



ROMÂNIA
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UNIVERSITATEA „VASILE ALECSANDRI” DIN BACĂU
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SĂNĂTĂȚII

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Lista lucrărilor / activităților reprezentative

A Teza de doctorat			
A1	Contribuția exercițiilor proprioceptive la restabilirea echilibrului muscular agonist-antagonist și optimizarea controlului motor în entorsa de gleznă la handbaliști		Doctor în Științele Motricității Umane, Universitatea Națională de Educație fizică și Sport, București Conducător științific: Prof.univ.dr. Rață Gloria
B Cărți publicate în edituri naționale, recunoscute CNCS, internaționale și capitole cărți (articole în volumele cu ISBN)			
B1	Entorsa de Gleznă în Handbalul de Performanță , fundamentarea teoretică privind etiologia, cauzele, diagnosticul și tratamentul entorsei de gleznă Autor: Antohe Bogdan-Alexandru		Editura RISOPRINT, Cluj-Napoca, 2023, ISBN: 978-973-53-3019-4, 166 pagini
B2	Ghid cu programe de exerciții fizice profilactice Autori: Sava Mihai-Adrian, Vulpe Ana-Maria, Voinea Nicolae-Lucian, Ciuntea Mihai-Lucian, Pavel Silviu-Ioan, Gorgan Carmina-Mihaela, Milon Alexandra-Gabriela, Antohe Bogdan-Alexandru		Editura RISOPRINT, Cluj-Napoca, 2022, ISBN 978-973-53-2971-6, 133 pagini
B3	FASCIA, formă specializată a țesutului conjunctiv Autori: Antohe Bogdan-Alexandru, Marinela Rață.		Editura RISOPRINT, CLUJ-NAPOCA, 2024, ISBN:978-973-53-3210-5, 116 pagini
C Articole in-extenso publicate în reviste cotate ISI (cu sau fără factor de impact) sau în volumele “proceedings” indexate ISI Thomson			
C1	Morpho-functional implications of myofascial stretching applied to muscle chains: A case study	Rață B. C-tin, Rață M. Antohe B.	Journal of Back and Musculoskeletal Rehabilitation, vol. Pre-press, no. Pre-press, pp. 1-9, 2018, DOI: 10.3233/BMR-170998
C2	Muscle coactivation index in the ankle joint on different support surfaces	Antohe Bogdan, Rață Marinela, Rață Bogdan	Edu World 2018 - 8th International Conference 67, pp. 945-954 ISSN 1844-6272, DOI: 10.15405/epsbs.2019.08.03.114
C3	Muscle Coactivation Index Improvement in Junior Handball Players by Using	Antohe, B., Rață, M., & Rață, G.	Brain. Broad Research in Artificial Intelligence and Neuroscience. 2021.Vol. 11, Issue 4, Sup. 1, pp. 01–12. https://doi.org/10.18662/brain/11.4sup1/152

		Proprioceptive Exercises		
	C4	Proprioceptive exercises and their role in improving static and dynamic joint stability in ankle sprains in handball players	Antohe Bogdan, Rață Marinela, Rață Bogdan Rață Gloria	Science & Sports, Vol. 38, Iss. 4, 2023, Pp 377-384. https://doi.org/10.1016/j.scispo.2022.09.005
	C5	Effect of joint distraction exercises with elastic band during warm-up on maximum strength performance in male bodybuilders: A cross-sectional study	Erhan Toprak Çağlın, Mertcan Damat, Huseyin Sahin Uysal, Sezgin Korkmaz, Bogdan-Alexandru Antohe	European Journal of Human Movement, vol. 50 (2023). DOI: 10.21134/eurjhm.2023.50.3
	C6	The Relationship between Magnetic Resonance Imaging and Functional Tests Assessment in Patients with Lumbar Disk Hernia.	Antohe, B.-A., Uysal, H. Ş., Panaet, A.-E., Iacob, G.-S., & Rață, M.	Healthcare, 2024. Vol. 11, Issue 19, p. 2669. https://doi.org/10.3390/healthcare11192669
	C7	Relationship between Spinal Range of Motion and Functional Tests in University Students: The Role of Demographic Factors	Balint, N. T., Antohe, B. A., Uysal, H. S., Cristuță, A. M., & Rață, M.	Healthcare. 2024. Vol. 12, Issue 10, p. 1029. https://doi.org/10.3390/healthcare12101029
	C7	Effects of Myofascial Release Techniques on Joint Range of Motion of Athletes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Antohe, B. A., Alshana, O., Uysal, H. Ş., Rață, M., Iacob, G. S., & Panaet, E. A.	Sports, 2024. Vol. 12, Issue 5, p. 132. https://doi.org/10.3390/sports12050132
	C8	A New Approach to Postoperative Rehabilitation following Mosaicplasty and Bone Marrow Aspiration Concentrate (BMAC) Augmentation.	Gherghel, R., Onu, I., Iordan, D., Antohe, B., Rezus, I.-I., Alexa, O., Macovei, L., & Rezus, E.	Biomedicines, 2024. Vol. 12, Issue 6, p. 1164. https://doi.org/10.3390/biomedicines12061164 .
	C9	The Effects of Proprioceptive Exercises on Postural Control in Handball Players with Chronic Ankle Instability-A Non-Randomized Control Trial	Antohe, B.A., Panaet, E.A.	Sports, Volume 12, Issue11 DOI : 10.3390/sports12110304
	C10	Efficiency of physical therapy and osteopathic techniques in the treatment of	Antohe B., Rață, M., Rață, B., Rață, G.	Journal of Bodywork and Movement Therapies, Vol. 42, page: 243-248.

		operated and recurrent lumbar disc herniation - A case report		DOI: 10.1016/j.jbmt.2024.12.009
	C11	The Impact of Flatfoot on Posture Alignment in Primary School Students-A Proposal for Educational Preventive Strategies	Panaet, A., Antohe, B., Alexe, C., Oșean, V., Herlo, N., Burchel, L.	Revista Romaneasca pentru Educatie Multidimensionala. 17(1):454-468. DOI: 10.18662/rrem/17.1/961.
	C12	Exploring the Relationship Between Low Back Pain, Physical Activity, Posture, and Body Composition in Older Women.	Rosolek, B., Alexe, D.I., Gawlik, K., Panaet, E.A., Mihai, I., Antohe, B.A., Zwierzchowska, A	Healthcare 2025, 13, 1054. https://doi.org/10.3390/healthcare13091054 .
	C13	Enhancing Physical Fitness in Primary School Children Through Inclusive Sports Activities.	Utvić, N., Marković, L., Arsenijević, R., Aksović, N., Bjelica, B., Stojljaković, S., Bubanj, S., Raveica, G., Dobreci, D.-L., Voinea, N.-L., Ciocan, V.-C., Anghel, M., Antohe, B.A. , & Dobrescu, T.	Children, 12(6), 758. https://doi.org/10.3390/children12060758 .
	C14	Who Runs the Most? Positional Demands in a 4-3-3 Formation Among Elite Youth Footballers	Caușevi, D., Mustafovic, E., Covic, N., Abazovi, E., Savu, C.V., Tohănean, D.I., Antohe, B.A. , Alexe, C.I.	Sensors, 25(18). https://doi.org/10.3390/s25185825
D	Articole in-extendso publicate în reviste indexate BDI sau în volumele „proceedings” indexate BDI			
	D1	Muscle injury in sports activity – etiology,classification and treatment	Antohe Bogdan, Rață Marinela, Rață Bogdan Rață Gloria	Bulletin of the Transilvania University of Brașov Series IX: Sciences of Human Kinetics. Vol. 15(64), No. 2 –2022 https://doi.org/10.31926/but.shk.2022.15.64.2.2
	D2	The role of muscle activation index in motor control - a theoretical presentation	Antohe Bogdan, Rață Marinela, Rață Gloria	Discobolul, Volume 59, Issue 1, 2020 https://doi.org/10.35189/dpeskj.2020.59.1.3
	D3	Reducing the muscle chain hypertonia through myofascial techniques in athletes	Antohe Bogdan, Rață Gloria, Rață Marinela	Discobolul, Volume 59, Issue 2, 2020 https://doi.org/10.35189/dpeskj.2020.59.2.9

	D4	Muscle Coactivation Index Improvement in Junior Handball Players by Using Proprioceptive Exercises	Antohe Bogdan, Rață Marinela Rață Gloria	BRAIN. Broad Research in Artificial Intelligence and Neuroscience, 11 (4Sup1), 01-12, 2021. https://doi.org/10.18662/brain/11.4Sup1/152 ; https://lumenpublishing.com/journals/index.php/brain/article/view/3727
	D5	Study Regarding the Occupational Self-Assessment in University Students	Rață, M., Antohe, B.-A., Liliana, M., Tatiana, B., Tatiana, D., & Cristina-Elena, S.	Gymnasium Scientific Journal of Education, Sports, and Health, Vol. 24, Issue 2, pp. 7–17. https://doi.org/10.29081/gsjesh.2023.24.2.01
E	Articole în-extenso publicate în revistele sau volumele unor conferințe internaționale (neindexate ISI sau BDI)			
	E1	A Comparative Study on Neuromotor Development in Twins	Antohe Bogdan	Bulletin of the Transilvania University of Brasov. Series IX: Sciences of Human Kinetics. Vol. 11 (60), No.2 – 2018, http://webbut.unitbv.ro/BU2018/Series%20IX/2018/BULETIN%20I/27_ANTOHE_refacut.pdf
	E2	Efficiency of the Schroth and Vojta Therapies in Adolescents with Idiopathic Scoliosis	Rață Marinela Antohe Bogdan	Gymnasium Scientific Journal of Education, Sports, and Health (online) = ISSN 2344–5645, Vol XVIII, Issue 1, (2017), http://www.gymnasium.ub.ro/index.php/journal/article/view/12
	E3	Eficiența reeducării senzorio-motrice în entorsa de gleznă la handbaliste	Rață Marinela, Antohe Bogdan	Sport si Societate. Revista de Educatie Fizica, Sport si Stiinte Conexe. 2015 – Vol. 1, Issue 2, https://journals.indexcopernicus.com/search/article?articleId=616121
	E4	Raționament clinic interdisciplinar în studiul de caz virtual	Antohe Bogdan, Frunzete Georgiana, Ochiană Mircea	KinetoStud – Anul VIII, nr. 1/2014
G	Alte lucrări și contribuții științifice			
	G1	Improvement of the muscular coactivation index in junior handball players by using proprioceptive exercises	Antohe Bogdan Rață Marinela, Rață Gloria	„International Congress of Physical Education, Sports and Kinesotherapy, 10th edition of International Congress of Physical Education, Sports and Kinesotherapy” 11-13 June 2020
	G2	Improvement of respiratory function by miofascial methods in children with arthroprosis	Rață Marinela Antohe Bogdan	8TH International Scientific Conference (ISCB). „Achievements and Prospects in the Field of Sports Science and Physical Education within the interdisciplinary European Education System”, November 15-16, 2019, Bacău, Romania.
	G3	The role of the sensory integration and praxis test in identifying the writing difficulties in	Rață Marinela, Antohe Bogdan	The 7 TH International Scientific Conference ”Achievements and Prospects in the Field of Physical Education and Sports Within the Interdisciplinary European Education

		young pupils		<i>System"</i> Bacau, Romania November, 9-10, 2018
	G4	The efficiency of myofascial techniques in reducing spasticity in children with cerebral paralysis	Rață Marinela, Antohe Bogdan	The 7 TH International Scientific Conference "Achievements and Prospects in the Field of Physical Education and Sports Within the Interdisciplinary European Education System" Bacau, Romania November, 9-10, 2018
	G5	Workshop - Myofascial technique - a strategy to reduce spasticity	Rață Marinela, Antohe Bogdan	The 7 TH International Scientific Conference "Achievements and Prospects in the Field of Physical Education and Sports Within the Interdisciplinary European Education System" Bacau, Romania November, 9-10, 2018
	G6	Contribuția exercițiilor proioceptive la restabilirea echilibrului muscular agonist-antagonist și optimizarea controlului motor la gleznă la handbaliști	Antohe Bogdan, Rață Gloria	Locul I obținut la "Competiția Internațională de Proiecte de Cercetare Olimpiada Tinerilor Doctoranzi- Otd 2018 "
	G7	Reducine the muscle chain hypertony through myofascial techniques in athletes	Antohe Bogdan	<i>7th International Scientific Conferente of Students and Young Scientists, University Sport: Health and Prosperity of the Nation.</i> UNEFS, București, 2017

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SEMNATURA
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