

## Silvia Gandini



### Personal details

 Silvia Gandini

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### Skills

Injury prevention ●●●●●

Manual therapy ●●●●●

Posture ●●●●●

Sport massage ●●●●●

Sport nutrition ●●●●●

Training ●●●●●

Art and painting ●●●●●

### 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

TCIO, Milano

With merit scholarship obtained each year

Sep 2015

### Physiotherapist

Università degli Studi dell'Insubria, Varese

Degree with full marks (110L/110)

Graduation thesis "Realization and study of a specific high-tech proprioceptive rehabilitation protocol for injury prevention on elite athletes in high- jump

Nov 2017

### Degree in Science of Human Nutrition

Università San Raffaele Roma, Roma

Degree with full marks (110L/100)

Graduation thesis " Training and Nutrition, effects of stress on the immune, endocrine and autonomic nervous systems and the correlations with injuries"

Nov 2019

### Nutritional Biologist - Ordine Nazionale dei Biologi (ITA)

Università degli Studi del Sannio, Benevento

Sep 2020

### Degree in Sport Science

Università San Raffaele Roma, Roma

Degree with full marks (110L/110)

Graduation thesis "postural instability and lactic acid production in the middle distance runners. Correlation before and after proprioceptive training"

Jul 2013

### Master Degree in Sport Physiology

Università San Raffaele Roma, Roma

Degree with full marks (110L/110)

Graduation thesis " Ontogenesy, embryology and physiology of the muscular and connective tissues"

Nov 2021

### 2nd Level Coach of Athletics

Federazione Italiana di Atletica Leggera

Mar 2019

### Academic diploma of visual arts

Accademia delle Belle Arti di Brera, Milano

Attending

### Master diploma in biodynamic osteopathy

Advanced Osteopathy Institute, Milano

2019 - 2021

## Employment

### Physiotherapist - Osteopath - Nutritional Biologist

Studio Professionale Sanitario dott.ssa Silvia Gandini, Varese

Working in my own practice

Present

**Sport Osteopath and lecturer**  
Advanced Osteopathy Clinic and Institute, Milano

**Present**

**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), Wlaczslaw Kaliniczzenko (pole vault-VEN)

**Coach of ice skating**

**Present**

Icesport Varese, Varese

**Physiotherapist - Osteopath**

Federazione Italiana Pallacanestro

**Consultant**

**Mar 2022 - Mar 2022**

World Athletics, Muscat

**Courses**

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

**2019**

**Strength training and post- injury muscle reconditioning**  
Edi-Academy

**2017**

**Sports massage and functional bandage**  
Edi-Academy

**2020**

**7th European Pole Vault and High Jump Conference**  
European Athletics

**2016**

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23-03-2022