

Stefania Costi - Short Curriculum Vitae

<i>Position</i>	Researcher in Physiotherapy
<i>Address</i>	Viale Umberto I, 50 Reggio Emilia
<i>Unit</i>	University of Modena and Reggio Emilia Research, EBP and IRCCS Unit of the Azienda USL – IRCCS of Reggio Emilia
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<i>Discipline</i>	MED/48 Nursing, child neuropsychiatry and rehabilitative techniques
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Current job description

Researcher in Physiotherapy since May 2016, responsible for the implementation of research in the field of cancer rehabilitation.

Education

PhD in Neuroscience, curriculum of Motor and Sport Sciences, University of Genoa.

MSc in Rehabilitation Science

Research fellowship the Westpark Healthcare center University of Toronto

Awards and Honors:

Project lead of "INtegrated Short-term Palliative REhabilitation to improve quality of life and equitable care access in incurable cancer", HORIZON-HLTH-2021-DISEASE-04

Member of the Scientific Committee of the Italian Association of Physiotherapists.

Five most recent publications:

1.

The role of nipple-areola complex tattooing in breast cancer psycho-physical rehabilitation: An updated review. Maselli D, Torreggiani M, Soffientini V, Tamagnini E, Botti S, Ferri P, Costi S.

Cancer Treat Res Commun. 2026;46:101075. doi: 10.1016/j.ctarc.2025.101075. Epub 2025 Dec 13.

PMID: 41406865

2.

Feasibility of an early versus delayed rehabilitation intervention in patients with lung cancer on cancer-related fatigue: a pilot RCT. Fugazzaro S, Mainini C, Pecorari A, Denti M, Galavotti MB, Messori M, Costi S, Ciammella P, Falco F, Zanelli F, Cavuto S, Bressi B. Future Oncol. 2026 Jan;22(2):147-156. doi: 10.1080/14796694.2025.2607632. Epub 2026 Jan 6. PMID: 41496492

3.

Return to work and cancer survivorship needs of breast cancer survivors: an observational prospective single-cohort study in Italy. Paltrinieri S, Braglia L, Bravi F, Fugazzaro S, Costi S. Sci Rep. 2026 Mar 27;16(1):10827. doi: 10.1038/s41598-026-45780-y. PMID: 41888269

4.

"You're really walking along the razor's edge": A meta-synthesis on the existential cost of breast cancer related to financial toxicity. Paltrinieri S, Schiavi M, Bressi B, Contri A, Torreggiani M, Bernardi L, Mazzini E, Bassi MC, di Leo S, Ghirotto L, Costi S. Breast. 2026 Apr;86:104705. doi: 10.1016/j.breast.2026.104705. Epub 2026 Jan 20. PMID: 41579560

5.

Integrating Exercise and Education into Lung Cancer Care: Results from the OVER-CRF Pilot Study on Cancer-Related Fatigue and Quality of Life. Galavotti MB, Pecorari A, Mainini C, Denti M, Messori M, Costi S, Bressi B, Pellegrini M, Ciammella P, Falco F, Zanelli F, Braglia L, Fugazzaro S. Curr Oncol. 2026 May 27;33(6):313. doi: 10.3390/curroncol33060313. PMID: 42346213

Reggio Emilia, July 8, 2026