

**Massa Bruno, MD**  
**Sports and Exercise Medicine Physician**

**PERSONAL INFORMATION**



**Massa Bruno**

📍 Via Savonarola 3, 40132 Bologna (Italy)

📞 (+39) 3339504367

✉️ b.massa91@gmail.com

Gender Male | Date of birth 05/02/1991 | Nationality Italian

**POSITION  
COVERED**

**Sports and Exercise Medicine physician.**

**Musculoskeletal Sonographer – Traumatology and orthopaedic and sports rehabilitation.**

**PROFESSIONAL  
EXPERIENCE**

- From April 2024 Team Doctor U.C. Sampdoria S.p.A. – Men first team, Serie B, for the 2023/2024 season.
- From December 2023 Team Doctor U.C. Sampdoria S.p.A. – Women first team, Serie A, for the 2023/2024 season.
- July 2023 – December 2023 Head Doctor U.C. Sampdoria S.p.A. – Men first team, Serie B, for the 2023/2024 season.
- From January 2023 Musculoskeletal ultrasound tutor at EcoMskBo School, Dr. Stefano Galletti S.A.S., via Farini 31, Bologna (Italy).
- November 2022 – January 2023 Sports and Exercise Medicine Physician – Case Manager at the Isokinetic ER srl center, Bologna office.
- August 2022 – June 2023 Team Doctor Bologna Football Club 1909 S.p.A. – youth sector, for the 2022/2023 season.
- August 2020 – November 2020 Team Doctor of SS Turris Calcio – Men first Team, Lega Pro, for the 2020/2021 season.
- 04/11/2019-05/11/2019 Match Doctor for Napoli v Salzburg, UEFA Youth League 2020, Group stage, Frattamaggiore (ITA): "Pasquale Ianniello" Municipal Stadium.
- October 2019 Field Doctor of the International Swimming League – Italian leg of Naples (Italy).
- August 2019 – July 2019 Team Doctor of SSC Calcio Napoli – youth sector, for the 2019/2020 season.
- July 2019 Field Doctor in the XXX Summer Universiade of Naples 2019.

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- 24/05/2019–25/05/2019 Moderator at the CHEST YOUNG 2019 Congress, Paestum (Italy).  
IN&FO&MED, Milan (Italy).
- June 2019 Sports and Exercise Medicine resident - Outpatient activity of Sports Medicine and research projects in the  
Med-ex clinics, Ferrari's official medical partner, in Maranello (Italy).
- 11/06/2019-14/06/2019 Team Doctor of the Ferrari Driver Academy at the Training Camp in Livorno (Italy).  
On behalf of Med-ex, Ferrari's official medical partner.
- 01/03/2018–31/10/2018 Medical Doctor at the Dialysis Center, Gragnano (Na), via Castellammare 9.  
On behalf of C.M.O. SRL, VIA G. MELISURGO 4, 80133 Naples (Italy).

**EDUCATION AND TRAINING**

- 11/12 May 2023 Ultrasound course – Muscle injuries in athletes.  
MDG Solution Srls, Scientific Coordinators Dr. I. Leo and Dr. M. Zappia, Stadio Arechi, Salerno (Italy).
- 05/05/2019–07/05/2023 I National Congress ANFI – National Association of Interventional Physiatry.  
National Association of Interventional Physiatry, Radisson Blue Hotel, Milan (Italy).
- 24/25 March 2023 IV International Conference "Case Report: The Management of the Healthy and Injured Professional Athlete"  
Sport&Medicine training project, Dr. Marco Bruzzone, Formigine (Modena).
- 10 March 2023 SIUMB National Diploma of Competence in Musculoskeletal Ultrasound.  
SIUMB, Italian Society of Ultrasonology in Medicine and Biology, Rome (Italy)
- 4/5 February 2023 Theoretical-practical course in Ultrasound-guided Percutaneous Electrolysis (Tendinopathies).  
MV Clinic Training Program, J|Medical, Dr. Massimo Magistrali, Turin (Italy)
- 31/10/2022 Postgraduate Diploma in Sports and Exercise Medicine.  
University of Naples Federico II, Naples (Italy).
- 14/15 November 2022 Specialized theoretical course in musculoskeletal ultrasound.  
SIUMB 2022 training programme, Padova congress centre, Padua (Italy)
- June 2022 Free oral presentation: Mechanisms and patterns of severe lower limb muscle injuries in male professional football (soccer) - a video analysis study on 103 consecutive cases  
XXIX Isokinetic Medical Group Conference 4th, 5th, 6th June 2022 – LYON (France)
- December 2021 - January 2022 Practical course in musculoskeletal ultrasound (2021-2022).  
EcoMskBo School, Dr. Stefano Galletti S.A.S., via Farini 31, Bologna (Italy)
- From June 2021 to October 2022 Sport Medicine resident – Thesis project and theoretical and practical activities.  
Isokinetic Medical Group, FIFA MEDICAL CENTER OF EXCELLENCE, Bologna (Italy)
- 24/04/2020 FIFA Diploma in Football Medicine  
Fédération Internationale de Football Association – FIFA.
- 24/01/2020 Conference on football pathology "SOCCER DISEASES"  
Rizzoli Orthopaedic Institute • Codivilla-Putti Research Centre Aula Anfiteatro via di Barbiano 1/10 - BOLOGNA.

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- 03/10/2019–05/10/2019 11th European Congress of Sports Medicine  
EFSMA and the Slovenian Association of Sports Medicine, Portorož (Slovenia).
- 24/05/2019–25/05/2019 CHEST YOUNG Congress 2019  
IN&FO&MED, Milan (Italy).
- 27/03/2019–29/03/2019 XXXVI FMSI Congress "Biological Age, Chronological Age"  
ITALIAN SPORTS MEDICAL FEDERATION, Rome (Italy).
- 28/02/2018 Enrolment in the professional register of Physicians-Surgeons N° NA35778  
Provincial Order of Physicians-Surgeons and Dentists of Naples, Naples (Italy).
- February 2018 Licence to practise in the 2nd session of 2017  
University of Naples Federico II, Naples (Italy).
- 25/10/2017 Master's Degree in Medicine and Surgery.  
University of Naples Federico II, Naples (Italy).

BANNS

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Della Villa F, **Massa B**, Bortolami A, Nanni G, Olmo J, Buckthorpe M. Injury mechanisms and situational patterns of severe lower limb muscle injuries in male professional football (soccer) players: a systematic video analysis study on 103 cases. Br J Sports Med. 2023 Nov 30; 57(24):1550-1558. DOI: 10.1136/BJSports-2023-106850. PMID: 37898508

Palermi S, Vittadini F, Vecchiato M, Corsini A, Demeco A, **Massa B**, Pedret C, Dorigo A, Gallo M, Pasta G, Nanni G, Vascellari A, Marchini A, Lempainen L, Sirico F. Managing Lower Limb Muscle Reinjuries in Athletes: From Risk Factors to Return-to-Play Strategies. J Funct Morphol Kinesiol. 2023 Nov 6; 8(4):155. DOI: 10.3390/JFMK8040155. PMID: 37987491; PMCID: PMC10660751.

Palermi S, Annarumma G, Spinelli A, **Massa B**, Serio A, Vecchiato M, Demeco A, Brugin E, Sirico F, Giada F, Biffi A. Acceptability and Practicality of a Quick Musculoskeletal Examination into Sports Medicine Pre-Participation Evaluation. Pediatr Rep. 2022 May 3; 14(2):207-216. DOI: 10.3390/Pediatric14020028. PMID: 35645365; PMCID: PMC9149839.

Palermi S, **Massa B**, Vecchiato M, Mazza F, De Blasis P, Romano AM, Di Salvatore MG, Della Valle E, Tarantino D, Ruosi C, Sirico F. Indirect Structural Muscle Injuries of Lower Limb: Rehabilitation and Therapeutic Exercise. J Funct Morphol Kinesiol. 2021 Sep 13; 6(3):75. DOI: 10.3390/JFMK6030075. PMID: 34564194; PMCID: PMC8482242.

Loiacono C, Palermi S, **Massa B**, Belviso I, Romano V, Gregorio AD, Sirico F, Sacco AM. Tendinopathy: Pathophysiology, Therapeutic Options, and Role of Nutraceuticals. A Narrative Literature Review. Medicine (Kaunas). 2019 Aug 7; 55(8):447. doi: 10.3390/Medicine55080447. PMID: 31394838; PMCID: PMC6723894.

Spera R, Belviso I, Sirico F, Palermi S, **Massa B**, Mazzeo F, Montesano P (2019) Jump and balance test in judo athletes with or without visual impairments. doi: 10.14198/jhse.2019.14.proc4.56

**B. Massa**, S. Palermi, A. Cerrone. Muscle injuries from direct trauma (contusion). Sport and Anatomy 2018. 3:79-80

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**B. Massa**, S. Palermi, A. Cerrone. Muscle injuries from indirect trauma. Sport and Anatomy 2018. 3:81-84

F. Petrone, S. Palermi, **B. Massa**. The sports doctor's bag. Sport and Anatomy 2018. 3:94-96

T. Di Fraia. A. Serio, **B. Massa**. Seizures. Sport and Anatomy 2018. 3:57-58