

OPINION

by **Professor Vladimir Hristov Gonchev, MD, PhD**

Faculty of Medicine at the University "Prof. Dr. Asen Zlatarov", Burgas,

Member of the Scientific Jury, according to Order No. RD – 135, 12 Apr 2024 of the Rector of the University "Prof. Dr. Asen Zlatarov", Burgas

Subject: Competition for the academic position of Associate Professor in Physiotherapy, Balneology and Rehabilitation, field of higher education 7. Health and Sports, professional field 7.1. Medicine for the needs of the Department of “Kinesitherapy and Rehabilitation, Physical Medicine and Sports” at the Faculty of Medicine at the University "Prof. Dr. Asen Zlatarov", Burgas, announced in State Newspaper No. 13/13.02.2024. One candidate participated in the announced competition and was admitted:

Iliya Todorov Todorov, MD, PhD

The candidate has submitted all the necessary documents for participation in the competition, complying with the requirements of the Academic Staff Development Act in the Republic of Bulgaria (RARARB), the Rules for its application and the Regulations for the development of the academic staff at the University of Burgas.

Brief biographical and professional details of the candidate's career

Dr. Iliya Todorov Todorov, Ph.D. was born in Varna in 1976, where he graduated from the First Language High School, English class. He graduated with a Master's degree in the regulated profession of Medicine in 2001 at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. In the period 2001 - 2006 he specialized in Physical and Rehabilitation Medicine at the Medical University - Varna and in 2006 he acquired a specialty. In 2011 he acquired the degree of Doctor in the scientific specialty " Physiotherapy, Balneology and Rehabilitation".

He began his professional career as a full-time PhD student at the Clinic of Physiotherapy, Rehabilitation and Thalassotherapy at the University Hospital "St. Marina" - Varna. For the period 2007 – 2015 he held the positions of Resident Doctor, Resident, Specialist, Chief Assistant, Associate Professor, Head of the Clinic of Physiotherapy, Rehabilitation and Thalassotherapy at the University Hospital "St. Marina" - Varna. In the period 2015 to 2019, Dr. Todorov was Head of the Scientific Sector "Thalassotherapy, Physiotherapy and Rehabilitation" at the Medical University - Varna. On December 2, 2019, Dr. Todorov left Medical University – Varna and “St. Marina Hospital” – Varna. For the next 2 years, Dr. Todorov worked as a specialist doctor in private practice in the city of Varna. Since January 2022, Dr. Todorov has been appointed Head of the Physical and Rehabilitation Medicine Clinic at the “Heart and Brain” Hospital. Since July 2023, Dr. Todorov has been practicing at Elite Clinic Varna, of which he is the founder and owner.

Assessment of quantitative and qualitative indicators

Dr. Ilia Todorov Todorov, PhD has presented a signed comprehensive evidence material containing detailed lists, references, abstracts and full-text copies of scientific papers, certificates and diplomas, references for citations, a declaration of originality and reliability of the attached documents. The presented materials contain the necessary information for quantitative and qualitative assessment of his overall academic development. The presented materials are in the field and refer to the competition in professional field 7.1 "Medicine", scientific specialty "Physiotherapy, balneology and rehabilitation".

A monographic work "Frozen shoulder syndrome - features and modern therapeutic approach" is presented., consisting of 114 pages. The monography examines the etiology, pathogenesis, clinical manifestation, diagnosis, approach to patients and the possibilities for early detection and prevention of adhesive capsulitis, as well as presents an author's therapeutic approach combining kinesitherapy and targeted infiltrations.

The candidate fulfills the conditions for occupying the academic position of Associate Professor in accordance with Art. 29 of the Law on the Development of the Academic Staff of the Republic of Bulgaria and minimum required points for the academic position of Associate Professor, according to the regulations for the implementation of the Law on the Development of the Academic Staff of the Republic of Bulgaria in field 7. "Health and Sports", professional field 7.1 "Medicine". In Table 1, I confirm the scientometric values, according to which Dr. Ilia Todorov Todorov fulfills all the conditions for occupying the academic position of "Associate Professor" in accordance with the Regulations for the Development of the Academic Staff at the University of Burgas and the minimum required points:

Table 1. Minimum required points for the academic position of Associate Professor in field 7. "Health and Sports", professional field 7.1. "Medicine" in accordance with the regulations for the implementation of the Law on the Development of the Academic Staff of the Republic of Bulgaria. Minimum required points for the academic position of Associate Professor in field 7. "Health and Sports", professional field 7.1. "Medicine" in accordance with the Regulations for the Development of the Academic Staff at the University of Burgas.

Indicator group	Associate Professor, in accordance with Law on the Development of the Academic Staff of the Republic of Bulgaria	Associate Professor, according to the Regulations for the Development of the Academic Staff at the University of Burgas	Dr. Ilia Todorov, MD
A	50	50	50
B	100	100	100
C	200	200	429.5
D	50	50	110
Total	400	400	579.5

The presented scientific publications are a total of 41 full-text publications published in refereed and non-refereed journals with scientific peer review or published in edited scientific volumes.

Out of a total of 41 scientific papers submitted for the competition, Dr. Todorov is the first author in 12 publications (29%), second – in 16 publications (39%). He is the sole author of 2 of the publications.

Main directions of publication activity

Dr. Todorov's scientific publications cover the fields of Manual Medicine, Electrotherapy, Disc Disease, Balneotherapy, Post-Stroke Rehabilitation, Plexus Brachialis Pathology, Parkinson's Disease, High-Energy Lasers, etc.

The main scientific activity of Dr. Todorov is in the field of Manual Medicine, which is related to most of his postgraduate courses and specializations. He has worked diligently in the field of manual diagnosis and therapy of functional disorders of the sacroiliac joints, all parts of the spine and some muscles with a frequent predisposition - m. piriformis, m. iliopsoas.

The submitted works of the candidate correspond in subject matter and content in the following main areas:

1. Manual medicine: a total of 15 articles, divided into the following areas:
 - a. Manual diagnostics and therapy for functional disorders of the sacroiliac joints: 4 publications only on this topic and 3 more partially addressing the problem.
 - b. Manual diagnostics and therapy for functional disorders of the thoracic vertebrae: 2 publications only on this topic and 2 more partially addressing the problems.
 - c. Manual Diagnosis and Therapy of Cervicocranial Syndrome – the only publication in Bulgaria on this topic.
 - d. Manual diagnosis and therapy for Thoracolumbar Passage Syndrome - the only publication in Bulgaria on this topic.
 - e. Application of non-contact thermometry for verification of functional disorders of the sacroiliac joints.
2. Rehabilitation for disc disease – 11 publications. Socially significant disease with prevalence in the active age.
3. Electrotherapy – 4 publications, 3 of which in collaboration with a specialist from Germany.
4. Extension therapy – 4 publications.
5. High-energy lasers – 3 publications. The field is of particular interest due to the introduction of new generations of lasers into medical practice.
6. Carpal tunnel syndrome – 2 publications concerning both preoperative and postoperative rehabilitation.
Single publications in clinically relevant topics such as Parkinson's disease rehabilitation, Multiple Sclerosis, Tietze's syndrome, Adhesive Capsulitis, Balneotherapy, Knee alloplasty, Hip alloplasty, alloplasty of the Glenohumeral joint, rehabilitation of elderly patients, etc.

Teaching activities

Dr. Todorov has conducted lectures and practical training in Physical and Rehabilitation Medicine for IVth grade medical students, nurses, midwives and rehabilitators at the Medical University – Varna. He has conducted training in English for foreign students studying at the Medical University – Varna, has prepared curricula and tests in English. He has actively participated in examination committees of all kinds – semester exams, for specialization, for doctoral studies, corrections. In the period 2017 – 2020 he was a member of the State Examination Commission in the specialty "Physical and Rehabilitation Medicine". Dr. Todorov is the main author of the Master's program "Rehabilitation, Thalassotherapy, Wellness and Spa", for which Medical University – Varna was awarded with an international distinction, and the mentioned program continues to be one of the most successful for the University of Varna at the present time.

Conclusion

The examination of the materials for the competition for the academic position of Associate Professor of Dr. Ilia Todorov Todorov, PhD shows that the regulatory requirements of the Law on the Development of the Academic Staff of the Republic of Bulgaria, the Regulations for its Application and the Regulations for the Development of the Academic Staff at the University of Burgas are covered in quantitative and qualitative terms. The candidate submits a sufficient amount of scientific papers, in which there are original scientific and applied contributions.

In conclusion, I give a positive assessment of the activities of Dr. Ilia Todorov Todorov, PhD and I VOTE POSITIVELY, proposing to the members of the scientific jury to vote positively for his election for the academic position of Associate Professor in the field of higher education 7. Health and Sports, professional field 7.1. Medicine, in the scientific specialty "Physiotherapy, Balneology and Rehabilitation" for the needs of the Department of Internal Medicine, Social Medicine, Disaster Medicine and Physiotherapy and Rehabilitation at the Faculty of Medicine at the University "Prof. Dr. Asen Zlatarov", Burgas.

11 June 2024
Burgas

Signature:
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