



Fabio Sarto

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WORK EXPERIENCE

01/11/2023 – CURRENT

POSTDOCTORAL RESEARCH FELLOW DEPARTMENT OF BIOMEDICAL SCIENCES, UNIVERSITY OF PADOVA

01/04/2019 – 30/09/2020 Padova, Italy

RESEARCH ASSISTANT UNIVERSITÀ DEGLI STUDI DI PADOVA

Research activities in the field of Neuromuscular Physiology

EDUCATION AND TRAINING

01/10/2020 – 15/12/2023

PHD STUDENT Department of Biomedical Sciences, University of Padova

02/2018 – 07/2018 Belgium

ERASMUS+ PROJECT KU Leuven

10/2017 – 21/10/2019 Italy

MASTER DEGREE IN PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY University of Padova

Supervisor: Prof. Antonio Paoli

10/2014 – 09/2017 Italy

BACHELOR DEGREE IN SPORTS SCIENCE University of Padova

Supervisor: Dr. Giuseppe Marcolin

ADDITIONAL INFORMATION

PUBLICATIONS

Publications

Total Publications number (started in 2019): 27

Total Citations Number (Source Scopus): 366; h-index: 10

Top 5 selected articles:

1) **Sarto F.**, Stashuk D. W., Franchi M. V. et al. Effects of short-term unloading and active recovery on human motor unit properties, neuromuscular junction transmission and transcriptomic profile. *J Physiol*. 2022. doi:10.1113/JP283381.

2) **Sarto F.**, Bottinelli R, Franchi M V et al. Pathophysiological mechanisms of reduced physical activity: insights from the human step reduction model and animal analogues. *Acta Physiol*. 2023;238(e13986). doi:10.1111/apha.13986.

3) **Sarto, F.**, Spörri, J., Fitze, D. P., Quinlan, J. I., Narici, M. V., & Franchi, M. V. (2021). Implementing Ultrasound Imaging for the Assessment of Muscle and Tendon Properties in Elite Sports: Practical Aspects, Methodological Considerations and Future Directions. *Sports Medicine*, 51(6), 1151–1170. <https://doi.org/10.1007/s40279-021-01436-7>

4) **Sarto, F.**, Monti, E., Simunič, B., Pišot, R., Narici, M. V., & Franchi, M. V. (2021). Changes in Biceps Femoris Long Head Fascicle Length after 10-day Bed Rest Assessed with Different Ultrasound Methods. *Medicine & Science in Sports & Exercise*, 9, 1–9. <https://doi.org/10.1249/mss.0000000000002614>

5) **Sarto, F.**, Impellizzeri, F., Spörri, J., Olmo, J., Requena, B., Suarez, L., Arundale, A., Bilsborough, M., Clubb, A., Nabhan, D., Torres, L., Mendez, A., Mujika, I., Maffioletti, N., & Franchi, M. (2020). Impact of potential physiological changes due to COVID-19 home confinement on athlete health protection in elite sports: a call for awareness in sports programming. *Sports Medicine*, 1–6. <https://doi.org/10.1007/s40279-020-01297-6>

ORAL PRESENTATION(S)

Major Oral presentations

- **Sarto F.**, Stashuk D.W., Monti E., Zampieri S., Franchi M.V., Valli G., Sirago G., Candia J., Hartnell L.M., Paganini M., McPhee J.S., De Vito G., Ferrucci L., Reggiani C., and Narici M.V., Changes in neuromuscular junction transmission stability, motor unit properties and related gene expression with short-term unloading and retraining, 27th Annual ECSS Congress (30 August – 02 September 2022, Seville, Spain)
- **Sarto F.**, Paganini M., Valli G., Sirago G., Moro T., Goldin E., Paoli A., De Vito G., Stashuk D.W., Franchi M.V., Narici M.V., Impaired neuromuscular junction transmission and motor units loss precede sarcopenia and contribute to the loss of muscle function in old age, 28th Annual ECSS Congress (4–7 July 2023, Paris, France)
- **Sarto F.**, Plasticity of the human neuromuscular system with muscle disuse and sarcopenia. Department for Sport, Exercise and Health, University of Basel. 19 October 2023, Basel, Switzerland. Invited Lecture

PRIZES/ AWARDS

01/2023

American Physiological Society International Early Career Physiologist Travel Award

American Physiology Summit 2023, Long Beach, 20–24 April 2023

ECSS Young Investigator Award (YIA) Winner

Oral presentation category (Equal 5th), 27th Annual ECSS Congress Seville 2022, 30 August – 02 September

Editor's Choice article

Journal of Physiology – Monti et al. J Physiol 2021, June 2021 issue

MEMBERSHIP OF SCIENTIFIC SOCIETIES

2022 – CURRENT

Member of the American Physiological Society (APS)

2022 – CURRENT

Member of the Italian Physiological Society (SIF)

2022 – CURRENT

Member of the European College of Sports Sciences (ECSS)

REVIEWING ACTIVITIES

Peer Reviewer

Reviewer for *Journal of Physiology*, *Plos One*, *Journal of Sports Sciences*, *Ultrasound in Medicine & Biology*, *PeerJ*, *Scientific Reports*, *Frontiers in Physiology*, *Frontiers in Rehabilitation*, *Science & Medicine in Football*, *Translational Sports Medicine*, *BMC Musculoskeletal Disorders*, *BMC Sports Science and Rehabilitation*, *Sport Sciences for Health*, *Nursing Open*, and *All Life*

2022

Guest Editor for the Journal of Visualized Experiments

GRANTS

Automatic measurement of intrinsic foot muscles motor control - a perspective to reduce the risk of falls

Founder: University of Saint Etienne, Junior Lab initiative

Role: Co-applicant

Status: On-going

Prize: 9.000 €