

CURRICULUM VITAE

PROFESSION: Physiotherapist.

EMPLOYMENT EXPERIENCE:

- 2015-Now: Physiotherapist at Rolf Walter SA. Responsibilities: Consultant Sports Physiotherapist for Hockey Club Lugano, Sport Physiotherapy, Orthopaedic Rehabilitation, Manual Therapy.
- 2015-2017: Sports physiotherapist and medical coordinator, Ice Hockey Club Lugano, Switzerland. Responsibilities: Sport Physiotherapy, Orthopaedic Rehabilitation, First Aid, manage the communication between the different professionals of health care.
- 2009-2015: Physiotherapist, AC Milan 1st Team, Milan, Italy. Main Responsibilities: Sport Physiotherapy, Orthopaedic Rehabilitation, First Aid, data analysis.
- 2004-2009: Free Practitioner. Collaborator of Meditel polispecialistic centre Saronno; Studio Altalena Milano; Polisportiva Buccinasco (Soccer team), Buccinasco; Polisportiva Saronno (Volleyball Team) Main Responsibilities: Physiotherapy, Orthopaedic Rehabilitation, Manual Therapy

ACADEMIC EXPERIENCE:

- 2021: Lecturer at SUPSI, BSc in physiotherapy, for a 24h sports physiotherapy course
- 2019-Now: Reviewer for the International Journal of Sports Physiotherapy.
- 2019-Now: Science and practice of therapeutic exercise. Provider Rehabilab.
- 2018-2019: Tutor at Master of Science in Sports Physiotherapy at Bath University (UK)
- 06-10-2017: The physiotherapy experience in sports. (CAS in Sports Physiotherapy) SUPSI University. (CH).
- 2012 Thesis Supervisor at the European School of Physiotherapy (NL)
- 2011-2019: The role of Manual Therapy in Headache. Group of Study of Manual Therapy. University of Bicocca (IT).

PUBBLICATIONS:

- I movimenti combinati nel complesso cranio-cervicale: case report. Scienza Riabilitativa 8 (3). – Combined Movement of the cranio-cervical complex: a case report. -
- Riflettere usando il ragionamento clinico. Scienza Riabilitativa 10 (1). – Time to reflect using clinical reasoning. -

CONFERENCES:

- Return to sport after ACLR in professional athletes. Lugano, CH, 29-09-2019.
- Management of acute adductor strains in ice hockey players with three eccentric exercises: a case series. Bern, CH, 15-06-2018.
- From soccer to ice hockey, knowledge transfer in muscle injuries. Rome, IT 07-06-2017
- Muscle injuries: treatment in the acute phase. Rome, IT 21-11-2014
- Groin Pain. Mendrisio, CH. 15-05-14
- The athlete ankle. Legnano, IT. 12-05-2012

EDUCATION:

- 2013-2017 University of Bath (UK). MSc with merit in Sports Physiotherapy. Thesis title: Hamstring dynamics during three different eccentric exercises. <https://www.researchgate.net/project/Hamstring-Dynamics-during-three-different-eccentric-exercises-Askling-Protocol>
- Certificate in Orthopaedic Manual Therapy - COMT. (CAS) Curtin University Perth, AU.
- 2000/2004 Università degli Studi di Milano (IT). Graduate in Physiotherapy. Final Grade: 110/110
- 1995/2000 Liceo Scientifico G. Terragni (IT). Secondary School Certificate.

PROFESSIONAL DEVELOPMENT EDUCATION:

- Systematically review the literature. University of Sheffield (UK)
- Literature search in medical databases. Aarhus University (DK)
- Certified Strength and Conditioning Specialist. NSCA USA
- Certified Dry Needling Therapist, 8 days. DSGA, Winterthur CH.

- Concussion: Assessment and medical management. Medbridge, USA.
- Basic Life Support and Defibrillator. 2 days. Red Cross, Milan, IT.
- C0-C3 dysfunction in primary headache. 3 days, Dean Watson Institute, Cambridge UK
- Discover the pelvis. 4 days, Dianne Lee Institute, Lugano CH
- C0-C3 dysfunction in primary headache, level 2. Dean Watson Institute, Cambridge UK
- Integrating Emerging Pain Sciences with Manual Therapy. 2 days, Timothy Flynn, Siena, IT.
- Kinematic taping. 4 days, Rolf Walter, Saronno, IT.
- Shoulder instability, Mc Connell concept. 2 days, Alfio Albasini, Novaggio, CH.
- Low back pain, McConnell concept. 2 days, Jenny Mc Connell, Novaggio, CH.
- Neurodynamics: upper and lower limb. 6 days, Micheal Shacklock, Novaggio, CH.
- TMJ disorders. 5 days, Mariano Rocabado, Novaggio, CH.
- Lower Limb Tendinopathy, 2 days. Jill Cook, Siena, IT.
- Maitland Concept (Level 1). IMTA. (20 days), Rolf Walter, Arezzo, IT.
- Cyriax course (Level A and B). Society of Orthopaedic Medicine. (8 days) Milano, Italy.
- Treatment of Scoliosis. (3 days) Milano, IT.
- Examination in Physiotherapy Practice: Screening for Medical Disease and Physician Referral.(3 days) Siena, IT.
- Neuro-Articular Manual Therapy for the Upper Quadrant. Toby Hall, Kim Robinson. (2 days) Lugano, CH.
- Shoulder Impingement and Instability. (2 days) Lugano, CH.
- Anatomy and Biomechanics of the Lumbar Spine. On-line course. (24h).

RELEVANT INTERESTS:

- Member of Sportfisio (CH)