



Anselmo Pagani

Nationality: Italian | Gender: Male

EDUCATION AND TRAINING

2014 Italy

HIGH SCHOOL LEAVING QUALIFICATION IN SCIENTIFIC STUDIES I.I.S. L.B. Alberti, Abano Terme (PD)

11/10/2017 Italy

BACHELOR'S DEGREE IN SPORT SCIENCE University of Ferrara

Title of the dissertation 'American football, the Quarterback and the biomechanics of throwing' with grade 103/110

13/07/2020 Italy

MASTER OF SCIENCE IN PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY (LM-67) University of Ferrara

Title of the thesis in 'Evaluation of the effectiveness of an adapted exercise programme in an aquatic thermal environment in patients with chronic venous insufficiency of the lower limbs' with a mark of 108/110

01/11/2022 - CURRENT

PHD IN TRASLATIONAL NEUROSCIENCES AND NEUROTECHNOLOGIES University of Ferrara

A student in the XXVIII cycle of the PhD programme at the University of Ferrara.

The topic of the PhD concerns the study of cerebral venous return under special conditions such as microgravity or during exercise, and how these affect physiological drainage.

WORK EXPERIENCE

TECHNICAL DIRECTOR AND PERSONAL TRAINER - OFFICINA DEL MOVIMENTO - 2018 - 2023 - ITALY

As part of the coaching team, I **improved my group management skills and enriched my technical background** by approaching training. After completing my training, I independently ran and still run indoor and outdoor functional and total body training courses.

I take care of one-to-one training with clients, **building programmes focused on their needs**.

From 2020 I am responsible for **planning and scheduling** courses.

Since the beginning of 2022, I have been in the role of **Technical Director, coordinating the team** of coaches, scheduling staff shifts and helping Management Board make technical decisions. This role is giving me the opportunity to improve the **decision-making, leadership** and **staff coordination** aspects.

PERSONAL TRAINER - MONTECCHIA PERFORMANCE CENTER - 2023 - Current - ITALY

As part of a team of professionals in a fitness centre at Golf della Montecchia, I collaborate in **one-to-one training** and teach functional training courses.

The centre offers courses, personal training sessions and performance support for **Golf Club athletes**, using the weight room and the **most advanced technology** to monitor the golfer.

SCIENTIFIC AND RESEARCH ACTIVITIES

09/2019 - 02/2020

Thesist

During my **Master's thesis** I participated in a research project supported by the Foundation for Research Thermal Therapy Research (FORST) '**Thermal Aquatic Standardized Exercise Protocol For Veno-Lymphatic Edema And For Parkinson's Disease**'. Vascular specialist Dr. Sergio Giancesini dedicated to designing and

conduction of physical exercise protocols for the phlebolympological patient in thermal water.

02/2021 – 08/2021

Adjunct Researcher Grant, Minister of Health (GR-2016-02364886)

The grant was part of a finalised research project funded by the Ministry of Health entitled "Efficacy and cost-effectiveness assessment of graduated elastic stockings in occupational exposure to gravity", (GR-2016-02364886) Principal Investigator Dr. Sergio Giancesini, in which in the role of co-investigator I assisted professionals, both medical and technical, for scientific data collection through the use of non-invasive instrumentation such as air and water plethysmography, with the task of independently creating and managing databases then used by researchers.

2022 – CURRENT

Invited Speaker "Training theory and methodology"

I hold a series of seminars as part of the "Training theory and methodology" course in the last year of the Bachelor's degree in Sport Science (L-22). Within the seminar I deal with the practical applications of training methodology in the everyday practice of the exercise science graduate.

2023 – CURRENT

Drain Brain 2.0

The study Drain Brain 2.0 is a collaborative project conducted by the Italian Space Agency (ASI) and the University of Ferrara (Unife). During the development of the project, as a Doctoral Researcher with project coordination responsibilities, I managed the clinical component of the Jugular Venous Pulse data collection using an innovative plethysmographic system. In collaboration with the Department of Engineering, I led a student team in the collection of data from over 200 subjects, both healthy and pathological—to create a dataset aimed at validating the data acquisition methodology. This extensive dataset is currently under analysis to assess the system's potential applications in bedside monitoring, exercise physiology, and telemedicine. As the designated team sonographer, I performed all ultrasound examinations on study participants. On site at the Johnson Space Center (Houston, TX, USA), I was responsible for leading the final in-person Test Readiness Review (TRR), presenting our experiment to the NASA TRR Board. I conducted familiarization sessions with astronauts and collected ultrasound and plethysmographic data from NASA and JAXA crew members involved in our study. Additionally, I managed on-site data transmission security protocols in collaboration with NASA engineers, ensuring full compliance with privacy and data protection standards.

02/2025 – 08/2025

Visiting PhD at Imperial College London

During my PhD at Imperial College London, I conducted research focused on the management of venous leg ulcers, collaborating with the team led by Professor Alun H. Davies. As part of this work, I contributed to the preparation of several peer-reviewed scientific publications addressing the treatment of venous ulcers. I also conducted a systematic review and meta-analysis investigating the role of physical exercise in the management of venous leg ulcers, aiming to strengthen the evidence base for non-pharmacological interventions. Furthermore, I developed tailored exercise protocols specifically designed for patients with venous leg ulcers, with the goal of improving venous function, promoting healing, and enhancing clinical outcomes.

LANGUAGE SKILLS

Mother tongue(s): ITALIAN

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

• PUBLICATIONS

2020
The effects of thermal water physical exercise in patients with lower limb chronic venous insufficiency monitored by bioimpedance analysis.

Menegatti E, Pagani A, Avruscio G, Mucignat M, Giancesini S. *Diagnostics (Basel)*. 2020 Oct 31;10(11):889

2021
Physical fitness changes induced by thermal aquatic standardized exercise in chronic venous disease patients

Erica Menegatti, Simona Mandini, Yung-Wei Chi, Gianni Mazzoni, Anselmo Pagani, Mirko Tessari, Alfio Luca Costa, Giampiero Avruscio, Paolo Zamboni, Sergio Giancesini. *Phlebology*. 2021 Oct 11

2021
Randomized controlled trial on Dryland And Thermal Aquatic STANDARDIZED EXERCISE PROTOCOL FOR CHRONIC VENOUS DISEASE

Menegatti E, Masiero S, Zamboni P, Avruscio G, Tessari M, Pagani A, Giancesini S. *J Vasc Surg Venous Lymphat Disord*, 2021 Sep;9(5)

2022
The Effect of Active Stretching Training in Patients with Chronic Venous Insufficiency Monitored by Raster-Stereography

Erica Menegatti, Simona Mandini, Anselmo Pagani, Beatrice Mandini, Valentina Zerbini, Tommaso Piva, Andrea Raisi, Marinella Fabbri, Marco Fogli, Gianni Mazzoni, Paolo Zamboni and Sergio Giancesini. *Sensors*,

2022
The Effect of Submaximal Exercise on Jugular Venous Pulse Assessed by a Wearable Cervical Plethysmography System

Erica Menegatti, Antonino Proto, Gianfranco Paternò, Giacomo Gadda, Sergio Giancesini, Andrea Raisi, Anselmo Pagani, Tommaso Piva, Valentina Zerbini, Gianni Mazzoni, Giovanni Grazzi, Angelo Taibi, Paolo Zamboni and Simona Mandini. *Diagnostic*, 2022.

Randomized controlled trial on occupational graduated compression clinical and costeffectiveness

Giancesini S, Vagnoni E, Cavicchi C, Chi YW, Pagani A, Tessari M, Zamboni P, Menegatti E. Randomized controlled trial on occupational graduated compression clinical and cost-effectiveness. *Int Angiol*. 2023 Jul 17.

2023
An unusual case of venous thoracic outlet syndrome in relation to the anatomical position of the subclavian vein valves in a young athlete

Pagani, A., Baldazzi, G., Ricci, R., Bressan, M., & Menegatti, E. *Veins and Lymphatics*, 12(1). 2023

2023
Monitoring the cerebral venous drainage in space missions: the Drain Brain experiments of the Italian Space Age

Marl, S., Pagani, A., Valentini, G., Mascetti, G., Pignataro, S., Proto, A., Menegatti, E., Taibi, A., & Zamboni, P. (2023). *Veins and Lymphatics*, 12(1).

2024
A Cervical Plethysmography System to Monitor Blood Vessel Pulses on the Neck

2024

Navigating regulatory challenges in molecularly tailored nanomedicine

Ajay Vikram Singh, Preeti Bhardwaj, Aditya Kumar Upadhyay, Anselmo Pagani, Jyoti Upadhyay, Jolly Bhadra, Veronica Tisato, Manali Thakur, Donato Gemmati, Rudresh Mishra, Paolo Zamboni, Explor BioMat-X. 2024;1:124-34.

2024

AI-powered revolution in plant sciences: advancements, applications, and challenges for sustainable agriculture and food security

Deependra Kumar Gupta, Anselmo Pagani, Paolo Zamboni, Ajay Kumar Singh, Explor Foods Foodomics. 2024;2:443-59.

2024

The sex prevalence of lower limb varicose vein networks

Baldazzi G, Tessari M, Zamboni M, Pagani A, Zamboni P. J Vasc Surg Venous Lymphat Disord. 2024 Nov;12(6):101944.

● **CONFERENCES AND SEMINARS**

01/06/2018 – 04/06/2018 Barcellona (Spagna)

Isokinetic medical group Conference - Football Medicine Outcomes

29/05/2019 – 30/05/2019 Ferrara

ISNVD 9th Annual Meeting

27/10/2023 – 28/10/2023 Ferrara

1° Corso nazionale SOS Linfedema

Oral presentation: 'Exercise as adjuvant treatment in lymphoedema of the lower limbs'

02/11/2023 – 04/11/2023 Napoli

XIV Congresso Nazionale SISMES

Oral poster presentation: "*Promoting Health and Well-being in a maritime community of older adults: A pilot study on the adherence and efficacy of Dry-Land and Water exercise interventions*"

23/11/2023 – 25/11/2023 Torino

XLIV Congresso Nazionale SIAPAV

Oral presentation of postersOral presentation 'Lifestyle and physical activity in chronic venous disease' part of the symposium 'Lifestyle and exercise' in collaboration with SISMES

● **HONOURS AND AWARDS**

24/05/2025

PhD International Award – Rome Vascular Forum.

Award received for the presentation of "*Plethysmographic Jugular Venous Pulse as an Aging Biomarker: A Pilot Study.*"

06/2025

5x1000 Research Grant Award – University of Ferrara

Awarded competitive funding under the Italian 5x1000 programme for a research project on "The sex prevalence of lower limb varicose vein networks"

Il sottoscritto autorizza il trattamento dei propri dati personali ai sensi del GDPR 679/16 "Regolamento europeo sulla protezione dei dati personali". Il sottoscritto acconsente alla pubblicazione del presente curriculum vitae sul sito dell'Università degli Studi di Ferrara.

Ferrara , 22/12/2025