

TRAINING LAB

## *Osteopathy - Rehabilitation - Performance*



The Center is affiliated with University of Florence and Pittsburgh University. Together we collaborate in the field of Rehabilitation and Injury Prevention research

**All Methods used at Training Lab are based on scientific validation and evidence of Medical Research. The protocols are constantly updated by our Doctors, Osteopath, Therapists, Athletic Trainers who work together in a Team Approach system.**



Education and Research are cornerstones of our methodology



TRAINING LAB

# Programs and Services

## Osteopathy



Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body, and is based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together.

So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use touch, physical manipulation, to relieve muscle tension, to enhance the blood and nerve supply to tissues. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

## Physiotherapy and Rehabilitation

Recover muscle-joint function compromised by injury or after surgery, improve athletic performance and reduce the risk of new accidents. These are our goals at the Training Lab in line with the principles set forth by the American Association of Physiotherapy. The techniques that we use for high-level athletes for their recovery after injury, are also used for people who, even if they do not play sports, need to recover the physical efficiency quickly.



## Movement Preparation

Movement Preparation, as the name suggests, prepares the body to move. The forms now "encoded" provide dynamic exercises, natural load, which do not require any equipment. Commonly interpreted as a kind of Dynamic warm up, the Mov Prep - actually much more complex and detailed than it appears in the popular schematic - consists of a series of dynamic movements, arranged in a continuous uninterrupted kinetic sequences. From the simplest to the most complex, each exercise is aimed at improving the control and propagation of motor, from the consolidation of stability in the core, the most effective mobility of distal segments.

The Movement Preparation - a kind of activation, of Neuromuscular Awakening - is a means of extracting "functional" plastically adaptable to the demands of the practiced motor activity: whether sports, daily, occupational or recreational.



## Sports Training

The objectives of Sports' Training - proposed in key of rehabilitation, preventive or performance oriented - are the recovery of full functionality, reducing the risk of re-injury and improve performance. In other words, back to the sport not only faster, stronger, more coordinated, but also more aware of your body and more ready to endure the dangers that the sport involves.

Through the use of functional tools specially selected, athletes can train for their sport in an environment that offers controlled body perturbation and proprioceptive improvements and awareness.



## Test and Assessment

During your initial session, your Physiotherapist or Trainer will assess your injuries and problem areas. We will take a full history and evaluate your goals, which is important to ensure your expectations and needs are met. In this session we will also perform a full Functional Assessment with a series of clinical movements, checking strength, flexibility and stability.

### Test on Force Plate for Athletes.

The custom Force Plate, embedded in the Training Lab's floor, measures the direction, strength and timing of the forces athletes produce during sports-related movements. At Training Lab we utilize this instrumentation as an assessment, monitoring and training tool. Athletes receive immediate feedback on their performance thanks to the large plasma display screens mounted on the wall above the Force Plate.



## Clinical Pilates

Clinical Pilates is a therapeutic form of exercise aimed at improving the way you use your body, by improving the central 'core' around which movement takes place

The effective use of core muscles has been shown to improve posture, flexibility and strength while reducing muscle tension and joint pain. The equipment available at our Clinical Pilates studio at the Training Lab, includes Reformers, Cadillac, Chairs, Borells and mats. Research has shown this equipment is effective in helping core muscles work correctly.



# Our Courses

## Osteopathic approach to Pain: Sciatica, Cruralgia, Brachialgia



In this recent years the world of manual therapy has reached considerable developments in the field of diagnosis and treatment of neuralgia, (Sciatica, Cruralgia, Brachialgia) This course is designed for Osteopaths, for Physiotherapists who deal with the manual therapy and for those who want to learn the neuro-rehabilitation protocols posture.

This course will allow you:

To learn how to determine the tissue that suffers using the reproduction test of pain and the clinical reasoning: muscle, joint, disc, nerve.

To make an accurate neuro-muscular-skeletal diagnosis: slipped disc, foraminal stenosis, nerve elongation, postural dysfunction.

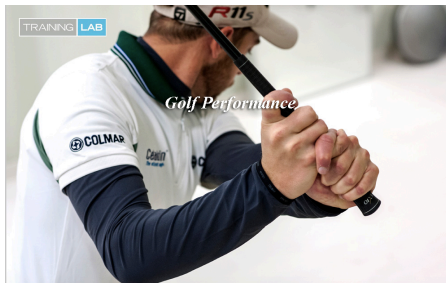
To work with greater safety, efficiency and comfort for the patient and the osteopath.

To have a good command of different manipulative techniques and of the specific treatment protocols of irradiated pain: acute and chronic gliding techniques, neuro-postural re-education.

To significantly improve your therapeutic efficacy in managing pain of peripheral limbs.

Become a credible interlocutor for your correspondents (Neurologists, Neurosurgeons, Ortohopedic.)

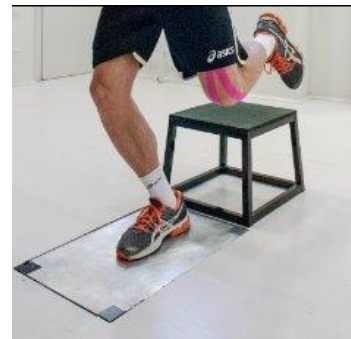
## Shoulder Injuries Rehabilitative and Osteopathic Approach



The Course is designed for Osteopath, Physical Therapists, Athletic Trainers, Physician and others interested in the evaluation and management of the shoulder and trunk and how they relate to the kinetic chain and functional Rehabilitation.

The program will enable participants to provide an overview of the involved physiology, mechanism and anatomy, illustrate the technique and components of evaluation of shoulder in the kinetic chain, illustrate functional rehabilitation and treatment, present functional conditioning as an injury prevention strategies

## Athlete's Knee - a Team Approach



Using a unique screening process that takes a holistic approach , and functional, for each injury, the goal of the Knee Course for the Rehabilitation Specialist, Osteopath, Athletic Trainers and Physician is to teach the unique screening processes for both diagnosis and treatment.

Recognizing that each athlete and injury is unique, the Training Lab methodology examines the individual and how the injury fits into their unique biomechanical structure creating a more targeted and effective recovery strategy while also implementing prevention strategies for further injuries



# FACULTY



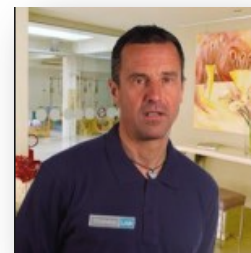
**Maurizio Bertoni MD**

Adjunct Professor in the Department of Sports Medicine and Nutrition at the University of Pittsburgh. He currently serves as an Affiliated Professor at the Exercise Science School, University of Florence, and is the Director of [Training Lab](#), a Rehabilitation and Performance Center affiliated with University of Florence and University of Pittsburgh. Dr. Maurizio Bertoni is also an Orthopaedic Consultant for Fiorentina Soccer team, for Bisonte Volley team, and I Cavalieri Prato Rugby team, and is part of the medical team of the Italian Federation of Rugby. He graduated from University of Florence Medical School and trained at The Istituto Ortopedico Toscano in Florence. He is an orthopaedic surgeon specializing in sports medicine with an interest in surgery of the knee and shoulder and the prevention and rehabilitation of injuries of athletes.



**Vincenzo Toscano DO (MROI)**

Osteopathic doctor who received his degree from the EFSO, Ecole Francaise Superieure d'Osteopathie, Paris, France. D.O. Toscano gives lecture at the University of Florence, School of Medicine, for Exercises Science. Teacher and international speaker, he conducts research for several years to develop integrative aspects of osteopathy, particularly in the structural field. Specialized in back pathologies treatment. In his words: *I work with football players belonging to teams in the First and Second Divisions Italian Championship helping them to overcome their disorders through osteopathic treatments. I care for children using osteopathic cures giving particular attention to muscular and structural dysfunction. I strongly believe that the practices of Osteopathy are based on proven scientific evidences.*



**Alberto Andorlini, PT,ATC**

Alberto is Coordinator in Chief of Rehabilitation and Training at the Training Lab. He holds many degrees: Physical Education Institute Certificate, Graduate in Science Exercise, Masseur Diploma, Diploma in Sports Massage Therapist, Athletic Trainer Certificate from Italian Soccer Federation (FIGC), Coach Level 1 Certificate from Italian Track and Field Federation (FIDAL). Formerly Therapist and Athletic Trainer at the AC Fiorentina Soccer Team, Personal Trainer for Gabriel Batistuta, a first Division Soccer player. Alberto also worked in Qatar for Al Arabi Sports Club. He worked also as a Therapist at Chelsea FC in London for two years. As Therapist is currently working at the A.C. Palermo Soccer Club. He gives lectures at the University of Florence in Exercises Science. His field of interest are the Functional Rehabilitation, Injury Prevention for Elite Athletes as well as Performance enhancement. He is author of two books on Training and Injury Prevention.

## DISCOVER THE TRAINING LAB METHOD



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