



ELENA SILVESTRI

Physiotherapist

GRADUATE

University La Sapienza, Rome
Graduate in Physiotherapy
2008

JOB TITLE

Upper Limb Physiotherapy Manager - Fisio Point

My expertise, since 14 years, consist in conservative and post surgical rehabilitation of the shoulder. As Upper Limb Physiotherapy Manager, the aim of my work is to decide, create and coordinate the rehabilitation program of the shoulder patients guiding my team in the correct direction in relation to the rehab project.

Working With Dr Giovanni Di Giacomo my experties in the rehab strategies come from ages of international experience and partnership with some of the most important surgical and rehabilitation groups. Our challenge is to provide the best rehabilitation strategies, studying and understanding the decision making process, the surgical techniques, the instruments and the new technologies in the shoulder surgical procedures.

My work consist in guarantee to the surgical team the best rehab result, tailor made on the patients, guiding my team to the correct rehab strategy.

Co Founder & Educational Manager Shoulder Academy

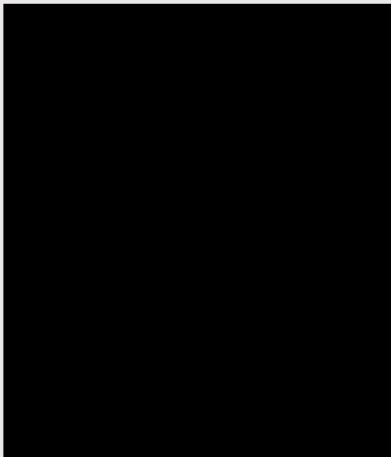
As Educational Manager in Shoulder cademy my aim is to shape Physiotherapist sharing knowledge in terms of conservative and posts surgical rehabilitation approaches. The educational program is based on the overlap concept between physiotherapy and surgery strategy in order to correct understand thes urgical techniques and modify the rehabilitation approach in relation to the specific surgical procedures.

EDUCATION

Tendinopathies: conservative and surgical approaches , CONI, Olympic Training Center Acqua Acetosa "Giulio Onesti", directed by Prof. E. Castellacci CONI, ROMA

TECAR Unibell professional certificate. Treatment of upper extremities, lower extremities and spine. TECAR UNIBELL

CONTACTS



LANGUAGES

Italian ****
English ***

KINESIO TAPING PROFESSIONAL CERTIFICATE directed by David Blow

SPECIALIZATION IN MEZIERES METHOD, directed by Jean Jaques Eden Corbanese, Rome

SPECIALIZATION COURSE "The scapula and the overhead athlete" at Shoulder Center of Kentucky, Lexington, US, direct by Prof. Ben Kibler M.D. ,SHOULDER CENTR OF KENTUKY, LEXINGTON

SAN DIEGO SHOULDER 26° MEETING directed by J.Esch M.D. San Diego Shoulder Institute, SAN DIEGO

SPECIALIZATION COURSE "What you need to know about the scapula" presso lo Shoulder Center of Kentucky, Lexington, US, directed by Prof. Ben Kibler M.D., SHOULDER CENTER OF KENTUKY, LEXINGTON

ESSKA Congress- Annual Summit ESSKA, AMSTERDAM

SPECIALIZATION COURSE "Casies and controversies in the management of the overhead atlete" shoulder Center of Kentucky, Lexington, US, directed by DOC. Ben Kibler M.D., LEXINGTON UNIVERSITY, LEXINGTON

NISC-ANNUAL INTERNATIONAL SHOULDER MEETING, NAPLES

SPECIALIZATION COURSE- MOVEMENT SYSTEM IMPAIRMENT SYNDROME: SHOULDER DISEASE- Directed by Shirley Sahrman M.D and Rosanna Baroni, P.T. NEW MASTER, ROME

NICE SHOULDER COURSE directed By Dr. Pascal Boileau M.D EUSSER, NICE

PARIS SHOULDER COURSE- Directed By Dr. L. Lafosse, M.D., PARIS

ASAP Advanced Shoulder Arthroplasy Course, Salt Lake City, UTAH HEALT UNIVERSITY OF UTAH, SALT LAKE CITY

PROFESSIONAL SUMMARY

FREELANCE PROFESSIONAL FISIOLUC SAS, ROME

My first work experience (started as a stage in the university years) was at Fisioluc, directed by Piergiorgio Luciani, P.T. , expert in shoulder rehabilitation, P.T. at the FENCING ITALIAN TEAM, and P. T. at the ATP TENNIS circuit. My role as physiotherapist was to manage and coordinate the shoulder rehab program of our patients under him directions.

STAGE OF SPECIALIZATION at the SHOULDER CENTER OF KENTUKY, directed by Dr. Ben Kibler, M.D SHOULDER CENTER OF KENTUKY, LEXINGTON

One of the most important experiences of my professional careers was the period of STAGE with Dr, Ben Kibelr and his amazing team, Dr. Aaron Sciascia, Dr. Tim Ulh and all the rehabilitation team of the shoulder center of Kentuky related to the Lexington Univeristy. Dr. Kibler is an icon an a mentor as one of the most shoulder expert in the world.

MANAGEMENT AND COORDINATION F.A.M. PHYSIOTHERAPY, ROME

My role in this work experience was to provide to the decision making project of all our patients and to manage and coordinate the work of the rehabilitation team under my personal control.

FOUNDER AND MANAGER FISIOSMART, FREGENE

From 2012to 2014I managed my first personal studio and rehabilitation team specialized in SHOULDER AND SPINE DISEASE. My role was to guide the rehabilitation strategy, coordinate all the rehab programs of our patient understanding the best tailor made strategy for each one.

The most important aim is to create a team approach with the surgeons that trusting me, give us the possibility to solve the shoulder disease of their patients.

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STAGE OF SPECIALIZATION at the Valderbild University, Tennessee, US,

Directed by DR. John Kunn, M.D. -The MOON group Valderbild University, VALDERBILD The moon group is one of the most important group in USA in surgery and rehabilitation of the shoulder. The aim of the stage was start to work together on shoulder pathology in order to cooperate in some future projects, like

PUBLICATIONS

Co-author of "Shoulder Surgery Rehabilitation", SPRINGER editor, Dr Di Giacomo M.D. and Bellachioma P.T. in cooperation with Dr. Ben Kibler, M.D. Dott. Todd Ellenbecker PhT, Dott. John Kunn, M.D., Dott. Kevin Wilk M.D. as co-authors.

ACADEMIC TENURE

09/2015

Lecturer in the Letio magistralis "Overlap tra riabilitazione e chirurgia" Magna Grecia University of Catanzaro, Lamezia Terme, ITALY

11/2016

Lecturer in the international Congress "La spalla tra riabilitazione e chirurgia", Rome, ITALY 03/2017- Lecturer as Shoulder Specialist at RAMS Master, "La Sapienza" University, Rome, ITALY

12/2017

Lecturer at the annual AIFI shoulder meeting with DR. Fabrizio Brindisino and Dr. Giovanni Di Giacomo

06/2018

Lecturer at the OSTRAVA UNIVERSITY, as expert in shoulder rehabilitation, Rome, ITALY

05/2019

Lecturer as Shoulder Specialist at RAMS Master, "La Sapienza" University, Rome, ITALY

11/2019

Lecturer in the Letio magistralis "The role of the rehabilitation in shoulder disease", La Sapienza University, Rome, ITALY

10/2021

Lectures in "The Battle" VIII International Sport Traumatology Congress, Grand Hotel Castrocara Terme, ITALY