

Silvia Gandini



Personal details

-  Silvia Gandini
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-  Via Robarello 11 Varese Italy

Skills

- Injury prevention ●●●●●
- Manual therapy ●●●●●
- Posture ●●●●●
- Sport massage ●●●●●
- Sport nutrition ●●●●●
- Training ●●●●●

Languages

- English ●●●●●
- Spanish ●●●●●

Profile

Osteopath, physiotherapist, nutritional biologist and sport physiologist. I work in sport alongside the athletes on a journey of injury prevention and nutrition education. Together with the technical staff I aim to carefully analyze biomechanics on the field and study personalized approach to exercise, physiotherapy and osteopathic treatments.

Education

Osteopath - Registro Osteopati d'Italia Sep 2015
TCIO, Milano
With merit scholarship obtained each year

Physiotherapist Nov 2017
Università degli Studi dell'Insubria, Varese
Degree with full marks
Graduation thesis "Realization and study of a specific high-tech proprioceptive rehabilitation protocol for injury prevention on elite athletes in high- jump"

Degree in Science of Human Nutrition Nov 2019
Università San Raffaele Roma, Roma
Degree with full marks
Graduation thesis " Training and Nutrition, effects of stress on the immune, endocrine and autonomic nervous systems and the correlations with injuries"

Nutritional Biologist - Ordine Nazionale dei Biologi (ITA) Sep 2020
Università degli Studi del Sannio, Benevento

Degree in Sport Science Jul 2013
Università San Raffaele Roma, Roma
Degree with full marks
Graduation thesis "postural instability and lactic acid production in the middle distance runners. Correlation before and after proprioceptive training"

Master Degree in Sport Physiology
Università San Raffaele Roma, Roma
Attending

2nd Level Coach of Athletics Mar 2019
Federazione Italiana di Atletica Leggera

Employment

Physiotherapist - Osteopath - Nutritional Biologist Present
Studio Professionale Sanitario dott.ssa Silvia Gandini, Varese
Working in my own practice

Physiotherapist - Osteopath Present
Federazione Italiana di Atletica Leggera

- World Junior Championship Tampere 2018
- Hurdles, Sprint and Pole Vault Camps 2018-2019
- Sprint 100m, 200m and 400m Camps 2020-2021
- World Relay Silesia 2021
- Pre-Olympic camp Formia 2021
- Personal Physiotherapist, Osteopath and Nutritionist of Edoardo Scotti, Vittoria Fontana, Leonardo Fabbri, Marco Fassinotti, Matteo Melluzzo, Anna

Polinari

Physiotherapist - Osteopath

Present

Athletics Australia

- Personal Physiotherapist, Osteopath and Nutritionist of Henry Frayne in 2019 and physiotherapeutic support for Athletics Australia
- World Championship Doha 2019
- Pre-Olympic Camp in Florence May-July 2021 treating Brandon Starc, Eleanor Patterson, Catriona Bisset, Henry Frayne, Jeff Riseley
- Personal physiotherapist and osteopath of Jacinta Beecher

Social Media Editor

Journal of Sport Medicine and Physical Fitness

Lecturer

Edi-Academy, Milano

Training courses for physiotherapist

Coach of athletics

Federazione Italiana di Atletica Leggera

Coaching sprinters and jumpers

learning from Fabio Piloni (pole vault- ITA), Giacomo Zilocchi (sprint-ITA), Alex Stewart (jumps-AUS), Gary Bourne (jumps-AUS), Wlodek Gajdosz (pole vault-VEN)

Courses

Anti-Doping Course for Medical Practitioners and Athlete Medical Support Personnel

2019

ASADA

Strength training and post- injury muscle reconditioning

2017

Edi-Academy

Sports massage and functional bandage

2020

Edi-Academy

7th European Pole Vault and High Jump Conference

2016

European Athletics