intreprindere sau sector de activitate Activitati privind sanatatea umana ;;i asistenta sociala **Adresa** Str. Kogalniceanu, Nr. 2 - 19, Ia;;i, Romania

Fizioterapeut

[2008 - 2021](#)

Recuperare medicala specifica.
- evaluare funqionala fizioterapeutica
- reeducare funqionala Tn patologii variate

Hopital de PITHIVIERS Pithiviers, Franta

Fizioterapeut

[0712020 - 09/2020](#)

Neurologie / Polivalent

Hospital Center Intercommunal - Elbeuf Louviers Val De Reuil Saint-Aubin-les-Elbeuf 76410, Franta

Fizioterapeut

[09/2019 - 10/2019](#)

Clinique CRF MELIORIS Le Grand Feu Niort, Franta

Fizioterapeut

07/2019 - 09/2019

Reeducare functionala in neurologie

Clinique CRF Les Trois Soleils Boissise-le-Roi, Franta

Fizioterapeut

12/2018 - 01/2019

Reeducare functionala in neurologie si traumatologie

Clinique SSR Korian Les Cypres Avignon, Franta

Fizioterapeut

07/2018 - 09/2018

Neurologie - traumatologie

Proiect European: Cresterea nivelului de calificare/recalificare a angajatilor din regiunea Nord-Es Iasi, Romania

Referent de specialitate

2012 - 2013

OIPOSURU

Centre de Reeduction Fonctionnelle de Treboul - SAS Clinea Douarnenez, Franta

Tntreprindere sau sector de activitate Activitati privind sanatatea umana i asistenta sociala **Adresa** 65 rue Ar Veret, 29100, Douarnenez, Franta **Site de internet** www.crf-treboul.com

Fizioterapeut / Kinesitherapeute

2010 - 2011

Reeducare functionala in grupe de patologii:

- proteze membrul inferior

- grup polyvalent

Sanfiz Iasi, Romania

Tntreprindere sau sector de activitate Tnvatamant **Adresa** Str . Marta, Nr. 26, 700373, Iasi, Romania

Site de internet www.sanfiz.ro

Instructor practica curs formare profesionala maseur

2006 - 2008

Sanfiz Iasi, Romania

Tntreprindere sau sector de activitate Activitati privind sanatatea umana i asistenta sociala **Adresa** Str. Marta, Nr. 26, 700373, Iasi, Romania **Site de internet** www.sanfiz.ro

Maseur terapeut

2005 - 2008

EDUCATIE ?I FORMARE PROFESIONALA

+ Educatia Universitara

2011 - 2017 Iasi, Romania

Doctor in Medicina Universitatea de Medicina i Farmacie "Grigore T. Popa" Ia i

Adresa Str . Universitatii, Nr. 16, 700115, Iasi, Romania **Site de internet** www.umfiasi.ro

2009 - 2011 Bacau, Romania

Master Kinetoterapie in Educarea i Reeducarea Functionala Facultatea de Stiinte ale Mi carii Sportului i Sanatatii, Universitatea "Vasile Alecsandri"

Studii Universitare de Master

Adresa Str . Calea Marasesti, Nr. 158, 600115, Bacau, Romania **Site de internet** www.ub.ro

2005 - 2008 Iași, Romania

Licentiat în Balneo-Fiziokinetoterapie și Recuperare Medicală Universitatea de Medicină și Farmacie Gr. T. Popa Iași, Facultatea de Bioinginerie Medicală

Cursuri Universitare de Licență

Adresa str. Universității, Nr. 16, 700115, Iași, România Site de internet www.umfiiasi.ro

2001 - 2005 Iași, Romania

Licentiat în Istorie Facultatea de Istorie, Universitatea "Alexandru Ioan Cuza"

Studii Universitare de Licență

Adresa Str. Bulevardul Carol I, Nr. 11, 700506, Iași, România Site de internet www.uaic.ro

2019 - 2020 Franța

Diplome Inter-Universitaire en Posturologie Clinique Aix-Marseille Université - AMU

Adresa Jardin du Pharo, 58 Boulevard Charles Livon, 13007 Marseille, France, Franța Site de internet <https://formation.s.univ-amu.fr/fr/accueil>

+ **Formarea Profesională Continuă**

28/10/2024 - 02/11/2024 Varșovia, Polonia

IPNFA 4 NEUROLOGY International PNF Association - Instructor Benedikt Bomer

Site de internet <https://www.ipnfa.org/>

18/04/2023 - 22/04/2023 Wrocław, Polonia

IPNFA 3A Advanced Course International PNF Association - Instructor Benedikt Bomer & Katarzyna Fountoukidis

Site de internet <https://www.ipnfa.org/>

03/11/2022 Iași

INDEGO - Certificat de utilizator (Parker USA) Spitalul de Recuperare Medicală Arcadia - Instructor Eva Sobonova

Site de internet <https://www.arcadiarecuperare.ro/>

05/08/2022 Iași, România

ERIGO - Certificat de Instructor (Hocoma) Spitalul de Recuperare Medicală Arcadia - Instructor Phillippe Marien

Site de internet <https://www.arcadiarecuperare.ro/>

04/08/2022 Iași, România

ANDAGO - Certificat de Instructor (Hocoma) Spitalul de Recuperare Medicală Arcadia - Instructor Phillippe Marien

Site de internet <https://www.arcadiarecuperare.ro/>

03/08/2022 Iași, România

LOKOMAT- Certificat de utilizator (Hocoma) Spitalul de Recuperare Medicală Arcadia - Instructor Phillippe Marien

Site de internet <https://www.w.arcadiarecuperare.ro/>

27/05/2022 - 29/05/2022 București, România

Fizioterapie Manuală Ortopedica - Conceptul Mulligan B: Trenul inferior Brian Mulligan's Concepts B: lower quadrant - Instructor Vaidas Stalioraitis

Site de internet <https://bmulligan.com/>

15/04/2022 -17/04/2022 Bucuresti, Romania

Fizioterapie Manuala Ortopedica - Conceptul Mulligan A: Trenul superior Brian

Mulligan's Concepts A: upper quadrat - Instructor Sakis Adamidis

Site de internet <https://bmulligan.com/>

10/04/2022

Evaluation and manual treatment of atypical swallowing Osteopathic International

Academy, Instructor Marcello Luca Marasco

Site de internet <https://osteopathicacademy.eu/>

19/11/2021 Cluj-Napoca , Romania

TMJ - Temporomandibular Joint Society of Integrative Posturology

2021 Bucure ti

PNF 1 & PNF 2 IPNFA - International PNF Asociation, Instructor Sakis Adamidis

Site de internet <https://www.ipnfa.org/>

2019 Var ovia, Polonia

PNF 1 & PNF 2 International PNF Asociation, Instructor Attila Szabo

Reprogramare Senzoriomotorie

Site de internet <https://www.ipnfa.org/>

2019 - IN CURS

Medicina Osteopatica Osteopathic International Academy

Site de internet <https://osteopathicacademy.eu/osteopathy-school/>

2018 Bucure ti, Romania

Fizioterapie Manuala Ortopedica - Conceptul Mulligan Mulligan Concept, Instructor Vaidas Stalioraitis

Site de internet <https://bmulligan.com/>

2018

Terapie Fasciala Fascia Integration Therapy- FIT

Site de internet <https://fasciatherapy.fit/>

2014

Medical Taping Concept Certificate International Academy Fysiotape B.V. Netherlands

Curs de formare continua

31/05/2013 - 02/06/2013 Lille, Franta

L'hemiplegique: Evaluations -troubles neurocognitifs et techniques d'apprentissage moteur I.F.M.K. Universite Catholique de Lille

Curs de formare continua

Adresa 10 rue StJB de la Salle, 59000, Lille, Franta Site de internet www.univ-catholille.fr

25/03/2013 - 29/03/2013 Iasi, Romania

The Functional Electrical Stimulation - Single Channel and Upper Limb Course Universitatea de Medicina si Farmacie "Grigore T. Popa" Iasi. Curs post universitar

Cursuri Postuniversitare

23/02/2013 - 24/02/2013 Bucuresti, Romania

Radiologie si imagistica pentru kinetoterapeuti - coloana vertebrala Federatia Romana a Asociatiilor de Fizioterapie FRAF

Curs de formare continua

16/11/2012 -18/11/2012 Lille, Franta

Lombalgie chronique/Lombalgia cronica I.F.M.K. Universite Catholique de Lille

Curs de formare continua

Adresa 10 rue StJB de la Salle, 59000, Lille, Franta Site de internet www.univ-catholille.com

03/11/2012 - 04/11/2012 Bucuresti, Romania

Cervicalgie, Nevralgia Cervico-Brahiala si Sindromul defileului Cervico-toraco-brahial Scoala Nationala de Sanatate Publica, Management si Perfectionare in Domeniul Sanitar

Curs de formare continua

Adresa Str . Vaselor, Nr. 27, 030167, Bucuresti, Romania Site de internet www.snspsms.ro

26/10/2012 - 28/10/2012 Baile Herculane, Romania

Masaj Ritmic Haushka/ Dr. Ita Wagman - modul II Institutul de Fizioterapie Integrativa

Curs de formare continua

Site de internet fizioterapie-integrativa_.org

12/10/2012 -14/10/2012 Baile Herculane, Romania

Masaj Ritmic Haushka/Dr. Ita Wegman - modul I Institutul de Fizioterapie Integrativa

Curs de formare continua

Site de internet fizioterapie-integrativa_.org

08/06/2011 -10/06/2011 Baile Herculane, Romania

Facilitari Neuromusculare Proprioceptive (PNF Kabat) - Modul III Institutul de Fizioterapie Integrativa

Curs de formare continua

Site de internet fizioterapie-integrativa_.org

20/06/2010 - 25/06/2010 Douarnenez, Franta

Epaules. Bilans et Reeducation/ Umarul. Bilant si Reeducare Centre de Reeducation Fonctionnelle de Treboul - SAS Clinea

Curs de formare continua

Adresa 65 rue ar Veret, 29100, Douarnenez, Franta Site de internet www.crf-treboul.com

2010 Bucuresti, Romania

Modele de Facilitare Neuro-Proprioceptiva PNF Kabat - Modul I si Modul II A.P.K. Muntenia

Curs de formare continua

18/12/2009 - 20/12/2009 Bucuresti, Romania

Shiatsu - Focused Touch - Modul II The Shiatsu Clinic & School

Formator James F. Luth, Iowa, S.U.A.

Curs formare continua

11/12/2009 -13/12/2009 Bucuresti, Romania

Shiatsu - Focused Touch - Modul I The Shiatsu Clinic & School

Formator James F. Luth, Iowa, S.U.A.

Curs de formare continua

2003 Iasi, Romania

Tehnician Maseur Centrul de Calificare Recalificare Adulti

Curs de specializare

+ **CONGRESE SI CONFERINTE**

08/10/2022 IASI, Romania

WORKSHOP - "Stimularea Proprioceptiva Functionala prin Vibratie Focalizata" Congresul National de Fizioterapie 2022

Site de internet <https://www.conferinte.ro/evenimente/congrescfz.ro2022>

08/10/2023 Timisoara, Romania

Speaker - "Generatorul Central de Modele in Controlul Neuromotor" Congresul National de Fizioterapie 2023

Site de internet <https://cnfizio2023.medical-congresses.ro/program/>

13/10/2024 Sibiu, Romania

Speaker - "Umarul Dureros Neurologic" Congresul National de Fizioterapie 2024

Site de internet <https://colegiulfizioterapeutilor.ro/programe-congres-2024/>

COMPETENTE LINGVISTICE

LIMBA(I) MATERNA(E): romana

Alta limba (Alte limbi):

engleza

Comprehensiune orala B1

Exprimare scrisa B1

Citit B2

Conversatie B1

Scris B2

franceza

Comprehensiune orala B1

Exprimare scrisa B1

Citit B2

Conversatie B1

Scris B1

Niveluri : A1 i A2 Utilizator de bază B1 i B2 Utilizator independent C1 i C2 Utilizator experimentat

PUBLICATII

Selectie:

1. **Sardaru DP**, Matei D, Zaharia-Kezdia D, Pendefunda L. Effects of biofeedback versus switch-triggered functional electrical stimulation on sciatica-related foot drop. J Back Musculoskelet Rehabil. 2017 Sep 08. DOI: 10.3233/BMR-169578
2. **D Sardaru**, D Boldureanu, G Andruseac, D Matei. Paralytic lumbar disc herniation. A four years social and economic impact study for north-east region of Romania. Rev Cer Int Soc. 2017: 57:67-77.
3. Pahonie RC, Stefan A, Adochiei IR, Costuleanu CL, Andruseac GG, Ungureanu G, **Sardaru DP**. Experimental Characterisation of the Mechanical Properties of Lightweight 3D Printed Polymer Materials for Biomechanical Application in Ankle-Foot Orthosis. Mat Pia. 2017;54(2):396-401
4. **Sardaru DP**, Moldoveanu SA, Pendefunda L. Trunk and hip analysis during gait in post-discectomy active lumbar stabilization. Rev Med Chir Soc Med Nat. 2016; 120:834-840.
5. **Sardaru DP**, SA Moldoveanu, L Pendefunda. Trunk and hip analysis during gait in post-discectomy, active lumbar stabilization. The Medical-Surgical Journal. 2016: 120 (4), 834-840.
6. Moldoveanu SA, Pendefunda L, Luca C, **Sardaru D**. Performance and efficiency feedback in rehabilitation program with kinematic analysis system - a case study in rehabilitation after lumbar discectomy. Meditech International Conference, 14.october 2016
7. **Sardaru DP**, Zaharia-Kezdi D, Andruseac GG, Pendefunda L. Electrical stimulation of sciatic nerve after decompression. Does the time of intervention counts? E-Health and Bioengineering Conference (EHB), 2015, 1-4, DOI: 10.1109/EHB.2015.7391544
8. **Sardaru D**, Pendefunda L. Neuro-proprioceptive facilitation in the re-education of functional problems in facial paralysis. A practical approach. Rev Med Chir Soc Med Nat. 2013; 117:101-6. PMID: 24505900
9. **Sardaru D**, Titu G, Pendefunda L. Discarthrosis with hyperalgetic lumbar multileveled radicular syndrome. Rev Med Chir Soc Med Nat. 2012; 116: 442-5. PMID: 23077934
10. Efectele terapeutice ale magnetoterapiei in spondiloza" studiu de caz in cadrul: AI-X-lea Congres National Studentesc de Bioinginerie Medicala, Sectia Bioinstrumentatie medicala, Iasi, 24-27 mai 2007.
11. Recuperarea mainii dupa traumatism complex al extremitatii distale a antebraului drept operat. Prezentare de caz clinic, colaborator, prezentat in cadrul Congresului National "Zilele spitalului de Recuperare" Iasi - 2006

05.11.2025

Nume Prenume: SARDARU DRAGOȘ PETRICĂ

Gradul didactic: LECTOR UNIVERSITAR

Instituția unde este titular: UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE Grigore T. Popa IAȘI

Facultatea: BIOINGINERIE MEDICALĂ

Departamentul: ȘTIINȚE BIOMEDICALE

L I S T A

lucrărilor științifice în domeniul disciplinelor din postul didactic

A. Teza de doctorat

Titlu: REEDUCAREA FUNCȚIONALĂ NEUROMOTORIE POSTOPERATORIE ÎN HERNIA DE DISC PARALITICĂ

Coordonator științific: Prof. Univ. Dr. POEATĂ ION

Ordin Ministru: Nr. 5745, din 28.12.2018

Domeniul: MEDICINĂ

B. Cărți și capitole în cărți publicate în ultimii 10 ani

1. Sardaru Dragoș-Petrică, Onu Ilie, Matei Daniela-Viorelia "Evaluarea amplitudinilor articulare" Iași: Editura "Gr.T. Popa", 2021, ISBN 978-606-544-745-5
2. Bianca Wiersema, Sardaru Dragoș. A Patient's Perspective on Spastic Tetraparesis Diagnosis: Specially Abled. Editura Cambridge Scholars Publishing, 2024, ISBN (13): 978-1-5275-5306-4

C. Lucrări indexate ISI/BDI publicate în ultimii 10 ani

1. Onu, A.; Trofin, D.-M.; Tutu, A.; Onu, I.; Galaction, A.-I.; Sardaru, D.-P.; Trofin, D.; Onita, C.A.; Iordan, D.-A.; Matei, D.-V. Integrative Strategies for Preventing and Managing Metabolic Syndrome: The Impact of Exercise and Diet on Oxidative Stress Reduction—A Review. Life 2025, 15, 757. <https://doi.org/10.3390/life15050757>
2. Trofin, D.-M.; Sardaru, D.-P.; Trofin, D.; Onu, I.; Tutu, A.; Onu, A.; Onită, C.; Galaction, A.I.; Matei, D.V. Oxidative Stress in Brain Function. Antioxidants 2025, 14, 297. <https://doi.org/10.3390/antiox14030297>
3. Iordan, D.-A.; Leonard, S.; Matei, D.V.; Sardaru, D.-P.; Onu, I.; Onu, A. Understanding Scapulohumeral Periarthritis: A Comprehensive Systematic Review. Life 2025, 15, 186. <https://doi.org/10.3390/life15020186>
4. Gherghel C.L., Teodorescu V., Iordan D.A., Sardaru D.P., Onu I. - Analysis of oscillations of the center of pressure in postural control Balneo and PRM Research Journal 2024, 15(2): 698.
doi: 10.12680/balneo.2024.698
5. Sardaru, . D. P., Onu, I., Luca, C., Zaharia-Kezdi, D., Matei, D., Drugus, D., Piseru, E.-A., Pandea, A., Iordan, D.-A., & Musat, C.-L. (2023). Specialized Manual Therapy Techniques Can Improve Neuromotor Outcome in Patients with Foot-Drop Syndrome. BRAIN. Broad Research in Artificial Intelligence and Neuroscience, 14(3), 330-342. <https://doi.org/10.18662/brain/14.3/477>

6. Iordan D.A., Onu I., Matei D.V., Sardaru D.P., Luca C., Sohaib A., Mereuță C., Adam A.M., Marin D., Cordun M., Mușat C. - Effect of hydrocortisone ultrasonic phonophoresis in the treatment of knee osteoarthritis. *Balneo and PRM Research Journal* 2023, 14(3): 575 [https://doi.org/ 10.12680/balneo.2023.575](https://doi.org/10.12680/balneo.2023.575)
7. Onu, Ilie, Daniela Matei, Dragos-Petrica Sardaru, Dan Cascaval, Ana Onu, Robert Gherghel, Ionela L. Serban, George D. Mocanu, Daniel A. Iordan, Gabriel Murariu, and Anca-Irina Galaction. 2022. "Rehabilitation of Patients with Moderate Knee Osteoarthritis Using Hyaluronic Acid Viscosupplementation and Physiotherapy" *Appl. Sci.* 2022, 12, 3165. <https://doi.org/10.3390/app12063165>
8. Sardaru DP, Matei D, Zaharia-Kezdi D, Pendefunda L. Effects of biofeedback versus switch-triggered functional electrical stimulation on sciatica-related foot drop. *J Back Musculoskelet Rehabil.* 2018;31(2):239-245. doi:10.3233/BMR-169578
9. Pahonie R, Stefan A, Adochiei I, Costuleanu C, Andruseac G, George U, Sardaru DP. Experimental Characterisation of the Mechanical Properties of Lightweight 3D Printed Polymer Materials for Biomechanical Application in Ankle-Foot Orthosis, *Materiale Plastice*; 2017;54(2):396-401. DOI:[10.37358/MP.17.2.4859](https://doi.org/10.37358/MP.17.2.4859)
10. Matei D, Luca C, Andrițoi D, Sărdaru D, Corciovă C. The relationship between lower serum Magnesium levels and heart rate variability indices. *Balneo Research Journal*, 2018;9: 426–432. doi: <http://dx.doi.org/10.12680/balneo.2018.226>
11. Sardaru D, Boldureanu D, Andruseac G, Matei D, Zaharia-Kezdi D, Poata I. Paralytic Lumbar Disc Herniation. A Four Years Social and Economic Impact Study for North-East Region of Romania.2017;57:67-77. ISSN: 1584-5397
12. Sardaru DP, Moldoveanu SA, Pendefunda L. Trunk and Hip Analysis During Gait in Post-Discectomy, Active Lumbar Stabilization. *Rev Med Chir Soc Med Nat Iasi.* 2016;120(4):834-840.

D. Lucrări publicate în ultimii 10 anii în reviste și volume de conferințe cu referenți (neindexate)

- Reviste

1. Luca C, Onu I, Sardaru DP, Matei DV, Robert F, Corciova CP. The Use of Artificial Intelligence (AI) in the Management of Medical Rehabilitation Programs. Preprints: doi: 10.20944/preprints202410.0925.v1

- Selecție cu maximum 20 lucrări în volume de conferințe

1. Boldureanu D, Roman I, Sardaru D, Andruseac GG. Romanian Citizens' Attitudes and Opinions over the Course of the Covid-19 Pandemic. The 8th IEEE International Conference on E-Health and Bioengineering - EHB 2020
2. Moldoveanu SA, Șardaru D, Pendefunda L, Luca C. Performance and Efficiency Feedback in Rehabilitation Program with Kinematic Analysis System—a Case Study in Rehabilitation after Lumbar Discectomy. *International Conference on Advancements of Medicine and Health Care through Technology*; 12th-15th October 2016, Cluj-Napoca, Romania: MEDITECH 2016. pp. 263-266.
3. Sardaru DP, Zaharia-Kezdi D, Andruseac GG, Pendefunda L. "Electrical stimulation of sciatic nerve after decompression. Does the time of intervention counts?," *2015 E-Health and Bioengineering Conference (EHB)*, Iasi, Romania, 2015, pp. 1-4, doi: 10.1109/EHB.2015.7391544.
4. Petroiu-Andruseac G, Moscalu M, Pasarica A, Rotariu C, Zbranca-Toporas A, Sardaru D, "EMS-based Analysis of Electrohysterograms for Patients with Preterm Birth Risk," *2019 E-Health and Bioengineering Conference (EHB)*, Iasi, Romania, 2019, pp. 1-4, doi: 10.1109/EHB47216.2019.8969888.

5. D. Boldureanu, I. Roman, G. A. Petroiu and D. Sardaru, "The analysis of the doctor – patient relationship in the case of patients with diabetes," *2019 E-Health and Bioengineering Conference (EHB)*, Iasi, Romania, 2019, pp. 1-4, doi: 10.1109/EHB47216.2019.8969933.

E. Brevete obținute în întreaga activitate

1.

Data:

05.11.2025

Semnătura: