



סילבוס ופרטים נוספים

קורס שיקום פציעות ספורט ייעודי

Sports Specific Rehabilitation Course
בהנחיית: **Dr. Robert Donatelli PT, PhD, OCS** (ארה"ב)

18-19.12.2011 (08:30-17:30), במרכז הרפואי תל אביב (איכילוב)

Day one

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|----------|---|
| 8:30 am | Introduction |
| 9:00 am | Normal Muscle Physiology as it relates to strength training |
| 10:30 am | Break |
| 10:45 am | Shoulder Mechanics and Forces in the Overhead Throwing Athlete Instability, Impingement, Rotator Cuff Tears, Scapula Dysfunction |
| 12:30 pm | Lunch - on your own |
| 1:00 pm | Lab-Shoulder evaluation Scapula and Humerus Joint and Muscle tests |
| 3:00 pm | Break |
| 3:15 pm | Lab-Shoulder Special Tests-Video Case Study |
| 4:00 pm | Manual therapy techniques for the shoulder and strength training exercises for the overhead throwing athlete |
| 5:00 pm | Adjourn |

Day Two

| | |
|----------|---|
| 8:30 am | Anatomy of the CORE |
| 10:30 am | Break |
| 10:45 am | Keys to Developing a Strength Training Program- Periodization, Explosive Weight Training, eccentric exercise |
| 11:45am | Neuromuscular Training in the Athlete |
| 1:15 pm | Lunch - on your own |
| 1:45 pm | Lab Evaluation of the CORE – Balance assessment – Agility testing DVD case presentation of evaluation and exercises for balance and strengthening |
| 5:30 pm | Adjourn |

* התכנים כפופים לשינויים.



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מערכות אימון מתקדמות



מכשיר שיקום מתקדם



מובילים ב רפואת ספורט טייפ רפואי-קינזיולוגי



ציוד לשיקום אקטיבי



מכשירי כושר



קורות חיים מפורטים – DR. ROBERT DONATELLI, PT PhD



Dr. Donatelli is presently part of a team that will be consulting with the Chinese National Training Center in Beijing China. They will be working with **14 Olympic teams** in the rehabilitation of injuries, development of prevent programs and the initiation of sports performance enhancement programs over the next four years.

Since May of 2001 to 2008, Dr. Donatelli has been the physical therapist working with **Andy Roddick** – ranked in the top 10 on the ATP tour. Responsibilities include evaluation of Andy's injuries and development of in season and off-season conditioning and strengthening programs.

Dr. Donatelli was the Director of Medical Services for the **Champions Tennis Tour** (over 35 professional tennis players) that was also the Masters Tour for ATP 1995-2001. Responsibilities included: organization and treatment of musculoskeletal injuries sustained by the tennis professional playing on tour. Coordinate medical services with local physicians to provide medical coverage for the players. **Jimmy Connors** and **John MacEnroe** were among the players on the Champions Tennis Tour. Physical Therapist for the **ATP tour**, Mexico City and the Lipton ATP tennis tournaments in 1996, Germany Open 1997, AT&T Challenge in Atlanta 1985-1999.

From January 2004 Dr. Donatelli has worked on tour with the **PGA** for 6 months. For the past two year Dr. Donatelli was responsible for the development a performance enhancement program for the PGA players. In 2007 Dr. Donatelli traveled on the **LPGA tour** for two weeks and has worked with several professional golfers including Natalie Gublis, Amy Hung, Kim Hall and Fred Funk.

Dr. Donatelli served as a member of the **PBATS** (Professional Baseball Athletic Trainers Society) Research Committee from 1996-2001. In addition, he has served as a physical therapy consultant to the Montreal **Expos**, **Philadelphia Phillies**, and **Milwaukee Brewers** baseball teams.

Dr. Donatelli has worked with **numerous professional athletes** including Marquis Grissom (San Francisco Giants), Michael Barrett (Chicago Cubs), Brian Jordan (Atlanta Braves), Dale Murphy (Atlanta Braves), Tony Armis (Montreal Expos), Terrance Newman (Dallas Cowboys), Matt Stenchcome (Tampa Bay Buccaneers), David Riske (Milwaukee Brewers), Tyronn Lue (Orlando Magic) Dahntay Jones (Indiana Pacers), Tayshaun Prince (Detroit Pistons) Marcus Banks (Toronto Rapers), Al Harrington (New Knicks) and many more.

Dr. Donatelli has published **three textbooks** – Physical Therapy of the Shoulder 5th Ed, Orthopedic Physical Therapy 4thed Biomechanics of the Foot and Ankle 2nd Ed and Sports Specific Rehabilitation 1st. Dr. Donatelli has published **over 25 articles** in peer review journals.

Dr. Donatelli lectures throughout the **United States, Canada, England, Iceland, Ireland, China, Scotland, Australia**, and lectured at the Swedish Foot and Ankle Society. Dr. Donatelli has been the keynote speaker for the Romanian Physical Therapy Association for 2003 – 2007. Dr. Donatelli has been invited to speak in Italy, in 2010, at the International Conference on Manual Therapy and Exercise.



Specialty: Physical Therapist

Subspecialties: Certified Orthopedic Specialist

Education and Experience:

Undergraduate Degree- Long Island University

Master's Degree- Adelphi University

PhD in Physical Therapy- New York University

Doctoral Degree- Walden University

Professional Affiliation:

Robert Donatelli, PhD, PT, OCS serves as a:

- . National Director of Sports Specific Rehabilitation
- . National Director of Performance Enhancement Programs
- . Physical Therapy Consultant- Chinese Olympic National Training Center, Beijing China
- . Former Director of Medical Services- Champions Tennis Tour
- . Physical Therapist- Andy Roddick (2001-2008)
- . Physical Therapist- PGA and LPGA Tour, 2004
- . Research Committee- Pro. Baseball Athletic Trainers Society, 1996-2001
- . Physical Therapy Consultant- Montreal Expos Baseball Team
- . Physical Therapy Consultant- Philadelphia Phillies Baseball Team
- . Physical Therapy Consultant- Milwaukee Brewers Baseball Team

Selected Publications:

Published Textbooks:

Physical Therapy of the Shoulder, 5th Edition

Orthopedic Physical Therapy, 4th Edition

Biomechanics of the Foot and Ankle, 2nd Edition

Sports Specific Rehabilitation, 1st Edition

Published over 25 articles in peer review journals

Selected Presentations:

Lectures throughout the United States, Canada, England, Iceland, Ireland, China, Scotland, Australia.
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