

## SYNTHETIC FORM FOR A BOARD CERTIFIED TRAINING UNIT

UNIT NAME: Servei de Medicina Física i Rehabilitació  
Hospital del Mar-Esperança. Parc de Salut Mar.

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Catalonia, Spain.

NAME OF THE UNIT RESPONSIBLE: Dr. Ferran ESCALADA i RECTO

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### - Main clinical activities of the unit:

(state the main areas of care depending on clinical workload and interests)

1. Stroke rehabilitation
2. Musculoskeletal rehabilitation
3. Cardiac rehabilitation
4. Pulmonary rehabilitation
5. Lymphedema
6. Scoliosis
7. Assessment in Physical Medicine and Rehabilitation: cardiopulmonary effort test, spirometry, respiratory muscle pressures, gait and balance, videofluoroscopy...

### - Specific research interests of the unit:

(give the key words for each theme)

1. Stroke rehabilitation: stroke; rehabilitation; shoulder pain; spasticity; botulinum toxin; equilibrium; gait; caregiver; health-related quality of life; short form 36; satisfaction
3. Pulmonary rehabilitation: chronic obstructive pulmonary disease; muscle injury; adaptation; autonomic dysfunction; heart rate recovery
4. Lymphedema: breast cancer; lymphedema; quality of life
5. Scoliosis: idiopathic scoliosis; growth; exercise
6. Telerehabilitation: telerehabilitation

**- List five publications from the last five years which most represent the unit's research programme:**

**Stroke Rehabilitation:**

1. Sebastià E, Duarte E, Boza R, Samitier CB, Tejero M, Marco E, Muniesa JM, Belmonte R, Escalada F. Cross-validation of a model for predicting functional status and length of stay in patients with stroke. *J Rehab Med* 2006; 38(3):204-6.
2. Marco E, Duarte E, Vila J, Tejero M, Guillen A, Boza R, Escalada F, Espadaler JM. Is botulinum toxin type A effective in the treatment of spastic shoulder pain in patients after stroke? A double-blind randomised clinical trial. *J Rehab Med* 2007; 39(6):440-7.
3. Duarte E, Morales A, Pou M, Aguirrezabal A, Aguilar JJ, Escalada F. Trunk Control Test: early predictor of gait and balance capacity at 6 months of stroke. *Neurología* 2009 Jun;24(5):297-303.
4. Aguirrezabal A, Duarte E, Marco E, Rueda N, Cervantes C, Escalada F. Patient and caregiver satisfaction with rehabilitation services after stroke. *Rev Calid Asist* 2010; 25(2): 90-6.
5. Duarte E, Marco E, Muniesa JM, Belmonte R, Aguilar JJ, Escalada F. Early detection of non-ambulatory survivors six months after stroke. *NeuroRehabilitation* 2010;26(4): 317-23.

**Musculoskeletal Rehabilitation:**

1. Escalada F, Marco E, Duarte E, Muniesa JM, Belmonte R, Tejero M, Cáceres E. Growth and Curve Stabilization in Girls with Adolescent Idiopathic Scoliosis. *Spine* 2005; 30 (4):411-417.
2. Escalada F, Marco E, Belmonte R, Duarte E, Muniesa JM, Tejero M, Boza R, Cáceres E. Assessment of angle velocity in girls with adolescent idiopathic scoliosis. *Scoliosis* 2009; 4:23.
3. Muniesa JM, Marco E, Tejero M, Boza R, Duarte E, Escalada F, Cáceres E. Analysis of the expectations of elderly patients before undergoing total knee replacement. *Arch Gerontol Geriatr* 2010; 51(3):e83-7. Epub 2010 Jan 29.

**- Please identify if necessary the conditions and means of exchange for trainee specialist (the number permissible, the person to contact, etc.):**

Trainee specialists must write a letter detailing their areas of interest, months of rotation (recommended 2 months minimum) and enclosing an abridged CV to:

[emarco@parcdesalutmar.cat](mailto:emarco@parcdesalutmar.cat)

[jmuniesa@parcdesalutmar.cat](mailto:jmuniesa@parcdesalutmar.cat)

[gbadosa@parcdesalutmar.cat](mailto:gbadosa@parcdesalutmar.cat)

Authorisation to publish over Internet

YES

Signature:

NO