

TO THE SCIENTIFIC JURY FOR AWARD

ON THE ACADEMIC POSITION "ASSOCIANT PROFESSOR"  
IN PHYSIOTHERAPY, RESORT MEDICINE AND REHABILITATION AT THE  
UNIVERSITY "PROF. Dr. ASEN ZLATAROV" - BURGAS

STATEMENT

by Assoc. Prof. Iskra Takeva, MD, PhD

Scientific specialty "Physical and rehabilitation medicine"

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**Regarding:** competition for the academic position "Associate professor" in professional  
direction 7.1. Medicine, in the scientific specialty "Physiotherapy, Resort medicine and  
Rehabilitation" for the needs of the University "Prof. Dr. Asen Zlatarov" - Burgas

**1. Information about the contest**

The competition was announced in the State Gazette, No. 13 of 13.02. 2024 and is carried out  
in accordance with the requirements of the Law on the Development of the Academic Staff in  
the Republic of Bulgaria, the Regulations for its application and the requirements and criteria  
of the Regulations for occupying academic positions at the University "Prof. Dr. Asen Zlatarov"  
- Burgas.

For participation in the announced competition, documents were submitted by Dr. Ilia Todorov  
Todorov, MD, PhD.

I participate in the composition of the scientific jury according to Order No. RD -  
135/12.04.2024 of the Rector of the University "Prof. Dr. Asen Zlatarov" - Burgas.

**2. Biographical data for the candidate in the competition**

Dr. Ilia Todorov Todorov was born on September 29, 1976 in Varna, Bulgaria. In 1995 he  
graduated from the First Language School – Varna, English language class, and in 2001, he  
received higher education at the Medical University - Varna. In October 2000, he was enrolled  
as a full-time doctoral student in the Department of Physiotherapy, Rehabilitation, Sea Therapy  
and Occupational Diseases at the St. Marina", Varna, and in 2002 as a specialist. In December  
2006, Dr. Todorov acquired the specialty "Physical and Rehabilitation Medicine", and in 2011  
he successfully defended his dissertation and was awarded the educational and scientific degree  
"Doctor" in the scientific specialty "Physiotherapy, Spa and Rehabilitation".

In the Clinic of Physiotherapy, Rehabilitation and Sea Therapy of the "St. Marina" - Varna, Dr. Todorov has successively held the positions of assistant physician since 2003, senior assistant physician since 2007 and chief assistant physician since 2011. After a competition, he was appointed to the academic position of "associate professor" at the MU - Varna since February 16, 2015. In the period from 2015 to 2019, he was the head of the "Marine Treatment, Physiotherapy and Rehabilitation" Department at the Medical University - Varna and the head of the Physiotherapy and Rehabilitation Clinic at the "Sveta Marin" Medical Center - Varna. From January 2022 was appointed to the "Heart and Brain" Medical Center as the head of the Physical and Rehabilitation Medicine clinic.

Dr. Todorov is a member of the Bulgarian Medical Union, the Bulgarian Society of Manual Medicine (BSMM) and the Association of Physical and Rehabilitation Medicine (AFRM), in which he is also a member of the Supervisory Board. From 2006 to 2022, he was the secretary of the BSMM, and from 2022 he was the chairman of the same. Since 2007, he annually participates as a BSMM delegate representing Bulgaria at the Federation Internationale de Medicine Manuelle (FIMM) International Assemblies. As secretary of the BSMM, he is the main organizer of the FIMM Assemblies held in Varna in 2008 and 2016, as well as the annual gatherings of the society with international guest speakers held at the St. Marina - Varna. In 2017, he was elected Vice President of FIMM and Chairman of the Board of Education, which positions he holds until now.

Dr. Todorov has completed a number of courses in the country and abroad. There are participations in international congresses and assemblies. Dr. Todorov is an established international teacher with training courses and seminars held in Australia, South Korea, Thailand, Great Britain, Turkey, Czech Republic, Slovakia, etc. During the period 2013 - 2018, he participated as a guest lecturer in Manual Medicine Courses in Istanbul and Ankara, Turkey.

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

### **3. Fulfillment of the requirements for occupying the academic position**

In connection with the participation in the competition, a certificate is attached, according to which the minimum national requirements for scientific and teaching activity, necessary for occupying the academic position "docent", are met.

All indicators from A to E are covered, and the significantly higher number of points (448) on indicator D than the minimum required is impressive, which is proof of the candidate's high scientific activity. With a minimum threshold of 400 points, Dr. Todorov has 778 points, summarized as follows:

Section A – 50 points, out of the minimum required 50 points;

Section C – 100 points, out of the minimum required 100 points;

Section D – 448 points out of the minimum required 200 points;

Section E – 110 points out of the minimum required 50 points;

Section E – 70 points.

### **4. Evaluation of the candidate's educational and teaching activities**



Dr. Todorov has 16 years of teaching experience successively as an assistant, senior and principal assistant, and from 2015 to 2019 as an associate professor at the MU – Varna. His teaching activities include lecture, practical training and holding exams in Physical and Rehabilitation Medicine for IV year medical students (Bulgarian and English), nurses, midwives and rehabilitators. Dr. Todorov prepares curricula and tests in English and is the main author of the master's program "Rehabilitation, sea therapy, wellness and spa", for which MU - Varna was awarded an international distinction and continues to be one of the most successful for the university and at the present time.

The teaching experience and academic competence of Dr. Todorov correspond to the professional direction of the competition and the requirements for the position of "associate professor" at the University "Prof. Dr. Asen Zlatarov" - Burgas.

### **5. General characteristics of the presented scientific works/publications**

The scientific production of Dr. Todorov includes 47 articles with a total volume of 321 pages. For the current competition, Dr. Todorov presents 41 scientific works, all full-text publications. He also has an abstract and a monograph related to the dissertation work, the latter of which are not included in the submitted reference for participation in the competition.

Dr. Todorov is the first author in 12 publications (29%), second - in 16 publications (39%). He is the sole author of two of the publications. Since 2010, the candidate has been an expert on the clinical trial of Bayer SPINART, he was elected as a member of the Steering Committee of the trial. Nine publications were positively cited 14 times.

Dr. Todorov's main scientific pursuits are in the field of manual medicine, with which most of his postgraduate courses and specializations are related. He also worked on one of the least researched pathologies in Bulgarian science - functional disorders of the sacroiliac joints (SIS) and their manual diagnosis and therapy. His dissertation work is also on this topic: "Possibilities of some factors of physical therapy to influence the functional disorders of the sacroiliac joint". Based on known neurophysiological phenomena, Dr. Todorov established and introduced non-contact skin thermometry as a verification method for influencing the function of the SIS. Using modern statistical methods to systematize the obtained results, the methodology for proving the effect of manual manipulations, i.e. of functional normalization of local blood circulation has been proven from a scientific point of view and can be recommended as a verification method in other scientific developments.

His work in a team with foreign and Bulgarian specialists covers treatment with high-energy lasers and electrotherapy. Studies are focused on post-operative rehabilitation, disc disease, Parkinson's disease, etc. As a result of the long-term cooperation with Dr. Christian Mucha, a teacher at the German Higher Sports School - Cologne, Germany. are the joint four publications concerning different current pathology, and the results obtained and their conclusions are scientific contributions.

### **6. Synthesized evaluation of the main scientific contributions**

Dr. Todorov's scientific research is in the following thematic areas: manual medicine (monograph, publications №№ 1, 2, 3, 4, 5, 10, 11, 12, 14, 15, 17, 18, 19, 22, 25, 26, 28), clinical physiotherapy (monograph, publications 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23, 24, 27, 29, 30-41), neurology (publications №№ 5, 6, 8, 9, 14, 16, 27, 29, 30, 34, clinical

methodology (monograph, publications №№ 8, 10, 11, 16, 17, 25, 26, 31, 32, 36, 37) , balneology (publication №№ 21), laser therapy (№№ 38, 40, 41).

The contributions in the presented scientific production are of an original and scientific-applied nature.

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.

The above facts are proof of the scientific contributions of Dr. Todorov's scientific work. The specified contributions meet the requirements for occupying the academic position "associate professor".

### **Personal impressions**

I know Dr. Ilia Todorov personally and have direct impressions of his deep knowledge and erudition. He is a teacher with a long experience, has excellent teaching qualities and is open to new approaches in the education of students. Dr. Ilia Todorov has proven abilities to conduct scientific and research activities.



## CONCLUSION

Based on the analysis of the materials and scientific works presented in the competition and the contributions contained in them, I believe that the scientific work, educational and teaching activities and professional development of Dr. Iliia Todorov meet the quantitative and qualitative criteria defined by the Law on the Development of the academic staff in the Republic of Bulgaria.

I give my **POSITIVE** evaluation and propose to the respected members of the Scientific Jury to vote for awarding the academic position of "**ASSOCIATE PROFESSOR**" to Dr. Iliia Todorov, PhD in the indicated professional direction and scientific specialty, for the needs of the University "Prof. Dr. Asen Zlatarov" - Burgas.

14. 06. 2024

Sofia

Prepared the statement,

Assoc. Prof. Dr. Iskra Takeva, MD, PhD