

## PERFIL DOCENTE



## DATOS PERSONALES

Nombre y apellidos	Francisco Kovacs
Departamento/Servicio	Departamento Científico. Fundación Kovacs
Dirección postal	Paseo Mallorca 36, 31º, 1ª. 07012 Palma
E-mail	fmkovacs@kovacs.org

## EXPERIENCIA DOCENTE

Puesto/categoría ocupada y desde qué año	Director (1986)
Formación continuada (cursos más relevantes que imparta)	Actualización en el manejo clínico de los síndromes mecánicos del raquis (cursos de formación continuada organizados por la Fundación Kovacs y por la Asociación Española de Médicos Neuroreflejoaterapeutas)
Otros másteres en los que participa y desde qué año	Bases neuroanatómicas de la intervención neuroreflejoaterápica (Universidad de Barcelona, 1986)
Si es tutor de residentes	No

## EXPERIENCIA INVESTIGADORA

Equipo de investigación, si es colaborador o coordinador, etc.	Director. Red Española de Investigadores en Dolencias de la Espalda.
Líneas de investigación desarrolladas	Descritas en <a href="http://kovacs.org/es_quehacemos_investigacionmedica_actividadyresultados.html">http://kovacs.org/es_quehacemos_investigacionmedica_actividadyresultados.html</a>
Publicaciones (nº aproximado)	123 publicaciones. Factor de impacto= 373,722 puntos. Índice i10= 52. índice H= 28. Citas (Google Scholar): 4.162
Por favor, incluir el nombre de alguna de las revistas más relevantes en las que haya publicado	Spine Journal, Spine, European Spine Journal, Pain, European Journal of Pain, Lancet, New England Journal of Medicine, Radiology, American Journal of Neuroradiology, Journal of Nuclear Medicine,

	Physical Therapy, etc.
Por favor enumera las referencias MÁS RELEVANTES.	Siguen una selección de las más 50 más relevantes. La lista completa está accesible en: <a href="http://kovacs.org/es_publicaciones_publicacionescientificas.html">http://kovacs.org/es_publicaciones_publicacionescientificas.html</a>

1. Kovacs FM, Seco J, Royuela A, Melis S, Sánchez C, Díaz-Arribas MJ, Meli M, Núñez M, Martínez-Rodríguez ME, Fernández C, Gestoso M, Mufraggi N, Moyá J, Rodríguez-Pérez V, Torres-Unda J, Burgos-Alonso N, Gago-Fernández I, Abraira V. Patients with neck pain are less likely to improve if they suffer from poor sleep quality. A prospective study in routine practice. **Clin J Pain** (in press)
2. Arana E, Kovacs FM, Royuela A, Pérez-Ramírez U, Zamora J, and the Spanish Back Pain Research Network Task Force for the improvement of inter-disciplinary management of spinal metastasis. Agreement in the assessment of metastatic spine disease using scoring systems. **Radiother Oncol** 2015;115:135-140
3. Díaz-Arribas MJ, Kovacs FM, Royuela A, Fernández-Serrano M, Gutiérrez-Fernández L, San Matín-Pariente O, Abraira V, and the Spanish Back Pain Research Network The effectiveness of the Godelieve Denys-Struyf (GDS) method in patients with low back pain: a cluster randomized controlled trial. **Phys Ther** 2015 Mar;95(3):319-36.
4. Cano A, Gestoso M, Kovacs F, Hale C, Mufraggi N, Abraira V. The perceptions of people with low back pain treated in the Spanish National Health, and their experience while undergoing a new evidence based treatment. A focus group study. **Disabil Rehabil** 2014;36(20):1713-22
5. Campillo C, Casamitjana M, Carrillo-Arias F, Royuela A, Kovacs FM, Abraira V. Post-implementation surveillance of a non-pharmacological health technology within a National Health Service. **Int J Technol Assess Health C** 2014 (30);2: 153–164.
6. Royuela A, Kovacs FM, Campillo C, Casamitjana M, Muriel A, Abraira V. Predicting outcomes of neuroreflexotherapy in patients with subacute or chronic neck or low back pain. **The Spine Journal** 2014;14:1588-1600
7. Kovacs FM, Arana E, Royuela A, Estremera A, Amengual G, Asenjo B, Sarasíbar H, Galarraga I, Alonso A, Casillas C, Muriel A, Martínez C, Abraira V. Disc degeneration and chronic low back pain: an association which becomes non-significant when endplate changes and disc contour are taken into account. **Neuroradiology** 2014 Jan;56(1):25-33
8. Campillo C, Kovacs F. The use of risk sharing tools for post adoption surveillance of a non pharmacological technology in routine practice: results after one year. **BMC Health Serv Res** 2013, 13:181 doi:10.1186/1472-6963-13-181
9. Kovacs FM, Arana E, Royuela A, Cabrera A, Casillas C, Piñero P, Vega M, Estremera A, Amengual G, Sarasíbar H, Ferrer P, Manjarrés A, Zamarro J, Bravo-Rodríguez F, Paniagua JC, Mota J, Sánchez-Sagrado T, Abraira V. Appropriateness of lumbar spine magnetic resonance imaging in Spain. **Eur J Rad** 2013;82:1008-1014
10. Kovacs FM, Seco J, Royuela A, Corcoll J, Abraira V and the Spanish Back Pain Research Network. Predicting the evolution of low back pain patients in routine clinical practice. Results from a registry within the Spanish National Health Service. **The Spine Journal** 2012;12:1008-1020
11. Kovacs FM, Seco J, Royuela A, Corcoll, J, Peña A, and the Spanish Back Pain Research Network. The prognostic value of catastrophizing for predicting the clinical evolution of low back pain patients. A study in routine clinical practice within the Spanish National Health Service [NCT00502333]. **The Spine Journal** 2012;12:545-555
12. Kovacs FM, Arana E, Royuela A, Estremera A, Asenjo B, Sarasíbar H, Galarraga I, Alonso A, Casillas C, Muriel A, Martínez C, Abraira V. Vertebral endplate changes are not associated with chronic low back pain among Southern European subjects. A case control study [NCT00479063]. **AJNR Am J Neuroradiol** 2012;33:1519-1524

13. Kovacs FM, García E, Royuela A, González L, Abraira V, and the Spanish Back Pain Research Network. Prevalence and factors associated with low back pain and pelvic girdle pain during pregnancy. A multicenter study conducted in the Spanish National Health Service. **Spine** 2012;37:1516–1533
14. Froud R, Eldridge S, Kovacs F, Breen A, Bolton J, Dunn K, Fritz J, Keller A, Kent P, Lauridsen HH, Ostelo R, Pincus T, van Tulder M, Vogel S, Underwood M. Reporting outcomes of back pain trials: A modified Delphi study. **Eur J Pain** 2011;15(10):1068-74
15. Serrano-Aguilar P, Kovacs FM, Cabrera-Hernández JM, Ramos-Goñi JM, García-Pérez L. Avoidable costs of physical treatments for chronic back, neck and shoulder pain within the Spanish National Health Service: a cross-sectional study. **BMC Musculoskeletal Disorders** 2011;12:287 doi:10.1186/1471-2474-12-287
16. Seco J, Kovacs FM, Urrutia G. The efficacy, safety, effectiveness, and cost/effectiveness of ultrasound and shock wave therapies for low back pain: A systematic review. **The Spine Journal** 2011;11:966-77
17. Kovacs FM, Urrutia G, Alarcón JD. Surgery versus conservative treatment for symptomatic lumbar spinal stenosis. A systematic review of randomized controlled trials. **Spine** 2011;36:E1335–E1351
18. Moix J, Kovacs FM, Martín A, Plana MN, Royuela A, and the Spanish Back Pain Research Network. Catastrophizing, state-anxiety, anger and depressive symptoms do not correlate with disability when variations of trait-anxiety are taken into account. A study of chronic low back pain patients treated in Spanish pain units [NCT00360802]. **Pain Med** 2011;12:1008–1017
19. Arana E, Kovacs FM, Royuela A, Estremera A, Asenjo B, Sarasibar H, Amengual G, Galarraga I, Alonso A, Casillas C, Muriel A, Montoya J, Ordóñez C, Martínez C, Zamora J, Campillo C, Abraira V. Modic changes and associated features in Southern European chronic low back pain patients. **The Spine Journal** 2011;11:402-411
20. Arana E, Kovacs FM, Royuela A, Estremera A, Sarasibar H, Amengual G, Galarraga I, Martínez C, Muriel A, Abraira V, Zamora J, Campillo C. The influence of nomenclature in the interpretation of lumbar disk contour on MRI: A comparison of the agreement using the Combined Task Force and the Nordic nomenclatures. **AJNR Am J Neuroradiol** 2011;32:1143– 48
21. Kovacs FM, Oliver-Frontera A, Plana MN, Royuela A, Muriel A, Gestoso M and the Spanish Back Pain Research Network. Improving schoolchildren’s knowledge of methods for prevention and management of low back pain. A cluster randomized controlled trial. **Spine** 2011;36:E505–E512
22. Albadalejo C, Kovacs FM, Royuela A, del Pino R, Zamora J et al. The efficacy of a short education program and a short physiotherapy program for treating low back pain in primary care. A cluster randomized trial. **Spine** 2010;35:483–496
23. Arana E, Royuela A, Kovacs FM, Estremera A, Sarasibar H, Amengual G, Galarraga I, Martínez C, Muriel A, Abraira V, Gil del Real MT, Zamora J, Campillo C. Agreement in the interpretation of 1.5T Magnetic Resonance images of the lumbar spine using the Nordic Modic Consensus Group Classification form. **Radiology** 2010; 254:809–817
24. Carragee EJ, Deyo RA, Kovacs FM, Wilco CP, Lurie JD, Urrutia G. Clinical research. Is the spine field a mine field? **Spine** 2009;34:423-430
25. Kovacs FM, Royuela A, Jensen TS, Estremera A, Amengual G, Muriel A, Galarraga I, Martínez C, Arana E, Sarasibar H, Salgado RM, Abraira V, López O, Campillo C, Gil del Real MT, Zamora J. Agreement in the interpretation of magnetic resonance images of the lumbar spine. **Acta Radiol** 2009;50(5):497-506
26. Berguer A, Kovacs F, Abraira V, Mufraggi N, Royuela A, Muriel A, Gestoso M, Falahat F, Martín-Granizo R, Zamora J. Neuro-reflexotherapy for the management of myofascial TMJ pain. A double-blind, placebo controlled, randomized clinical trial. **J Oral Maxillofac Surgery** 2008;66:1664-77
27. Kovacs FM, Bagó J, Royuela A, Seco J, Giménez S, Spanish Back Pain Research Network. Psychometric characteristics of the Spanish version of instruments to measure neck pain disability. **BMC Musculoskeletal Disorders** 2008, 9:42 doi:10.1186/1471-2474-9-42 <http://www.biomedcentral.com/1471-2474/9/42>

28. Kovacs FM, Abraira V, Royuela A, Corcoll J, Alegre L, Tomás M, Mir MA, Cano A, Muriel A, Zamora J, Gil del Real MT, Gestoso M, Mufraggi N. Minimum detectable and minimal clinically important changes for pain in patients with nonspecific neck pain. **BMC Musculoskeletal Disorders** 2008, 9:43 doi:10.1186/1471-2474-9-43. <http://www.biomedcentral.com/1471-2474/9/43>.
29. Dionne CE, Dunn KM, Croft PR et al. A consensus approach toward the standardization of back pain definitions for use in prevalence studies. **Spine** 2008;33:95-103
30. Kovacs FM, Abraira V, Royuela A, Corcoll J, Alegre L, Cano A, Muriel A, Zamora J, Gil del Real MT, Gestoso M, Mufraggi N, Spanish Back Pain Research Network. Minimal clinically important change for pain intensity and disability in patients with nonspecific low back pain. **Spine** .
31. Kovacs F, Abraira V, Cano A, Royuela A, Gil del Real MT, Gestoso M, Mufraggi N, Muriel A, Zamora J, Spanish Back Pain Research Network. Fear Avoidance Beliefs do not influence disability and quality of life in Spanish elderly subjects with low back pain. **Spine** 2007;32:2133-2138.
32. Kovacs FM, Muriel A, Castillo Sánchez MD, Medina JM, Royuela A and the Spanish Back Pain Research Network. Fear avoidance beliefs influence duration of sick leave in Spanish low back pain patients. **Spine** 2007;32:1761–1766.
33. Kovacs FM, Abraira V, Muriel A, Corcoll J, Alegre J, Tomas M, Mir MA, Tobajas P, Gestoso M, Mufraggi N, Gil del Real MT, Zamora J. Prognostic factors for neuroreflexotherapy in the treatment of subacute and chronic neck and back pain. A study of predictors of clinical outcome in routine practice of the Spanish National Health Service. **Spine** 2007;32: 1621–1628.
34. Urrutia G, Kovacs FM, Nishishinya B, Olabe J. Percutaneous thermocoagulation intradiscal techniques for discogenic low back pain. A systematic review. **Spine** 2007;32(10):1146–1154.
35. Kovacs FM, Abraira V, Santos S, Díaz E, Gestoso M, Muriel A, Gil del Real MT, Mufraggi N, Noguera J, Zamora J for the Spanish Back Pain Research Network. A comparison of two short education programs for improving low back pain-related disability in the elderly. A cluster randomized controlled trial. **Spine** 2007;32(10):1053-1059.
36. Zamora J, Kovacs F, Abraira V, Fernández C, Lázaro P, The Spanish Back Pain Research Network. The social tariff of EQ-5D is not adequate to assess quality of life in patients with low back pain. **Quality of Life Research** 2007;16(3):523-531.
37. Kovacs FM, Fernandez C, Cordero A, Muriel A, González-Luján L and the Spanish Back Pain Research Network. Non-specific low back pain in primary care in the Spanish National Health Service: a prospective study on clinical outcomes and determinants of management. **BMC Health Serv Res** 2006 May 17;6:57
38. Airaksinen O, Brox JI, Cedraschi I, Hildebrandt J, Klaber-Moffett J, Kovacs F, Mannion AF, Reis S, Staal B, Ursin H, Zanoli G. European guidelines for the management of chronic non-specific low back pain. **Eur Spine J** 2006;15:S192-299
39. van Tulder M, Becker A, Bekkering T, Breen A, Gil del Real MT, Hutchinson A, Koes B, Laerum E, Malmivaara A, on behalf of the COST B13 Working Group on Guidelines for the Management of Acute Low Back Pain in Primary Care. European guidelines for the management of acute nonspecific low back pain in primary care. **Eur Spine J** 2006;15(Supplement 2):S169-19
40. Aalto TJ, Malmivaara A, Kovacs FM, Herno A, Alen M, Salmi L, Kroger H, Andrade J, Jimenez R, Tapaninaho A, Turunen V, Savolainen S, Airaksinen O. Preoperative predictors for postoperative clinical outcome in lumbar spinal stenosis. Systematic Review. **Spine** 2006;31(18):E648-E663.
41. Kovacs FM, Muriel A, Abraira V, Medina JM, Castillo MD, Olabe J, and Spanish Back Pain Research Network. Psychometric characteristics of the Spanish version of the FAB Questionnaire. **Spine** 2006; 31 (1): 104-110.
42. Kovacs FM, Muriel A, Victor A, Medina JM, Castillo Sanchez MD, Olabe J and the Spanish Back Pain Research Network. The influence of fear avoidance beliefs on

- disability and quality of life is sparse in Spanish low back pain patients. **Spine** 2005;30(22):E676-E682.
43. Kovacs FM, Abraira V, Zamora J, Fernández C and the Spanish Back Pain Research Network. The transition from acute to subacute and chronic low back pain. A study based on determinants of quality of life and prediction of chronic disability. **Spine** 2005;30(15):1786-1792.
  44. Kovacs FM, Abraira V, Zamora J, Gil del Real MT, Llobera J, Fernández C, and the Kovacs-Atención Primaria Group. Correlation between pain, disability and quality of life in patients with common low back pain. **Spine**: 2004;29(2):206-210.
  45. Kovacs FM, Abraira V, Martín-Rodríguez JG, Peña A, Sánchez-Vera M, Ferrer E, Ruano D, Guillén P, Gestoso M, Muriel A, Zamora J, Gil del Real MT, Mufraggi N. Effect of the firmness of the mattress on chronic non-specific low back pain. A randomised, double-blind, controlled, multicentre trial. **Lancet**: 2003;362:1599-604
  46. Kovacs FM., Gestoso M, Gil del Real MT, López J, Mufraggi N, Méndez JI. Risk factors for non-specific low back pain in schoolchildren and their parents: a population based study. **Pain** 2003;103:259-268
  47. Kovacs FM, Llobera J, Abraira V, Lázaro P, Pozo F, Kleinbaum D, and the KAP group. Effectiveness and Cost-Effectiveness Analysis of Neuroreflexotherapy for Subacute and Chronic Low Back Pain in Routine General Practice. **Spine** 2002;27 (11):1149-1159
  48. Kovacs FM, Llobera J, Gil del Real MT, Abraira V., Gestoso M., Fernández C.; and the KAP group. Validation of the Spanish Version of the Roland Morris Questionnaire. **Spine** 2002;27 (5):538-542.
  49. Kovacs FM, Abraira V, Pozo F, Kleinbaum DG, Beltrán J, Mateo I, Pérez de Ayala C, Peña A, Zea A, González Lanza M, Morillas L. Local and Remote Sustained Trigger Point Therapy for Exacerbations of Chronic Low Back Pain. A randomized, Double-Blind, Controlled, Multicenter Trial. **Spine** 1997; 22:786-797.
  50. Kovacs FM, Abraira V, López-Abente G, Pozo F. La intervención neuroreflejojoterápica en el tratamiento de la lumbalgia inespecífica: un ensayo clínico controlado, aleatorizado, a doble ciego. **Med Clin** (Barc) 1993;101:570-575.