

RUBÉN FERNÁNDEZ MATÍAS

PT, MSc, Researcher

CONTACT

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CURRENT WORK

Hospital Universitario Fundación Alcorcón, Madrid Spain
Researcher

EDUCATION

University of Alcalá, 2013-2017

Physical Therapy, BSc

University of Alcalá, 2017-2019

Physical Therapy, MSc

UNED University, 2021-2022

Expert in Advanced Methods of Applied Statistics

LANGUAGES

Spanish 
English 

PROFILE

Clinician researcher at Hospital Universitario Fundación Alcorcón. Currently working as the principal investigator of three multicenter non-controlled trials, two aiming to develop a multivariable prediction model for pain/disability after a treatment with therapeutic exercise in patients with partial/full-thickness rotator cuff tears and degenerative meniscal tears, and another one about estimating the effects of a therapeutic exercise program in patients with massive rotator cuff tears. Specialized on applied statistics, shoulder biomechanics, and shoulder pain.

WORK EXPERIENCE

Researcher Hospital Universitario Fundación Alcorcón 2020-Present

- Principal investigator of three multicenter non-controlled trials.
- Statistical and methodological advisor of the rehabilitation service.
- Therapist of a randomized controlled trial in shoulder pain.

Teacher University of Alcalá, MSc 2019-2021

- Master's thesis advisor.
- Teacher of applied statistics and methodology.
- Teacher of musculoskeletal disorders' diagnosis and treatment.

Clinician Private Clinic 2017-2020

- Clinician treating patients with musculoskeletal disorders.

OTHER EDUCATION

University of Birmingham, UK
Statistical methods for risk prediction and prognostic models 2023

Vanderbilt University, US
Regression Modeling Strategies 2024

Spanish National Healthcare System
Presentations and scientific research studies in English 2023

Statistical analysis with R and RStudio 2021

Scientific literature search for health sciences 2021

Catholic University of Avila, Spain
Fundamentals of research in health sciences: data analysis 2023
Data protection laws 2024

Illustrious Official College of Physicians of Valencia, Spain
Data analysis in clinical research 2023

Methods and study designs in clinical research projects 2023
Measurement instruments in clinical research 2023

RESEARCH

- **Fernández-Matías R**, Lluch-Girbés E, Bateman M, Requejo-Salinas N. Assessing the use of the frequency, etiology, direction, and severity classification system for shoulder instability in physical therapy research - A scoping review. *Phys Ther Sport*. 2024; 66: 76-84. <https://doi.org/10.1016/j.ptsp.2024.01.010>
- Caballero, I., Dueñas, L., Balasch-Bernat, M., **Fernández-Matías, R.**, Bresó-Parra, L., Gallego-Terres, C., Aroca Navarro, J. E., Navarro-Bosch, M., Lewis, J., & Lluch Girbés, E. (2024). Effectiveness of non-surgical management in rotator cuff calcific tendinopathy (the effect trial): protocol for a randomised clinical trial. *BMJ open*, 14(1), e074949. <https://doi.org/10.1136/bmjopen-2023-074949>
- **Fernández-Matías R**. Calculating the sample size in health sciences: Recommendations and practical guide. *J Move Ther Sci*. 2023; 5(1): 481-503. Available: <https://publicaciones.lasallecampus.es/index.php/MOVE/article/view/915>
- Lluch-Girbés E, Requejo-Salinas N, **Fernández-Matías R**, Revert E, Vila Mejías M, Rezende Camargo P, Jaggi A, Sciascia A, Horsley I, Pontillo M, Gibson J, Richardson E, Johansson F, Maenhout A, Oliver GD, Turgut E, Jayaraman C, Düzgün I, Borms D, Ellenbecker T, Cools A. Kinetic chain revisited: Consensus expert opinion on terminology, clinical reasoning, examination and treatment in people with shoulder pain. *J Shoulder Elbow Surg*. 2023; 32(8): e415–e428. <https://doi.org/10.1016/j.jse.2023.01.018>
- **Fernández-Matías R**, García-Pérez F, Requejo-Salinas N, Gavín-González C, Martínez-Martín J, Valencia-García H, Flórez-García MT. Content reporting and effectiveness of therapeutic exercise in the management of massive rotator cuff tears: A systematic review with 490 patients. *Shoulder Elbow*. 2022; 15(4 Suppl):92-107. <https://doi.org/10.1177/17585732221140113>
- **Fernández-Matías R**, García-Pérez F, Gavín-González C, Martínez-Martín J, Valencia-García H, Flórez-García MT. Effectiveness of exercise versus arthroscopic partial meniscectomy plus exercise in the management of degenerative meniscal tears at 5-year follow-up: a systematic review and meta-analysis. *Arch Orthop Trauma Surg*. 2022; 143(5):2609-2620. <https://doi.org/10.1007/s00402-022-04579-y>
- Requejo-Salinas N, Lewis J, Michener LA, La Touche R, **Fernández-Matías R**, Tercero-Lucas J, Camargo PR, Bateman M, Struyf F, Roy J-S, Jaggi A, Uhl T, Bisset L, Wassinger CA, Donatelli R, Haik MN, Lluch-Girbés E. International physical therapists consensus on clinical descriptors for diagnosing rotator cuff related shoulder pain: A Delphi study. *Braz J Phys Ther*. 2022; 100395. <https://doi.org/10.1016/j.bjpt.2022.100395>
- Navarro-López V, del Valle-Gratacós M, **Fernández-Matías R**, Carratalá-Tejada M, Cuesta-Gómez A, Molina-Rueda F. The Long-Term Maintenance of Upper Limb Motor Improvements Following Transcranial Direct Current Stimulation Combined with Rehabilitation in People with Stroke: A Systematic Review of Randomized Sham-Controlled Trials. *Sensors*. 2021; 21(15): 5216. <https://doi.org/10.3390/s21155216>
- Santiago-Reynoso GM, Alvarado-Luna AE, **Fernández-Matías R**, Pecos-Martín D, Gallego-Izquierdo T. Transcultural adaptation of the neck disability index to mexican Spanish and assessment of its psychometric properties. *Eur Spine J*. 2021; Online ahead of print. <https://doi.org/10.1007/s00586-021-06835-y>
- Estefanía Aguilar-Rojas V, Flores-Pluma A, Pecos-Martín D, Achalandabaso-Ochoa A, **Fernández-Matías R**, Martínez-Merinerio P, Nuñez-Nagy S, Gallego-Izquierdo, T. Relationship between Neuromuscular Mechanosensitivity and Chronic Neck pain in Guitarists: A cross-sectional Study. *J Int Environ Res Public Health*. 2021; 18(5): 2673. <https://doi.org/10.3390/ijerph18052673>
- Martínez-Merinerio P, Aneiros-Tarancón F, Montañez-Aguilera J, Nuñez-Nagy S, Pecos-Martín D, **Fernández-Matías R**, Achalandabaso-Ochoa A, Fernández-Carnero S, Gallego-Izquierdo T. Interaction between pain, disability, mechanosensitivity and cranio-cervical angle in subjects with cervicogenic headache: a cross-sectional study. *J Clin Med*. 2021; 10(1): 159. <https://doi.org/10.3390/jcm10010159>
- Bobes-Álvarez C, Santamaría PIK, **Fernández-Matías R**, Pecos-Martín D, Achalandabaso-Ochoa A, Fernández-Carnero S, Martínez-Amat A, Gallego-Izquierdo T. Comparison of Blood Flow Restriction Training versus Non-Occlusive Training in Patients with Anterior Cruciate Ligament Reconstruction or Knee Osteoarthritis: A Systematic Review. *J Clin Med*. 2021; 10(1): 68. <https://doi.org/10.3390/jcm10010068>
- Perez-Huerta BD, Díaz-Pulido B, Pecos-Martín D, Beckwee D, Lluch-Girbés E, **Fernández-Matías R**, Bolaños-Rubio MJ, Gallego-Izquierdo T. Effectiveness of a Program Combining Strengthening, Stretching, and Aerobic Training Exercise in a Standing versus a Sitting Position in Overweight Subjects with Knee Osteoarthritis: A Randomized Controlled Trial. *J Clin Med*. 2020; 9(20): 4113. <https://doi.org/10.3390/jcm9124113>
- Martín-Corrales C, Victoria-Bautista I, Méndez-Mera JE, **Fernández-Matías R**, Achalandabaso-Ochoa A, Gallego-Izquierdo T, Núñez-Nagy S, Pecos-Martín D. Benefits of Adding Gluteal Dry Needling to a Four-Week Physical Exercise Program in a Chronic Low Back Pain Population. A Randomized Clinical Trial. *Pain Med*. 2020; 21(11): 2948-2957. <https://doi.org/10.1093/pm/pnaa279>
- Fernández-Carnero S, Garrido-Marín A, Achalandabaso-Ochoa A, Ferragut-Garcías A, **Fernández-Matías R**, Pecos-Martín D, Gallego-Izquierdo T. Evaluation of the Lower Trapezius Muscle Using Ultrasound Panoramic View (a Novel Approach): An Intra- and Inter-Rater Reliability Study. *J Int Environ Res Public Health*. 2020; 17(19): 7123. <https://doi.org/10.3390/ijerph17197123>
- García-de-Miguel S, Pecos-Martín D, Larroca-Sanz T, Sanz-de-Vicente B, García-Montes L, **Fernandez-Matías R**, Gallego-Izquierdo T. Short-term effects of PENS versus dry needling in subjects with unilateral mechanical neck pain and active myofascial trigger points in levator scapulae muscle: a randomized controlled trial. *J Clin Med*. 2020; 9(1): 1665. <https://doi.org/10.3390/jcm9061665>
- Martínez-Merinerio P, Nuñez-Nagy S, Achalandabaso-Ochoa A, **Fernandez-Matías R**, Pecos-Martín D, Gallego-Izquierdo T. Relationship between forward head posture and tissue mechanosensitivity: a cross-sectional study. *J Clin Med*. 2020; 9(1): 634. <https://doi.org/10.3390/jcm9030634>
- Naranjo-Cinto F, Falcon-Machado G, Garrido-Marín A, Senin-Camargo F.J, Jacome-Pumar M.A, **Fernandez-Matías R**, Pecos-Martín D, Gallego-Izquierdo T. Inter-and Intra-Examiner Reliability of Supraspinatus Muscle Tendon Palpation: A Cross-Sectional Study by Ultrasonography. *Medicina*. 2020; 56(2): 83. <https://doi.org/10.3390/medicina56020083>
- **Fernandez-Matías R**, Gallardo-Zamora P, Sanchez-Aguilera CL, Mardones-Varela H, Gallego-Izquierdo T, Pecos-Martín D. Reliability of the Scapular Reposition Test in Subjects with Rotator Cuff Tendinopathy and Scapular Dyskinesis. *J Clin Med*. 2020; 9(1): 80. <https://doi.org/10.3390/jcm9010080>