

**CURRICULUM VITAE**

**Rodrigo Torres Castro**

**Kinesiólogo Licenciado**

Fecha Nacimiento: 19 de Mayo de 1980

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***EXPERIENCIA LABORAL***

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Marzo 2006 – a la fecha

**Programa Nacional de Ventilación Mecánica Invasiva**  
**Ministerio de Salud, Chile**  
Kinesiólogo

Abril 2012 – a la fecha

**Universidad de Chile**  
Profesor Asistente, Departamento de Kinesiología

Noviembre 2018 – a la fecha

**Hospital Clínic de Barcelona, España**  
Investigador predoctoral

***ANTECEDENTES ACADÉMICOS***

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**Educación Universitaria**

**Kinesiología**  
**Universidad de Chile**  
Año 2000 – 2005.

**Grado académico**

**Bachiller con mención en Ciencias Naturales y Exactas**  
Universidad de Chile  
1998 – 1999

**Licenciatura en Kinesiología**  
Universidad de Chile  
2004

**Master en Investigación Clínica en Medicina Respiratoria**

**Universidad de Barcelona, España.**  
2012

## **PUBLICACIONES**

**Torres R**, Kuo Ch, Vera R, Espinoza S, Romero JE. Entrenamiento Muscular en paciente Traqueostomizado: A propósito de un caso. *Neumología Pediátrica*. 2007; 2(1): 61-63.

**Torres R**. ¿Es posible implementar Programas de Rehabilitación Pulmonar en Pediatría? *Neumología Pediátrica* 2007; 2(3): 154-158

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Zenteno D, Puppo H, González R, Pavón D, Vera R, **Torres R**, Kuo CH, Pérez MA, Girardi G. Test de marcha de seis minutos en niños con bronquiolitis obliterante postviral: Correlación con espirometría. *Rev chil enferm respir*, 2008;24(1):15-19.

Zenteno D, Puppo H, Vera R, **Torres R**, Kuo Ch, Salinas P, Prado F. Guías de Rehabilitación para niños con enfermedades respiratorias crónicas. *Neumología Pediátrica* 2008; 3(Supl): 25-33.

**Torres R**. National Program in Chile improves quality of life for vent-assisted children. Ventilator-Assisted Living. October 2012;26(5):1-6

**Torres-Castro R**, Monge G, Vera R, Puppo H, Céspedes J, Vilaró J. Estrategias terapéuticas para aumentar la eficacia de la tos en pacientes con enfermedades neuromusculares. *Rev med Chile* 2014;142(2):238-245

**Torres-Castro R**, Vilaró J, Vera-Uribe R, Monge G, Avilés P, Suranyi C. Use of air stacking and abdominal compression for cough assistance in people with complete tetraplegia. *Spinal Cord* 2014;52(5):354-357

Vilaró J, **Torres-Castro R**, Postiaux G. Chest physiotherapy for acute wheezing: an inappropriate protocol in a misdiagnosed group of patients. *Acta Paediatrica* 2014:Aug;103(8):e325-6

**Torres-Castro R**, Vilaró J, Vera-Uribe R. Respiratory Assessment in people with spinal cord injury. *Med Clin (Barc)*. 2015 Oct 29. pii:S0025-7753815900479-0

**Torres-Castro R**, Christoforou C, Garrido D, Vera-Uribe R, Puppo H. Efectos del entrenamiento de los músculos inspiratorios en niños y adolescentes con enfermedades neuromusculares. *Jour Resp Cardiov Phy Ther*. 2015;2(2):35-41

**Torres-Castro R**, Vilaró J, Vera-Uribe R. Evaluación respiratoria en personas con lesión medular. *Med Clin (Barc)*. 2016 Mar 4;146(5):234-5.

Rivera-Lillo G, **Torres-Castro R**, Burgos PI, Varas-Díaz G, Vera-Uribe R, Puppo H, Hernández M. Incidence of Guillain-Barré syndrome in Chile: a population-based study. *J Peripher Nerv Syst*. 2016 Dec;21(4):339-344.

Bonnefoy Miralles AM, **Torres-Castro R**, Ovalle Guzman C. A Comprehensive Rehabilitation Program and Follow-up Assessment for Acute Intermittent Porphyria. Am J Phys Med Rehabil. 2017 May;96(5):e85-e88.

Cruz-Montecinos C, Guajardo-Rojas C, Montt E, Contreras-Briceño F, **Torres-Castro R**, Díaz O, Cuesta-Vargas A. Sonographic Measurement of the Quadriceps Muscle in Patients With Chronic Obstructive Pulmonary Disease: Functional and Clinical Implications. J Ultrasound Med. 2016 Nov;35(11):2405-2412.

Cruz-Montecinos C, Godoy-Olave D, Contreras-Briceño FA, Gutiérrez P, **Torres-Castro R**, Miret-Venegas L, Engel RM. The immediate effect of soft tissue manual therapy intervention on lung function in severe chronic obstructive pulmonary disease. Int J Chron Obstruct Pulmon Dis. 2017 Feb 21;12:691-696.

Covarrubias-Escudero F, Rivera-Lillo G, **Torres-Castro R**, Varas-Díaz G. Effects of body weight-support treadmill training on postural sway and gait independence in patients with chronic spinal cord injury. J Spinal Cord Med. 2019 Jan;42(1):57-64.

**Torres-Castro R**, Céspedes C, Vilaró J, Vera-Uribe R, Cano-Cappellacci M, Vargas D. Evaluación de la actividad física en pacientes con enfermedad pulmonar obstructiva crónica. Rev Med Chil. 2017 Dec;145(12):1588-1596.

Lista-Paz A, **Torres-Castro R**, Fregonezi G, González Doniz L. Respiratory Muscle Training in Patients With Stroke. Am J Phys Med Rehabil. 2019 Jul;98(7):e75-e76.

Otto-Yáñez M, **Torres-Castro R**, Nieto-Pino J, Mayos M. Síndrome de apneas-hipopneas obstructivas del sueño y accidente cerebrovascular. Medicina (B Aires). 2018;78(6):427-435.

Puppo H, Von Oetinger A, Benz E, **Torres-Castro R**, Zagolín M, Boza ML, Astorga L, Bozzo R, Jorquera P, Kogan R, Perillán J. Caracterización de la capacidad física en niños del Programa Nacional de Fibrosis Quística de Chile. Rev Chil Pediatr. 2018 Oct;89(5):638-643.

**Torres-Castro R**, Vilaró J, Martí JD, Garmendia O, Gimeno-Santos E, Romano-Andrioni B, Embid C, Montserrat JM. Effects of a Combined Community Exercise Program in Obstructive Sleep Apnea Syndrome: A Randomized Clinical Trial. J Clin Med. 2019 Mar 14;8(3):361.

**Torres-Castro R**, Otto-Yáñez M, Fregonezi G, Vilaró J. Inspiratory muscle training in patients with obstructive sleep apnoea. Sleep Breath. 2020 Dec;24(4):1663-1664.

**Torres-Castro R**, Sepúlveda-Cáceres N, Garrido-Baquedano R, Barros-Poblete M, Otto-Yáñez M, Vasconcello L, Vera-Uribe R, Puppo H, Fregonezi G. Agreement between clinical and non-clinical digital manometer for assessing maximal respiratory pressures in healthy subjects. PLoS One. 2019 Oct 24;14(10):e0224357.

Blanco I, Valeiro B, **Torres-Castro R**, Barberán-García A, Torralba Y, Moisés J, Sebastián L, Osorio J, Ríos J, Gimeno-Santos E, Roca J, Barberà JA. Effects of Pulmonary Hypertension on

Exercise Capacity in Patients With Chronic Obstructive Pulmonary Disease. Arch Bronconeumol (Engl Ed). 2020 Aug;56(8):499-505.

**Torres-Castro R**, Vilaró J, Vera-Uribe R. COVID-19: the risk of respiratory techniques in healthcare workers. Spinal Cord. 2020 Jun;58(6):724-725.

Rivera-Lillo G, **Torres-Castro R**, Fregonezi G, Vilaró J, Puppo H. Challenge for Rehabilitation After Hospitalization for COVID-19. Arch Phys Med Rehabil. 2020 Aug;101(8):1470-1471.

Otto-Yáñez M, Sarmento da Nóbrega AJ, **Torres-Castro R**, Araújo PRS, Carvalho de Farias CA, Dornelas De Andrade AF, Puppo H, Resqueti VR, Fregonezi GAF. Maximal Voluntary Ventilation Should Not Be Estimated From the Forced Expiratory Volume in the First Second in Healthy People and COPD Patients. Front Physiol. 2020 Jun 9;11:537.

Vasconcello-Castillo L, **Torres-Castro R**, Vera-Uribe R, Paiva R. COVID-19: Precautions with children in home mechanical ventilation. Pediatr Res. 2020 Oct;88(4):520-521.

Acosta-Dighero R, **Torres-Castro R**, Rodríguez-Núñez I, Rosales-Fuentes J, Vilaró J, Fregonezi G, Lopetegui B. Physical activity assessments in children with congenital heart disease: A systematic review. Acta Paediatr. 2020 Dec;109(12):2479-2490.

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González-Bellido V, Velaz-Baza V, Blanco-Moncada E, Del Carmen Jimeno Esteo M, Cuenca-Zaldívar JN, Colombo-Marro A, Donadio MVF, **Torres-Castro R**. Immediate Effects and Safety of High-Frequency Chest Wall Compression Compared to Airway Clearance Techniques in Non-Hospitalized Infants With Acute Viral Bronchiolitis. Respir Care. 2021 Mar;66(3):425-433.

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Seron P, Oliveros MJ, Gutierrez-Arias R, Fuentes-Aspe R, **Torres-Castro R**, Merino-Osorio C, Nahuelhual P, Inostroza J, Jalil Y, Solano R, Marzuca-Nassr GN, Aguilera-Eguía R, Lavados-Romo P, Soto-Rodríguez FJ, Sabelle C, Villarroel-Silva G, Gomolán P, Huaiquilaf S, Sanchez P. Effectiveness of Telerehabilitation in Physical Therapy: A Rapid Overview. *Phys Ther.* 2021 Jun 1;101(6):pzab053.

**Torres-Castro R**, Vilaró J, Torralba Y, Peroy-Badal R, Vasconcello-Castillo L. The Relation between Persistent Poor Health after COVID-19 and Respiratory Complications or Initial Disease Severity. *Ann Am Thorac Soc.* 2021 Aug;18(8):1428-1429.

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**Torres-Castro R**, Vasconcello-Castillo L, Puppo H, Cabrera-Aguilera I, Otto-Yáñez M, Rosales-Fuentes J, Vilaró J. Effects of Exercise in Patients with Obstructive Sleep Apnoea. *Clocks Sleep.* 2021 Mar 3;3(1):227-235.

Pondofe K, Fregonezi GAF, Brito O, Dourado Júnior ME, **Torres-Castro R**, Resqueti VR. Effects of an optimised approach to home-based respiratory care in individuals with amyotrophic lateral sclerosis: a study protocol for a randomised controlled trial. *BMJ Open.* 2021 Apr 9;11(4):e042780.

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Pizarro-Pennarolli C, Sánchez-Rojas C, **Torres-Castro R**, Vera-Uribe R, Sanchez-Ramirez DC, Vasconcello-Castillo L, Solís-Navarro L, Rivera-Lillo G. Assessment of activities of daily living in patients post COVID-19: a systematic review. PeerJ. 2021 Apr 6;9:e11026.

**Torres-Castro R**, Gimeno-Santos E, Vilaró J, Roqué-Figuls M, Moisés J, Vasconcello-Castillo L, Orizaga T, Barberà JA, Blanco I. Effect of pulmonary hypertension on exercise tolerance in patients with COPD: a prognostic systematic review and meta-analysis. Eur Respir Rev. 2021 Apr 29;30(160):200321.