



## OPINION

on a competition for the occupation of an academic position "Associate Professor" in the field of higher education 7. Health care and sports, professional direction 7.1. Medicine, in scientific specialty "Physiotherapy, Resortology and Rehabilitation" at the University "Prof. Dr. Asen Zlatarov", Burgas, according to an ad in the State Newspaper, issue 13 of 13.02. 2024 year

from

**Assoc. Dr. Antoaneta Stefanova Grozeva, MD**

Internal member of a scientific jury, according to the Order of the Rector of the University "Prof. Dr. Asen Zlatarov" - Burgas No. RD - 135/12.04. 2024

The only candidate allowed to participate in the competition was Dr. Iliya Todorov Todorov d.m.

The submitted documents, according to PPZRASRB, meet all the requirements for occupying the specified position.

### **Brief biographical data**

Iliya Todorov was born in 1976 in the city of Varna, where he completed his secondary education at the First Language High School in the English class.

He received his higher education at the Medical University - Varna in the period 1995-2001.

From 02.10. 2000 Dr. Todorov is enrolled as a full-time doctoral student in the Physiotherapy, Rehabilitation and Thalassotherapy Clinic at St. Marina Hospital - Varna

In 2002, Dr. Todorov began to specialize in Physical and Rehabilitation Medicine, and since January 2007 is a full-fledged specialist.

From March 4, 2003, Dr. Todorov was appointed as a physician assistant in the Physiotherapy, Rehabilitation and Thalassotherapy Clinic at the St. Marina Hospital - Varna.

Since March 12, 2007, Dr. Iliya Todorov is a senior physician-assistant in the Physiotherapy, Rehabilitation and Thalassotherapy Clinic at St. Marina Hospital- Varna.

From April 12, 2011, he was appointed as the chief physician assistant in the Physiotherapy, Rehabilitation and Thalassotherapy Clinic at St. Marina Hospital - Varna.

Dr. Iliya Todorov successfully defended his dissertation in 2011. on the topic: "Possibilities of some factors of physical therapy to influence the functional disorders of the sacroiliac joint". He was awarded the educational and scientific degree "doctor" in the scientific specialty "Physiotherapy, Resortology and Rehabilitation".

Since 2015 until 2019, Dr. Todorov is the head of the Department of Marine Medicine, Physiotherapy and Rehabilitation at the Medical University - Varna.

Dr. Iliya Todorov was appointed to the academic position of "Associate Professor" from 16.02.2015. to Medical University - Varna. Since May 2015, he has been appointed to

Head of the Physiotherapy and Rehabilitation clinic at St. Marina Hospital - Varna.

He remained in the mentioned positions until December 2, 2019, when he left Medical University - Varna and "St. Marina Hospital" - Varna.

From January 2022 Dr. Todorov was appointed head of the Physical and rehabilitation medicine of the "Heart and Brain Hospital" -Burgas.

Dr. Todorov is the chairman of the Bulgarian Society of Manual Medicine (BDMM) from 2022 since 2007, he annually participates as a delegate of the BDMM representing the Republic of Bulgaria at The International Assemblies of the FIMM (Federation Internationale de Medicine Manuelle).

As secretary of BDMM, he is the main organizer of the Assemblies held in 2008 and 2016 at FIMM in Varna, as well as at the company's annual gatherings with international guests lecturers held at MBAL St. Marina - Varna. Since 2017, Dr. Todorov has been elected Vice President of FIMM and Chairman of the Board of FIMM training, which positions he holds until now.

Dr. Iliya Todorov is a member of the Bulgarian Medical Union and the Bulgarian Association of Physical and Rehabilitation Medicine (AFRM). Since 2012 he has been elected Coordinator for North-Eastern Bulgaria of AFRM.

In the period 2009-2010, Dr. Todorov successfully completed courses I, II and III of DGMM (Germany Society of Manual Medicine) in Hanover, Germany - lecturers and examiners Prof. von Heymann and Dr. Wittig.

In the period 2011-2012, Dr. Todorov successfully completed a course in Neural Therapy at Medical University - Varna with guest lecturer Dr. Pieller.

During the period 2013 - 2018, Dr. Todorov participated as a guest lecturer in Manual Courses Medicine in Istanbul and Ankara, Turkey.

Dr. Todorov has participated in a number of international congresses and assemblies in London, Prague, Berlin, Elche, Utrecht, Paris, Rome and Istanbul, as well as in the gatherings of BDMM and AFRM in Bulgaria - Sofia, Ruse, Velingrad, Narechen, Pavel Banya, Pomorie, Dryanovo, etc.

Dr. Iliya Todorov is an established international teacher with training courses and seminars in Australia, South Korea, Thailand, Great Britain, Turkey, Czech Republic, Slovakia and others.

He has an excellent command of English, and at an intermediate level – German and Russian.



## **Research activity**

For this competition Dr. Todorov presents 41 scientific papers, all full-text publications. He also has an abstract and monography related to dissertation, the latter not included in the submitted reference for participation in this competition.

Dr. Todorov is the first author in 12 publications (29%), second – in 16 publications (39%). On 2 of the publications is the only author.

In total, the current scientific output of Dr. Todorov is 47 articles with a total volume of 321 pages.

Since 2010 the candidate is an expert in the clinical study of Bayer SPINART, elected member of the Steering Committee. The results of the survey are currently a company secret.

### **The candidate's research activities are in the following areas:**

Manual medicine, electrotherapy, disc disease, balneotherapy, post-stroke rehabilitation, brachial plexus pathology, Parkinson's disease, high-energy lasers, etc.

The main scientific activity of Dr. Todorov is in the field of Manual Medicine, with which most of his postgraduate courses and specializations are related. He has worked intensively in the field of manual diagnostics and therapy of functional disorders of the sacroiliac joints, all regions of the spine and some muscles with frequent preexposure – m. piriformis, m. iliopsoas.

Functional pathology of sacroiliac joints (SIJ) is one of the poorly studied areas in Bulgarian science. It is here that Dr. Todorov has concentrated to the greatest extent, as 7 of the publications concern precisely these joints, and 2 of them are entirely personal. A contribution on a national scale is the introduced as a method of verification to affect the function of SIS non-contact skin thermometry. Relying on known neurophysiological phenomena, Dr. Todorov has practically found an active methodology for proving the effect of manual manipulations, i.e. functional normalization of local blood circulation. Using modern statistical methods for systematization of the results obtained, the mentioned methodology is completely proven from a scientific point of view and can be recommended for application as a method of verification in other scientific developments.

A good impression is made by the scientific collaboration with a foreign specialist in the face of Dr. Christian Mucha – lecturer at the German Higher Sports School – Cologne, Germany. With this colleague Dr. Todorov has 4 joint publications, which is an example of a long-term cooperation and good teamwork. Each of the four publications concerns a different topical pathology, the results obtained and their conclusions being scientific contributions

Contributions of an original nature

For the first time in Bulgaria are published:

- scientific research proving as an effective verification method the non-contact infrared skin thermometry for patients with functional pathology of SIJ;
- data proving the good effect on Parkinson's disease from decimeter wave therapy;
- for the first time in Bulgaria, a division of manual diagnostic tests for SIJ into specific and non-specific has been carried out, and the final correlation of such a division with the established results has been proven;
- data on plantar pressure distribution in patients with lumbar root compression syndromes;
- data on the effectiveness and clinical reliability of the Rosina test used in 2 scientific researches;

- data from a scientific study establishing FES as an integral part of rehabilitation after reconstructive operations in connection with anteromedial knee instability

For the first time in Bulgaria have been studied:

- the influence of local cryotherapy on the lower leg muscle and skin blood circulation;
- the application of manual therapy and PIR in cases with piriformis muscle syndrome;
- the application of manual therapy and PIR in cases with iliopsoas muscle syndrome;
- the effect of the application of geothermal water from spring R-119X in Varna in patients with frequent degenerative joint diseases
- the effectiveness of the combined application of high-energy laser and manual therapy in functional disorders of the thoracic region.

Scientifically applied contributions:

- development and validation of a diagnostic approach to identify dysfunctions of the sacroiliac joint
- introduction of the modified Rankine scale as a method for assessing functional recovery in post-stroke hemipareses.
- development and validation of specific protocols for working with a high-energy laser in cases of peritendinitis of the glenohumeral joint and functional disorders in the thoracic vertebral segment.

### **Significance of contributions to science and practice**

The above facts are proof of the scientific contributions of Dr. Todorov. Particularly noteworthy are the developments in the field of manual medicine, as well as his work in a team with foreign and Bulgarian specialists in the fields of electrotherapy, disc disease, post-operative rehabilitation, Parkinson's disease, high-energy lasers, etc. The specified contributions meet the requirements for occupying the academic position "Associate Professor".

### **Diagnostic and therapeutic activity**

Dr. Todorov is Head of Physical Medicine and Rehabilitation Clinic at the "Heart and Brain Hospital", participates in teams with colleagues from other universities and hospitals, as well as with specialists from other disciplines such as neurologists, vascular surgeons, orthopedists, etc. As a doctor – head of clinic, conducts visitations and consults the treatment plans of patients lying in the hospital.

### **Educational activity**

Dr. Todorov has conducted lecture and practical training in Physical and Rehabilitation Medicine to students of Medicine IV year, nurses, midwives and rehabilitators at the Medical University – Varna in the period 2007 – 2019. He has conducted training in English for foreign students studying at the Medical University of Varna, prepared curricula and tests in English. He has actively participated in examination committees of all kinds – semester exams, for specialization, for doctoral studies, corrections. Dr. Todorov is the main author of the Master's degree programme "Rehabilitation, Thalassotherapy, Wellness and SPA", for which the Medical University of Varna was awarded international award and the mentioned program continues to be one of the most successful for Varna University at present.



## **Conclusion**

The opinion presented by me reflects the main scientific research and teaching activity of Dr. Iliya Todorov, which fully meets the criteria of ZRASRB, PPZRASRB and the Rules of the University "Prof. Dr. Asen Zlatarov" for occupying the academic position of "Associate Professor".

Based on my positive assessment of the overall professional activity of Dr. Iliya Todorov, I propose to the Honorable Scientific Jury to award him the academic position "Docent" in the field of higher education 7. Health care and sports, professional direction 7.1. Medicine, scientific specialty "Physiotherapy, Resortology and Rehabilitation"

14.06.2024g.

Member of a scientific jury:

Burgas

(Assoc. Prof. Antoaneta Grozeva, MD, PhD)