



Andrea Fusco

Domain expert

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Education and training

2007

Basic Degree in Physiotherapy

Classification and assessment of the risk factors to develop sport related shoulder pathologies- Classificazione e valutazione dei fattori di rischio patopredisponenti per la spalla dello sportivo

University of Insubria - Varese - IT

2005

O.M.T. ORTHOPEDIC MANIPULATIVE THERAPIST Post-graduate

Correlation between cervical and Temporo-mandibular-joint symptoms

Università di Genova - Genoa - IT

2002

Master degree in Motor Sciences

Shoulder Impingement syndrome comparison of isokinetics data between healthy and pathological athletes-Sindrome da impingement alla spalla confronto fra dati isocinetici di atleti sani e patologici-

University of Turin (SUISM) - Turin - IT

1996

D.U.E.C.K.S. (Diplome Universitaire d'Etudes Complementaires en Kinésithérapie du Sport-University Diploma of Complementary Studies in Sports Physiotherapy

Un cas de luxation gléno-huméral chez un joueur professionnel de water-polo / Clinical case gleno-humeral luxation of a professional water polo player

University of Nice-Sophia Antipolis - Nice - FR

1994

Master degree (Maîtrise) in Sciences and techniques of the physical and sport activities - ('Sciences et techniques des activités physiques et sportives')

Impingement syndrome de l'épaule en joueurs de water-polo

University 'Claude Bernard' - Lyon - FR

Academic experience

2020 - ONGOING

Lecturer in Physical Medicine and Rehabilitation- Consultant

University of Genoa DINOGMI Department of Neurosciences Rehab - Genoa -
Genova - IT

Lecturer- Teaching and examinations

2008 - 2012

Coordinator of Post-graduate Education in Sports and performing arts Physiotherapy Consultant Faculty of Medicine (Campus of Savona) Savona

University of Genoa (S.P.E.S. Campus of Savona) - Savona - IT

Didactical management Teaching Examinations Work experience
management

2003 - ONGOING

Lecturer in Biomechanics in Basic Degree in Physiotherapy Consultant Ophthalmology and Maternal-Fetal Medicine Genoa Italy16132 Largo Paolo Daneo 3 T

University of Genoa DINOGMI Department of Neurosciences Rehab - Genoa
- IT

Teaching Examinations

2002 - 2007

Lecturer in Rehabilitation of musculoskeletal disorders- Consultant

University of Genoa S.P.E.S. - Savona - IT

Teaching Examinations Teacher's Education Work experience Tutor

1997 - 1998

Lecturer in Muscular reinforcementD.U.E.C.K.S. (Diplome Universitaire dEtudes Complementaires en Kinésithérapie du Sport) -University Diploma of Complementary Studies in Sport Physiotherapy Post-graduate

University of Nice-Sophia Antipolis - Nice - FR

Teaching Examinations

Work experience

1990 - ONGOING

Free professional Orthopaedic Manipulative Therapist Sport's Physical Therapist.

My own - Genova - Genova - IT

I have an extensive experience in sports and performing arts injury

prevention and management. I have specific sports related experiences in Winter Sports Martial arts Sailing Volley-ball

2014 - ONGOING

Teacher of Manual Therapy and Neurodynamics-Consultant

Fisiokinesis s.r.l. Enterprise of Post graduate Education and Continuing vocational training www.ecm-fisioterapisti.it - Milano- Milan - IT
Teaching Examinations

1981 - ONGOING

Ski instructor

Ski school La Thuile - La Thuile (Aoste) - IT
Teaching

Language skills

German

Proficient

French

Proficient

English

Independent

Ancient Greek

(to 1453)

Independent

Latin

Proficient

Teaching activity

- From 2008 to 2012: Course's **Coordinator** of Post-graduate Education in Sports and performing arts Physiotherapy (Campus of Savona)

Consultant: S.P.E.S. -University of Genoa, Faculty of Medicine (Campus of Savona), Savona, Italy, 2 Via Magliotto -.

<https://spes-savona.it/index.html>

- From 2003 to today: **Lecturer** in 'Biomechanics' in Basic Degree in Physiotherapy

Consultant: University of Genoa, DINOGMI Department of Neurosciences, Rehabilitation, Genoa, Italy,16132, Largo Paolo Daneo, 3,

Tel: (+39) 010 353 7040

info.dinogmi@gmail.com

Type of employment:

Lecturer.

<https://unige.it/off.f/2018/ins/24670.html>

Principal duties and responsibility

Teaching, examinations.

- From 2000 to 2007 **Lecturer** in 'Master in rehabilitation of musculoskeletal disorders',
- **Tutor** of Clinical Practice

Consultant: S.P.E.S. -University of the studies in Genoa, Faculty of

Medicine (Campus of Savona), Savona, Italy, 2 Via Magliotto -.

<https://spes-savona.it/index.html>

Principal duties and responsibility Teaching, examinations,
tutoring of clinical practice

Postgraduate research and teaching activity

Postgraduate (PhD) teaching activity

- From 2020 to today **Lecturer** in Physical Medicine and Rehabilitation

Consultant: University of Genoa, DINOGMI Department of Neurosciences, Rehabilitation, Ophthalmology and Maternal-Fetal Medicine, 16132 Genoa Italy, Largo Paolo Daneo, 3,
Tel: (+39) 010 353 7040
info.dinogmi@gmail.com

Research interests

as Free-lance researcher, since 1999

A method to assess and to improve the function in sports activities by spiral motion models

Biomechanical studies demonstrate the spiral motor pattern as a common functional pattern in elite sports performance. The effectiveness of the spiral motor pattern requires the presence of a rotational component in order to utilize short lever mechanisms over that of the long lever. This includes the ability to produce internal forces and control the external forces. In addition, the de-coupling ability between lower and upper quadrants (pelvic girdle and shoulder girdle) is required.

The spiral model is useful in assessing the load distribution between the body structures and in reaching the optimal de-coupling of these girdles. The spiral model is also useful in detecting any weakness the athlete may have in stability, mobility, motor control, energy production or inertial forces management.

Grants

1999 - ONGOING

PHT Project- Performance-Health-Therapy

as Free-lance researcher - IT

Participant

Main topics of this PHT PROJECT™ laboratory, related to a biopsychosocial model – according to International Classification for Functioning World Health Organization (ICFWHO) – are kinematics, functional anatomy, musculoskeletal physiology, neurophysiology, physical education, sport techniques.

How to assess and to improve the function in sports activities by spiral motion models

Biomechanical studies demonstrate the spiral motor pattern as a common

functional pattern in elite sports performance. The effectiveness of the spiral motor pattern requires the presence of a rotational component in order to utilize short lever mechanisms over that of the long lever. This includes the ability to produce internal forces and control the external forces. In addition, the de-coupling ability between lower and upper quadrants (pelvic girdle and shoulder girdle) is required. The spiral model is useful in assessing the load distribution between the body structures and in reaching the optimal de-coupling of these girdles. The spiral model is also useful in detecting any weakness the athlete may have in stability, mobility, motor control, energy production or inertial forces management.

Editorial activity

Speaker in international Congresses

1. 10th Interdisciplinary World Congress on Low Back and Pelvic Girdle Pain- APPLYING THE EVIDENCE TO REDUCE DISABILITY- 1 Nov 2019. A. Fusco, Workshop: An innovative method to assess and to improve the Lumbo-pelvic function in sports activities by spiral motion models <http://www.worldcongresslbp.com/workshops/friday-november-1st/workshop-10/>
2. Nice Shoulder Course Rehab 1-2 June 2018 A. Fusco, M. Testa Une approche fonctionnelle a la rééducation du contrôle moteur du membre supérieure. A functional approach to the rehabilitation of the upper quadrant motor control <http://nice-shoulder-course-rehab.com/>
3. 5th International S.I.A. meeting Sessione Physiotherapists “La fisioterapia conservativa e post-chirurgica di spalla fra controllo motorio e riparazione tissutale” Trieste 16 giugno 2012 Dalla valutazione alla riabilitazione del quadrante superiore: l'efficacia delle catene cinetiche, dei pattern di movimento, del tono muscolare <http://www.siaonline.it>
4. 42nd EUCEN conference, 16-18 November 2011 Genoa, ITA, 'Bridging the gaps between learning pathways', Workshop: 'Lifelong Learning in Italy' <http://www.perform.unige.it/eucen/index.html>
5. Sportphysiokongress 2011 – Salzburg (AU), 12-12 November 2011 update physio 8: 'präventionsmassnahmen bei rückschlagsportarten am beispiel volleyball', workshop 4: präventionstraining im volleyball , <http://www.uni-salzburg.at/spo/sportphysiokongress2011>
6. Acpsm (Association of Chartered Physiotherapists in Sports and Exercise Medicine) conference, hosted in Cardiff (UK) University, 1st 2nd July 201 Physios in sports – promoting excellence: Prevention and management of shoulder injury in sport, <http://theedinburghphysiospace.blogspot.com/2011/07/andrea-fusco-alternative-means-of.html>

Assignments abroad

1997 **Lecturer** in Muscular reinforcement,
D.U.E.C.K.S. (Diplome Universitaire d'Etudes Complementaires en
Kinésithérapie du Sport), (University Diploma of Complementary Studies in
Sport Physiotherapy) University of Nice-Sophia Antipolis Fra, Post-
graduate Course
Principal duties and responsibility Teaching, examinations.

Other professional activities

- From 2014 to today **Teacher** of Manual Therapy and Neurodynamics,
Fisiokinesis s.r.l., ITA, Enterprise of Post graduate Education and
Continuing vocational training Principal duties and responsibility:
Teaching,
examinations <http://www.ecm-fisioterapisti.it/corsi-ecm/terapia-manuale-ortopedica/>
- From 1982 to today, **Ski instructor**, La Thuile ski school (AO), ITA