

Prof. Józef A. Opara, MD, PhD

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Curriculum Vitae

1960-1967 medical study at Silesian University of Medicine in Katowice.

Graduated in 1967.

Specialties: neurology 1977

medical rehabilitation 1982

Doctorship: 1983 (MD)

Aggregation (polish habilitation, more than PhD): 1997

Professor in Academy of Physical Education in Katowice: since 1998

Chair of Physiotherapy in Neurology

Full Professor in Physical Culture: 2008

Scholarship: Austria – invited by AUVA - Allgemeine Unfallversicherungsanstalt - 1986

Member of European Panels in EFNS: Neurorehabilitation, Neurotraumatology, Post-Polio,

Chairman of the Organizing Committee of the III Congress of Polish Society of Rehabilitation
in Cieszyn – Ustron 1998

Leader of European Panel of Neurorehabilitation in EFNS: 1998-2000

Certificate: tutor in Evidence Based Medicine 2001

Member of Editorial Board in Polish Journal of Physiotherapy since 2001

Co-originator and member of council of WFNR: since 2002

Originator and president of Polish Society for Neurological Rehabilitation since 2003

Regional vice-President of World Federation for NeuroRehabilitation for Central and Eastern Europe since 2009

Member of board of European Federation of NeuroRehabilitation Societies since 2015

Scientific grants: FP7 Homecare 222954, WP2 Polish: Facilities of early rehabilitation after stroke in Poland: 2010-2012.

Special scientific interest:

stroke rehabilitation

spasticity

rehabilitation in paraplegia (SCI), Spondylotic Cervical Myelopathy (SCM), Post-Polio
clinimetrics

Quality of Life measures

rehabilitation after TBI

rehabilitation in PD

rehabilitation in MS

Promoter of 11 doctorships

Reviewer of many scientific journals, i.e. European Journal of Neurology (IF = 2,66)

Quality of Life Research (IF = 2.985), Int. J. Rehabil. Res. (IF= 1.083), Journal of
Physical Medicine and Rehabilitation Science, Neurologia i Neurochirurgia Polska (IF=
0.641)

Main recent reports:

1. **Opara J.A.**, Socha T., Bidzan M., Mehlich K., Poświata A. Stress urine incontinence especially in elite women athletes extremely practicing sports. Arch Budo 2011; 7(4): OF227-231. **Impact Factor=0,488**
2. **Opara J.A.** Activities of Daily Living and Quality of Life in Alzheimer Disease. J. Med & Life 2012; 5(2): 162-167.
3. **Opara J.A.**, Langhorne P., Larsen T., Mehlich K., Szczygiel J. Facilities of early

rehabilitation after stroke in Poland 2010. *Int J Rehabil Res.* 2012; 35(4): 367-371.

Impact Factor=1.083

4. **Opara J**, Broła W, Leonardi M, Błaszczyk B. Quality of life in Parkinson`s Disease. *J Med Life.* 2012 Dec 15;5(4):375-81.
5. **Opara J.**, Kucio C., Socha T., Szczygieł J. Role of physical activity in preventing disability in Multiple Sclerosis. *Medical Rehabilitation* 2012; 16(3): 22-26.
6. **Opara J**, Jaracz K, Broła W. Burden and quality of life in caregivers of persons with multiple sclerosis. *Neurol Neurochir Pol.* 2012; 46(5): 472-9. **IF=0,488**
7. Radajewska A., **Opara J.**, Kucio C., Mehlich K., Błaszczyszyn M., Szczygieł J. The effects of mirror therapy on arm and hand function in acute stroke inpatients. *Int. J. Rehabil. Res.* 2013; 36(3): 268-274. **Impact Factor=1.083**
8. **Opara J.A.** Małecka E., Szczygieł J. Clinimetric measurement in traumatic brain Injuries. *J. Med & Life* 2014; 7(2): 124-127.
9. Poświata A, Socha T, **Opara J.** Prevalence of stress urinary incontinence in elite female endurance athletes. *J Hum Kinet.* 2014 Dec 30;44:91-6. **Impact Factor: 1.029**
10. Broła W, Mitosek-Szewczyk K, **Opara J.** Symptomatology and pathogenesis of different types of pain in multiple sclerosis. *Neurol Neurochir Pol.* 2014;48(4):272-9. **IF=0,488**
11. **Opara J.**, Kucio C., Kurek J., Małecka E. Is the Barthel scale still useful 50 years after its first publication? *Medical Rehabilitation* 2015; 19(1): 34-38. ISSN 1427–9622.
12. **Opara, J.A.** Broła W., Szczygieł J. Palliative care in Polish patients with Multiple Sclerosis. *J. Paliative Care Med.* 2016; 6:1–4.
13. W. Broła, P Sobolewski, W Szczuchniak, A Góral, M Fudala, W Przybylski, J. **Opara.** Association of seasonal serum 25-hydroxyvitamin D levels with disability and relapses in relapsing-remitting multiple sclerosis. *J Europ J Clinical Nutrition* 2016, 1–5. **IF=2.709**
14. **Opara JA**, Broła W, Wylęgała AA, Wylęgała E. Uhthoff`s phenomenon 125 years later – what do we know today? *J. Med & Life* 2016; January-March ; Vol IX, Iss 1.
15. Opara J., Grzybowska-Ganszczyk D. Questionnaires measuring leisure-time physical activity in Parkinson`s disease. *Current research in motor control V. Bridging motor control and biomechanics.* Katowice 2016, p. 198-205.
16. Józef Opara, Justyna Mazurek, Jarosław Szczygieł, Grzegorz Gałuszka, Wiesław Rycerski. Zastosowanie technologii wirtualnej rzeczywistości w usprawnianiu kończyny górnej po udarze mózgu. Rozdział w monografii recenzowanej pod red. Teresy Pop: *Rehabilitacja* 2016. Wyd. Bonus Liber Sp. z o.o. Rzeszów 2016; s. 164-173.
17. Monika Błaszczyszyn, Tomasz Fiałkowski, Elżbieta Małecka, Józef Opara. Czynniki

wpływające na wyniki rehabilitacji po udarze mózgu. Rozdział w monografii recenzowanej pod red. Teresy Pop: Rehabilitacja 2016. Wyd. Bonus Liber Sp. z o.o. Rzeszów 2016; s. 26-35.