



Tiziana Mifsud

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WORK EXPERIENCE

 **MALTA COLLEGE OF ARTS, SCIENCE AND TECHNOLOGY (MCAST) – PAOLA, MALTA**

PART TIME LECTURER – 01/02/2023 – CURRENT

MSc in Exercise and Sports Science

Module - Fundamentals of Exercise and Sports Science

This module is designed to provide an overview of current topics and issues in the field of Exercise and Sports Science. Learners will engage in critical inquiry alongside their peers, exploring selected topics and presenting their findings through both written and oral reports. The module ensures a comprehensive understanding of contemporary issues, as well as the development of strong communication skills essential for all pre-service professionals.

 **MINISTRY FOR HEALTH - MATER DEI HOSPITAL – MALTA**

PODIATRIST IN SPECIALISED AREAS - SPORTS AND MSK CLINIC – 01/2015 – CURRENT

Athletes and anyone who practice regular physical activity can attend the clinic for biomechanical assessment of their lower limbs which may effect their performance or lead to injuries. Diagnoses and treatment are given according to the patients' needs.

 **UNIVERSITY OF MALTA – MSIDA, MALTA**

VISITING LECTURER – 02/2016 – CURRENT

Module POD2014: Applied Podiatric Biomechanics 2

Introducing various aspects necessary for performing a comprehensive biomechanical examination, including measurement techniques, principles of orthotic management, stabilization, compensation, accommodation, and mechanical principles.

Module POD3021: Advanced Podiatric Clinical Biomechanics

Equip students with both the theoretical knowledge and practical application of clinical biomechanics in a patient context, while encouraging them to apply insights gained from previous biomechanics study units to their professional practice and research.

Module POD4012: Sports Medicine

Students will study in detail the lower extremity problems commonly seen in athletes within podiatric practice, as well as the challenges involved in managing this specific client group.

Module POD2002: Podiatric Assessment

Provide students with a comprehensive foundational knowledge of the theories, principles, and practices involved in assessment and diagnosis in podiatry. This subject will cover the examination and assessment of vascular, musculoskeletal, neurological, and osseous conditions of the lower limb, applying basic diagnostic principles and various assessment techniques.

Module POD1002: Pre-Clinical Podiatry

This study unit introduces students to professional preclinical studies, focusing on the concepts and principles that underpin podiatric practice and the delivery of professional health care services.

 **UNIVERSITY OF MALTA – MSIDA, MALTA**

Business or Sector Professional, scientific and technical activities

RESEARCH SUPPORT OFFICER II – 12/01/2023 – 01/07/2024

Working on the 'Analysis of Foot Temperature Data' project including:

- conduct research for the Analysis of foot temperature data (AFTDA) project;

- establish experimental protocols for data collection both in laboratory and outdoor settings;
- submitting applications for ethics approval;
- writing scientific reports, research publications, articles and communications;
- attending local and international events and meetings as necessary for the project.

MINISTRY FOR HEALTH

VISITING LECTURER – 11/2018 – 12/2023

Postgraduate & Specialist Training Programme in Family Medicine. Lecturing general practitioner trainees covering areas including:

- Introduction of the biomechanics of the lower limbs
- The effects of foot abnormalities on posture
- Sporting injuries - Podiatrist perspective - case studies
- Referring pathways through the government sector

MINISTRY FOR HEALTH - MATER DEI HOSPITAL – MALTA

RESEARCH SUPPORT OFFICER – 09/2019 – 09/2021

Working on the 'Dense Recording of In-shoe Foot temperatures' project including:

- setting up experimental protocols for data acquisition inside and outside laboratory conditions;
- conducting data acquisition sessions and monitoring participant foot condition over regular intervals;
- acquiring data related to vascular assessment utilising Doppler ultrasound technology, peripheral neuropathy assessment, and other similar clinical assessment;
- submitting applications for ethical approval for procedures related to the project
- writing scientific reports, research publications, articles and communications

MINISTRY FOR HEALTH

PODIATRIST IN SPECIALISED AREAS - PODOPAEDIATRICS – 03/2017 – 08/2019

Podopaediatric Clinic: Any child under the age of 16 years can attend for any foot or lower leg problem; including dermatological issues, ingrowing toe nails and biomechanical problems among others.

PLANET PHYSIO/PLANET PODIATRY – MALTA

Address ORA clinic, Malta

PODIATRIST WITH SPECIAL INTEREST IN CLINICAL BIOMECHANICS AND SPORTS IN THE PRIVATE SECTOR – 08/2011 – CURRENT

Diagnose and treat biomechanical lower extremity problems leading to malalignments and pains or after suffering from an injury. Working in a multidisciplinary team

UNIVERSIDAD CATOLICA DE VALENCIA – SPAIN

GUEST LECTURER – 26/05/2018 – 27/05/2018

MSc students in sports podiatry.
Discussed latest treatment modalities for the injured athlete.

MINISTRY FOR HEALTH, ELDERLY AND COMMUNITY CARE – MALTA

PODIATRIST – 08/2010 – 03/2016

Examining, diagnosing and treating diseases and deformities of the human foot including simple nail cutting, treatment of corns and callous to assessment and treatment of diabetic foot problems and minor surgery under local anaesthetic

Advise and educating patients about treatments and foot care necessary for prevention of future problems.

JOSEPH CHETCUTI (HEAD OF SCHOOL) – FLORIANA, MALTA

Address Antonio Galea Primary School, St. Thomas street, Floriana, Malta

GROUP ANIMATOR DURING SKOLA SAJF – 07/2007 – 08/2007

Involve and engage the children in expressive arts: music and singing, art and physical education

● **EDUCATION AND TRAINING**

25/06/2023 – CURRENT Glasgow, United Kingdom

FELLOW IN PODIATRIC MEDICINE The Royal College of Physicians and Surgeons of Glasgow

01/10/2020 – CURRENT Msida, Malta

M.PHIL./PH.D PODIATRY University of Malta

01/09/2022 – 27/02/2023 Msida, Malta

MENTORING AND COACHING FOR HEALTH PROFESSIONALS University of Malta/Ministry of Health

This module provided more knowledge, skills and competences needed during everyday clinical practice to mentor, coach and supervise other professionals. It also provided important insights on how to address the learning needs of other professionals.

Field of study Education | **Final grade** B | **Level in EQF** EQF level 5 | **National classification** MQF level 7 |

Type of credits ECTS | **Number of credits** 10

10/2015 – 05/2016 Msida, Malta

VASCULAR ASSESSMENT OF THE LOWER EXTREMITIES University of Malta

Assess, diagnose, advice and educate patients who are at high risk of developing a foot complication.

Learned to use state of the art Doppler and other devices used in vascular assessment of the lower extremities

Field of study Podiatry | **Final grade** B | **Level in EQF** EQF level 5 | **National classification** MQF level 6 | **Type of credits** ECTS |

Number of credits 4

02/2016

KINESIOLOGY TAPING TECHNIQUES

Theory behind kinesio taping

Different methods and techniques

09/2011 – 03/2015 Eastbourne, United Kingdom

MSC PODIATRY WITH CLINICAL BIOMECHANICS University of Brighton

Six modules including research methods, analysis of function, management of lower quadrant sporting injuries, lower extremity musculoskeletal pathology and clinical biomechanics, diagnostic imaging, offloading the at risk foot. A dissertation entitled 'The effects of neuromuscular fatigue on kinematics of the lower limb during badminton lunging'.

Address 49 Darley Road, BN20 7UR, Eastbourne, United Kingdom | **Level in EQF** EQF level 7

09/2012 – 05/2013 Msida, Malta

CLINICAL SUPERVISOR University of Malta

Develop the clinical field setting into a meaningful learning environment for the podiatric students

Field of study Continuing Professional Development | **Final grade** A | **Level in EQF** EQF level 4 |

National classification MQF level 4 | **Type of credits** ECTS | **Number of credits** 6

09/2006 – 06/2010 Msida, Malta

BACHELOR OF SCIENCE WITH HONOURS IN PODIATRY University of Malta

Applied anatomy, pathology and physiology of the human body. Podiatric science, medical science, behavioural and clinical studies and research design. Biomechanics of the human foot. Determine the nature of foot problems. Assess, diagnose and treat the patients' problem and pathologies from a holistic approach. Prevention of diseases or disorders of the foot by therapeutics, orthotic and palliative means. Work in a multi/inter disciplinary team with other health care

professionals. Show a sympathetic, understanding and caring attitude. Good communication skills. A dissertation entitled ' A dynamic study of hallux dorsiflexion in mild and severe pronated feet'.

Address MSD 2080, Msida, Malta | **Level in EQF** EQF level 6

09/2004 – 09/2006 Msida, Malta
MATRICULATION CERTIFICATE G.F. Abela Junior Collage

Advanced Level: Biology & Religious Knowledge
Intermediate level: Systems of Knowledge, english, Physics, and Home economics and Human Ecology

Address Ġuże Debono Square, MSD1252, Msida, Malta | **National classification** overall grade B

01/2005
LONDON EXAMINATIONS GENERAL CERTIFICATE OF EDUCATION edexcel International

Biology

09/1999 – 06/2004 Santa Lucia, Malta
SECONDARY EDUCATION EXAMINATION CERTIFICATE Margaret Mortimer Girls' Junior Lyceum

Eleven subjects:Mathematics, Physics, French, Home Economics, Religious Knowledge, English Language, Maltese, Social Studies, Environmental Studies, Physical Education, English Literature

● **LANGUAGE SKILLS**

Mother tongue(s): **MALTESE, ENGLISH**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
FRENCH	A2	A2	A1	A1	A1
ITALIAN	C2	B1	A2	A2	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

● **SKILLS**

Microsoft Word | Microsoft Powerpoint | Microsoft Excel | Microsoft Office | Power Point | Google Drive | Outlook | Google Docs | Zoom | Facebook | Social Media | Microsoft Teams

● **PUBLICATIONS**

2025
[**Insertional Achilles Tendinopathy: A Novel Link to Shorter Free Tendons**](#)

Mifsud, T., Gatt, A., Chockalingam, N., Stafrace, K. M., & Padhiar, N. (2025). Insertional Achilles Tendinopathy: A Novel Link to Shorter Free Tendons. The Foot, 102164.

2025
[**Data-Driven Clustering of Plantar Thermal Patterns in Healthy Individuals: An Insole-Based Approach to Foot Health Monitoring**](#)

Borg, M., Mizzi, S., Farrugia, R., Mifsud, T., Mizzi, A., Bajada, J., & Falzon, O. (2025). Data-Driven Clustering of Plantar Thermal Patterns in Healthy Individuals: An Insole-Based Approach to Foot Health Monitoring. Bioengineering, 12(2), 143.

2024
[**A Literature Review of Extracorporeal Shockwave Therapy as a Treatment Modality for Morton's Neuroma.**](#)

Makarem, N. A., Pisani, D., Micallef-Stafrace, K. & Mifsud, T. (2024). A Literature Review of Extracorporeal Shockwave Therapy as a Treatment Modality for Morton's Neuroma. *EC Clinical and Medical Case Reports*, 7, 01-06.

2023

Supersonic shear wave elastography of human tendons is associated with in vivo tendon stiffness over small strains

Mifsud, T., Chatzistergos, P., Maganaris, C., Chockalingam, N., Padhiar, N., Stafrace, K. M., & Gatt, A. (2023). Supersonic shear wave elastography of human tendons is associated with in vivo tendon stiffness over small strains. *Journal of Biomechanics*, 152, 111558.

2023

Elastography in the assessment of the Achilles tendon: a systematic review of measurement properties

Mifsud, T., Gatt, A., Micallef-Stafrace, K., Chockalingam, N., & Padhiar, N. (2023). Elastography in the assessment of the Achilles tendon: a systematic review of measurement properties. *Journal of Foot and Ankle Research*, 16(1), 23.

2023

A Biomechanical Investigation of Children with Type 1 Diabetes Mellitus: Are Children's Feet a Precursor to Adulthood Foot Complications?

Agius, R., Formosa, C., Sillato, D., Mifsud, T., Torpiano, J. G., & Gatt, A. (2023). A Biomechanical Investigation of Children with Type 1 Diabetes Mellitus: Are Children's Feet a Precursor to Adulthood Foot Complications?. *Journal of the American Podiatric Medical Association*, 113(6).

2022

The Effects of Skin Temperature Changes on the Integrity of Skin Tissue: A Systematic Review

Mifsud, T., Modestini, C., Mizzi, A., Falzon, O., Cassar, K., & Mizzi, S. (2022). The Effects of Skin Temperature Changes on the Integrity of Skin Tissue: A Systematic Review. *Advances in Skin & Wound Care*, 35(10), 555-565. Add a description here...

2022

The influence of blood flow on skin surface temperature in the lower-limbs: a research article

Modestini, C., Mifsud, T., Mizzi, A., Falzon, O., & Mizzi, S. (2022). The influence of blood flow on skin surface temperature in the lower-limbs: a research article.

2021

A systematic review of outcome measures used to study Achilles tendon forces in the management of Achilles tendinopathy.

Tiziana Mifsud, Alfred Gatt, Nat Padhiar, Scott Wearing, Kirill Micallef Stafrace. A systematic review of outcome measures used to study Achilles tendon forces in the management of Achilles tendinopathy.. PROSPERO 2021 CRD42021219722

2020

The effects of skin temperature changes on the integrity of skin tissue. A systematic review.

Stephen Mizzi, Owen Falzon, Tiziana Mifsud, Chiara Modestini, Kevin Cassar. The effects of skin temperature changes on the integrity of skin tissue. A systematic review PROSPERO 2020 CRD42020177560

2014

Severity of pronation and classification of first metatarsophalangeal joint dorsiflexion increases the validity of the Hubscher Manoeuvre for the diagnosis of functional hallux limitus

Gatt, A., Mifsud, T., & Chockalingam, N. (2014). Severity of pronation and classification of first metatarsophalangeal joint dorsiflexion increases the validity of the Hubscher Manoeuvre for the diagnosis of functional hallux limitus. *The Foot*, 24(2), 62-65.

● **DRIVING LICENCE**

Driving Licence: B

● **HONOURS AND AWARDS**

01/10/2024

Research, Innovation & Development Trust Conference Grants for Doctoral Students – University of Malta

Awarded funding to support international travel for the presentation of research findings at academic conferences.

01/10/2020

Malta Sports Scholarships – Ministry for Education - Government of Malta

I was awarded this scholarship under the academic qualification category for the duration of my Ph.D journey. The research project is entitled 'A clinical biomechanical investigation of the effects of high volume ultrasound guided injections in the treatment of mid portion Achilles tendinopathy'.

● **JOB-RELATED SKILLS**

Job-related skills

Technical Skills in Gait Analysis and Imaging

- Proficient in operating advanced gait laboratory equipment, including electro-goniometers, Vicon systems, electromyography, photogrammetry, pressure mapping systems, thermography, elastography, Doppler ultrasound, and ultrasonography
- Extensive experience utilizing these technologies in various research projects, including undergraduate and postgraduate dissertations as well as current work

Mentoring Skills

- Guided podiatric students during their clinical placements, from second to fourth year, fostering the development of essential skills and expertise in podiatry.
- Supported podiatrists in specialization training for the past five years, enhancing their professional development and clinical competencies.

● **OTHER SKILLS**

Sports & Music

Sports: used to train badminton with the National team, currently training with Birkirkara Badminton Club. Achieved second place in 2016 mixed National Championships, third place at the Riccione 2015 European Company Games, first place at the Brugee 2017 European Company Games and first place at the Malta 2018 Medigames.

Hiking and camping (as a leisure activity)

Used to play the piano: achieved Grade 7 in both Theory of Music and Pianoforte

Used to sing in the Sine Macula Choir

Ganutell: course at the Local Council

Used to play the clarinet in the Safi Band Club

● **CONFERENCES AND PRESENTATIONS**

Conferences and Presentations

May 2025: ResearchEXPO University of Malta - Effectiveness of High Volume Image Guided Injection in Mid-Portion Achilles tendinopathy (HighIMPACT): A randomised trial. Valletta

January 2025: Achilles tendinopathy: long versus short free tendon. Implications for pathology and clinical significance. Glasgow

October 2024: 10th International Ankle Symposium 2024 - Elastography for the diagnosis and management of Achilles Tendon Pathologies. Strasbourg

June 2024: CPD session for local podiatrists - Achilles tendinopathy management. Rabat

June 2024: BEING SEA-EU: A Mixed Methods Scoping Study Of The Clinical Management Of Patients With Achilles Tendinopathy In Malta. Valletta

March 2024: Global Podiatry Summit 24 - FIP - Exercises for Achilles tendinopathy rehabilitation. Reykjavik

June 2023: CME session to the Malta College of Family Doctors (Malta) - Local practitioners' perspective in treating Achilles tendinopathy. San Gwann

May 2023: 21st Conference on Clinical Biomechanics (Stoke on Trent, Uk) - Elastography in tendon biomechanics. Staffordshire

April 2023: 8th Congress of International Foot and Ankle Biomechanics Society iFAB 2023 (Bordeaux) - Shear Wave Elastography Identifies In Vivo Stiffness Of Human Tendon Over Small Strains. Bordeaux
December 2022: 10th Podiatric Sports Medicine Conference (Glasgow) - What does it entail to be a PhD student?
May 2022: BASEM Conference - Positive Health and Performance (Brighton) - Poster presentation - A systematic review of measurement properties in Achilles tendon.
January 2022: APM Annual Conference - The foot in Motion (Malta) - The DRIFT project.
December 2021: 9th Podiatric Sports Medicine Conference (London) - Is elastography the best tool to assess the mechanical properties of the Achilles tendon?
November 2021: MMSA TRD - Sports Medicine presentation with Dr Micallef Stafrace
November 2019: MMSA TRD - 'The role of podiatrist in Sports' presentation to the undergraduate medical doctors
October 2018: Pod Podia: 'Taping Techniques' presentation and hands-on session for the local podiatrists
May 2018: Primary Health Care - 'Biomechanics in Sport', lecture for the physiotherapists
November 2017: MMSA TRD - 'Basic Foot Biomechanics' presentation to the undergraduate medical doctors
March 2017: Sports and Exercise Medicine and the Protection of clean Athletes Conference - 'The Ankle in Sports - Podiatrist Perspective'.
July 2016: Pod Podia: 'Sports injuries: New Treatment Modalities and Biomechanical mechanisms of Injury' presentation for podiatrists.
August 2015: Pod Podia: 'Diagnostic and Therapeutic Pathways for Musculoskeletal Conditions in the Foot and Ankle' presentation for podiatrists.

● **COMMUNICATION AND INTERPERSONAL SKILLS**

Communication and interpersonal skills

Committee member of the Association of Podiatrists of Malta as an Educational Officer for the year 2019-2020
Team spirit: participated in an Education & Adventure Course at Barton Hall UK.
Also participated on an 'Inter cultural' week program in Policoro on the importance of other sources of energy.

● **ORGANISATIONAL SKILLS**

Organisational skills

Organisational skills:

- Global Podiatry Summit 24 - The International Federation of Podiatrists conference - Led the organisation and execution of the scientific program, overseeing the selection and scheduling of presentations and ensuring the quality of the content (March 2024).
- Podopaediatrics: A Multidisciplinary Approach (The 2019 APM Annual Conference on the 25th and 26th October 2019)
- Managing recreational sessions / live-ins for group work activities

Good time management: through experience - studying and doing other extracurricular activities such as sports, music and singing

Leadership: was responsible for the soprano section of the choir in helping the choristers to learn new repertoire