

Curriculum Vitae

I. General Informations:

1. First Name:	Ismet
2. Surname:	Shalaj
3. Nationality:	Kosovarë
4. Date of Birth	15.07.1968
5. Birthplace-Municipality	Zallq – Istog
6. Gender:	M
7. Contact details:	
Email:	ishalaj1@hotmail.com
Tel:	
Mob:	+38349824280

II. Education and training

Undergraduate Study:

Institution:	University of Pristina “Hasan Pristina” – Medicine Faculty
Degree Date:	15.09.2005 - Pristina
Degree :	Bachelor of Physiotherapy

Postgraduate Study:

Master Study:

Institution:	University of Pristina “Hasan Pristina” – Medicine Faculty
Degree Date:	03.05. 2011
Degree/ Master :	MSci in Physiotherapy
Title of Master Thesis :	Dis 'postural harmony in relation to back pains.

Institution:	Universita degli studi di Roma 'Foro Italico'
Degree Date:	15.12.2011
Degree/ Master :	European Master in Health and Physical Activity
Title of Master Thesis :	Spine Muscle Imbalance & Back Pain-Related Quality of Everyday Activities

PhD Study:

Institution:	Vienna University
Degree Date:	19.11. 2019

Degree / Doctorate :	Dr. Studium of Natural sciences - Dr. Rer Nat
Title of PhD Thesis :	Hamstring injury prediction and prevention in male soccer players

Specialization:

Institution:	
Degree Date:	
Speciality :	

Subspecialization:

Institution:	
Degree Date:	
Subspeciality :	

Training:

Institution:	
Degree Date:	
Training Course :	

III. Preview academic experience:

1	Chronology of gaining academic titles	Year	University	Faculty	Department
a	Junior Assistant				
c	Assistant	2012-2017	University of Pristina "Hasan Pristina" – Medicine Faculty	Physiotherapy	Physiotherapy
d	Lecturer				
e	Senior Lecturer				
f	Prof. as.				
g	Prof. asoc.	2022	Alma Mater Europea Campus Rezonanca	Physiotherapy	Physiotherapy
h	Prof.				
i	Academic of science				

IV. Subject/s in which you are involved as teaching

No.	Study Program:	Subject/s
1.	Physiotherapy	Physiotherapy in Neurology 1,2
2.	Physiotherapy	Clinical Kinesiology with kineziometry 1,2

V. Research activities: Impact Factor Points for Academic Staff

V.A. The data for publications/Citations

No	Author, title, paper, year, volume, number, pages	"Impact factor" points	Without "Impact factor"	Citation of your publication: Journal, Volum, Number, pages
1	Shalaj, I., Gjaka, M., Bachl, N., Wessner, B., Tschan, H., & Tishukaj, F. (2020). Potential prognostic factors for hamstring muscle injury in elite male soccer players: A prospective study. PLoS ONE, 15(11 November). https://doi.org/10.1371/journal.pone.0241127	X 3.24		3
2	Shalaj, I., Tishukaj, F., Bachl, N., Tschan, H., Wessner, B., & Csapo, R. (2016). Injuries in professional male football players in Kosovo: A descriptive epidemiological study. BMC Musculoskeletal Disorders, 17(1). https://doi.org/10.1186/s12891-016-1202-9	X 2.56		11
3	Tishukaj, F., Shalaj, I., Gjaka, M., Ademi, B., Ahmetxhekaj, R., Bachl, N., Tschan, H., & Wessner, B. (2017). Physical fitness and anthropometric characteristics among adolescents living in urban or rural areas of Kosovo. BMC Public Health, 17(1). https://doi.org/10.1186/s12889-017-4727-4	X 4.13		17
4	Tishukaj, F., Shalaj, I., Gjaka, M., Wessner, B., & Tschan, H. (2021). Lower Limb Force and Power Production and Its Relation to Body Composition in 14-to 15-Year-Old Kosovan Adolescents. Advances in Physical Education, 11(01), 61–81. https://doi.org/10.4236/ape.2021.111005	X 5.41		0
5	Hundozi-Hysenaj, H., Hysenaj, V., Hysenaj, V., & Shalaj, I. (2012). Postural disharmony in relation to the back pain and physiotherapeutic rehabilitation. Acta Informatica Medica, 20(2), 103–105. https://doi.org/10.5455/aim.2012.20.103-105	X 1.87		0
6	Haxhiu, B., Murtezani, A., Zahiti, B., Shalaj, I., & Sllamniku, S. (2015). Risk Factors for Injuries in Professional Football Players. Folia Medica, 57(2), 138–143. https://doi.org/10.1515/folmed-2015-0033	X 0.84		12
7	Gashi, F., Ahmetxhekaj, R., Gara, E., Haxhiu, B., Durguti, Z., & Shalaj, I. (2016). Gender differences of physical performance tests and its relation to body composition in adolescents. Physiotherapy, 102, e275. https://doi.org/10.1016/j.physio.2016.10.348	X		0
8	Tishukaj, F., Shalaj, I., Gjaka, M., Tschan, H., Wessner, B. Lower Limb Force and Power Production and Its Relation to Body Composition In 14- To 15-year-old Adolescents. Medicine & Science in Sports & Exercise 52(7S): p 61, July 2020. DOI: 10.1249/01.mss.0000670680.53244.83	X 0.94		1
9				
10				
	TOTAL:	18.99		44

V.B. The data for other publications

No.	Title, Specification	Year
1		

2		
3		
4		
5		

V.C. Presentations/Participation in Conferences, Congresses, symposiums, etc.

No.	Author, title, scientific meeting, abstracts book page	Oral present.	Poster present.	Participation
1	Participation in the 8th European Sport Medicine Congress of ESMA 25th-28th November 2013 in Strasbourg / France.			<input checked="" type="checkbox"/>
2	Participation Salzburg Weill Cornell Seminar in Rehabilitation Medicine, Feb 13-Feb 17, 2012 (27 Credits Continuing Medical Education of the Austrian Chamber of Physicians.			<input checked="" type="checkbox"/>
3	Poster Presentation: Shalaj I, Tishukaj F, Gjaka M, Tschan H. Effectiveness of a therapeutic exercise intervention combining McGill Protocol and motor-sensor pain intensity ECSS 17th Annual Conference 4th-7th July 2012 Bruges / Belgium.		<input checked="" type="checkbox"/>	
4	Participation: XXXII World Congress of Sports Medicine - Sports Medicine , the challenge for global health.: Quo vadis? Rome 27th-30th September 2012			<input checked="" type="checkbox"/>
5	An oral presentation was held at the ECSS in Amsterdam (2nd- 5th July 2014). Title of the presentation: Shalaj I, Tishukaj F, Gjaka M, Ademi B, Plana A, Wessner B, Csapo R, Tschan H. Enurance and agility profile between male soccer players of different age categories.	<input checked="" type="checkbox"/>		
6	ECSS Malmö / Sweden 24th-27th July, 2015 - Oral Presentation: Shalaj I, Tishukaj F, Gashi F, Gjaka M, Bachl N, Wessner B, Csapo R, Tschan H. Injury Incidence and Injury Pattern of elite-level male soccer players in Kosovo.	<input checked="" type="checkbox"/>		
7	Participation Salzburg Weill Cornell Seminar in Rehabilitation Medicine, Feb 01-Feb 05, 2016 (34 Credits Continuing Medical Education of the Austrian Chamber of Physicians.			<input checked="" type="checkbox"/>
8	Oral Presentation at the ECSS 2016 in Vienna Austria 6th-09th July 2016. Shalaj I, Caka A, Gashi F. Multisensory training related to low back pain.	<input checked="" type="checkbox"/>		
9	Gender differences of physical performance tests and its relation to body composition in adolescents Article in Physiotherapy 102 · November 2016 DOI: 10.1016/j.physio.2016.10.348	<input checked="" type="checkbox"/>		
10	An oral presentation was held at the ECSS in Amsterdam (2nd- 5th July 2014). Title of the presentation: Shalaj I, Tishukaj F, Gjaka M, Ademi B, Plana A, Wessner B, Csapo R, Tschan H. Enurance and agility profile between male soccer players of different age categories.	<input checked="" type="checkbox"/>		
11	ECSS Malmö / Sweden 24th-27th July, 2015 - Oral Presentation: Shalaj I, Tishukaj F, Gashi F, Gjaka M, Bachl N, Wessner B, Csapo R, Tschan H. Injury Incidence and Injury Pattern of elite-level male soccer players in Kosovo.	<input checked="" type="checkbox"/>		
12	Participation Salzburg Weill Cornell Seminar in Rehabilitation Medicine, Feb 01-Feb 05, 2016 (34 Credits Continuing Medical Education of the Austrian Chamber of Physicians.			<input checked="" type="checkbox"/>
13	Oral Presentation at the ECSS 2016 in Vienna Austria 6th-09th July 2016. Shalaj I, Caka A, Gashi F. Multisensory training related to low back pain.	<input checked="" type="checkbox"/>		
14	Gender differences of physical performance tests and its relation to body composition in adolescents Article in Physiotherapy 102 · November 2016 DOI: 10.1016/j.physio.2016.10.348	<input checked="" type="checkbox"/>		

V.D. Scientific Interests:

Topic:	
Description :	
Topic:	
Description :	

VI. Working Experiences:

Institution and location:	University of Pristina “Hasan Pristina” – Medicine Faculty
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Period:	2001- 2017
Position :	Ass
Description :	Physiotherapy in Neurology 1,2

VII. Other Experiences:

A.	Managing experiences, projects managing, etc.	Year	University	Faculty	Department
1					
2					
3					
4					
5					

B.	Mobility / reasons	Year	University	Faculty	Department
1					
2					
3					

C.	Members of Associations	Status in Association	Year
1	Kosovo Chamber of Physiotherapy	Member	2015
2	Members of the Albanian Association of Physiotherapy	Member	2012
3	Members of World Physiotherapy	Member	2018
4	Members of World Physiotherapy -Europe Region	Member	2018
5			

VIII. Additional informations:

Organizational skills and competences:	25		
Computer skills and competences:	Excellent		
Language skills: (1 to 5: 1 lowest - 5 fluent)			
Language	Speaking	Writing	Reading
English	5	5	5

Name and surname: Ismet Shalaj

Signature _____

Pristina, dt. . 25.02.2023

