








PERSONAL INFORMATION

Dr Francesco Della Villa, Medical Doctor
Sport & Exercise Medicine Physician



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 drdellavilla
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 Sex Male | Date of birth 30/10/1988 | Nationality Italian

WORK EXPERIENCE

Dec 2018-Current

Education and Research Department, Isokinetic Medical Group, FIFA Medical Centre of Excellence

Isokinetic Bologna Clinic, Isokinetic Medical Group, FIFA Medical Centre of Excellence

Education and Research Department, Isokinetic Medical Group, FIFA Medical Centre of Excellence lead by Dr G.S. Roi

Via Casteldebole 8/4 40132 Bologna Italy www.isokinetic.com

- Head of Clinical Research & Development
- Clinical activity Isokinetic Bologna (Movement Analysis Testing)

Business or sector Orthopaedic and Sports Rehabilitation, Clinical research and translational medicine

Jan 2018- Dec 2018

Internship as a resident in Sport Medicine as part of a Clinical & Research Fellowship (Fourth year rotation)

Department of Bio kinesiology and PT at University of Southern California, Los Angeles CA, USA, headed by Prof Christopher Powers PT, PhD

Movement Performance Institute, Los Angeles, CA, USA, headed by Prof Christopher Powers PT, PhD

Cedar Sinai Kerlan-Jobe institute, Santa Monica, CA, USA headed by Bert Mandelbaum MD

- Researcher

Business or sector Clinical Orthopaedics & Biomechanics and Functional Evaluation

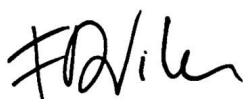
April 2017- Dec 2017

Internship as a resident in Sport Medicine (Third year rotation)

Istituto Ortopedico Rizzoli, U.O Ortopedia e Traumatologia, Headed by Prof. Zaffagnini

- Resident physician

Business or sector Orthopaedics & Sport Medicine



Jan 2017-March 2017

Internship as a resident in Sport Medicine (Third year rotation)

U.O. Medicina dello Sport Casalecchio di Reno, Headed by Dr. Sgarzi

Ospedale Sant'Orsola Malpighi, U.O. Terapia intensiva Cardiologica (TIC), Headed by Prof. Rapezzi

- Resident physician

Business or sector Sport Medicine and Cardiology

June 2016-Dec 2016

Internship as a resident in Sport Medicine (Second year rotation)

Ospedale Sant'Orsola Malpighi, U.O. Pronto soccorso e Medicina d'Urgenza. Headed by Dr. Cavazza

- Resident physician

Business or sector Emergency Medicine

Dec 2015-June 2016

Internship as a resident in Sport Medicine (Second year rotation)

Istituto di Medicina dello Sport Bologna, Italy headed by Dr. Drago

- Resident physician

Business or sector Sport Medicine

June 2015-Dec 2015

Internship as a resident in Sport Medicine (first year rotation)

Ospedale Sant'Orsola Malpighi. U.O. Semeiotica Medica, headed by Prof. M. Bernardi

- Resident physician

Business or sector Internal Medicine

Dec 2014-June 2015

Internship as a resident in Sport Medicine (first year rotation)

Istituto di Medicina dello Sport Bologna, Italy headed by Dr. Drago

- Resident physician

Business or sector Sport Medicine

Jan 2011- Dec 2014

Internship as a medical student and physician

Isokinetic Medical Group, FIFA Medical centre of excellence, Education and research department Bologna, Italy headed by Dr. Giulio Sergio Roi MD

Isokinetic London, local director Michael Davison

- Scientific Investigator (particularly applied to functional recovery after knee injuries/ACL injuries)

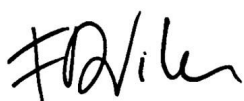
Business or sector Sport Medicine and Orthopaedic rehabilitation

October 2013

Internship as a physician

Santa Monica Orthopaedic and Sport Medicine Group (SMOG) FIFA Medical centre of excellence Santa Monica, CA USA headed by Bert R. Mandelbaum MD

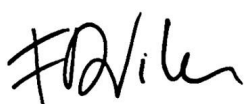
- Visiting Physician



<p>July 2012</p>	<p>Business or sector Orthopaedic surgery and Sport Medicine, Injury prevention programmes</p> <p>Internship as a medical student</p> <p>UCL University College of London, London UK headed by Prof Fares Haddad</p> <ul style="list-style-type: none"> ▪ Visiting student <p>Business or sector Orthopaedic surgery and Sport Medicine</p>
<p>July-August 2011</p>	<p>Internship as a medical student</p> <p>Aspetar sport medicine hospital, FIFA Medical centre of excellence, Doha, Qatar with Dr. Cristiano Eirale MD</p> <p>Unisport SportMed, FIFA Medical centre of excellence, Auckland, New Zealand headed by Dr. Tony Edwards MD</p> <ul style="list-style-type: none"> ▪ Visiting student <p>Business or sector Sport Medicine and rehabilitation</p>

EDUCATION AND TRAINING

<p>Jan 2018 - Dec 2018</p>	<p>Research fellowship</p> <p>Department of Bio kinesiology and PT at University of Southern California, Los Angeles CA, USA, headed by Prof Christopher Powers PT, PhD</p> <p>Movement Performance Institute, Los Angeles, CA, USA, headed by Prof Christopher Powers PT, PhD</p> <p>Cedar Sinai Kerlan-Jobe institute, headed by Bert Mandelbaum MD</p> <ul style="list-style-type: none"> ▪ Movement mechanics and strength testing in return to play decision; risk factors (biomechanical and genetic) for non-contact ACL injuries
<p>Dec 2014 - Dec 2018</p>	<p>Post graduate course (residency) in Sport and Exercise Medicine</p> <p>Alma mater studiorum university of Bologna, post-graduate school in Sport and Exercise Medicine, director Prof. Franco Trevisani MD, PhD</p> <ul style="list-style-type: none"> ▪ Clinical Sport Medicine (pre-season screening evaluation, internal medicine, emergency, orthopaedic sport medicine) ▪ Specialization acquired on 10/12/2018 with an evaluation of 110/110 cum laude (with merit) presenting the experimental thesis entitled “Qualitative movement analysis assessment can predict 2nd ACL injury risk after anterior cruciate reconstruction and return to sport” discussed with Prof. F.Trevisani MD, PhD
<p>Oct 2007- Jun2013</p>	<p>Faculty of Medicine, school of Medicine and Surgery.</p> <p>Alma mater studiorum, University of Bologna, Bologna Italy</p> <ul style="list-style-type: none"> ▪ Graduation acquired on 13/6/2013 with an evaluation of 110/110 cum laude (with merit) presenting the experimental thesis entitled “Rehabilitation following anterior cruciate ligament reconstruction (ACL): predictors of early-medium term result” discussed with Prof. F.Trevisani MD, PhD and Dr. GS Roi MD



PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	C1	B2	B2	C1

Communication skills

- Good communication skills acquired through many years of preparing and delivering educational activities internally and externally to the company. I am a very good conference speaker and enjoy this part of my work. Able to work in a team and communicate to small, medium, and large groups of people, adjusting the modality. International profile with strong link into the world sports medicine landscape. Able to deal with different professionals, from physical therapist to orthopaedic surgeons. Able to deal with different modalities, included the Virtual modalities.

Organisational / managerial skills

- Good managerial skills, in charge of different groups of people. I believe in innovation and continuous development. Experience in translating innovations into the real-world scenario, from the ideation, through the educational aspects until the management control of the services. Very good experience in planning, creating, and managing educational processes (from internal staff education to conferences scientific programs). I believe in hard work and my preferred motto is “maximum commitment always pays off”. I try to create groups of people that follow the same approach in the pursuit of the company mission, through the company vision.
I like problem solving and I like to deal with emergency situations.

Computer skills

- Very good command of Microsoft Office™ tools. Very good command of Microsoft Word, Excel and Power point
- Good command of Stata 12

Hobbies and family

Active man. In the past I played football (soccer) for more than fifteen years (until the age of 19). Recreational runner, at the age of 19 I have run the NYC marathon. Lover of the nature, I am a passionate saltwater fisherman. I appreciate the art and the beauty in general. I have a passion for drawing and graphics, that I often use in the presentations (Art and Science)
I divide my life into work and family, I am married and happy father of one boy.

ADDITIONAL INFORMATION

Scientific activity

My scientific activity is in line with the Education and Research Department of Isokinetic Medical Group. The main area of research are sports injuries and in detail knee injuries and anterior cruciate ligament (ACL) injuries. From Injury mechanism studies to complex clinical outcomes studies the goal of the body of research is to optimize the treatment of this severe sports injuries. We have international collaborations, aiming to exchange culture and communicate the best evidence-based approach to sports injuries. The scientific activity is always planned considering a

possible application in the clinical practice (translational medicine).

I am member of different scientific societies and organizations, listed in a section below.

Presentations

Invited lecturer to the most important national and international conferences in the field of sports medicine. Participated as speaker in dozens of conferences all around the world. The main themes of the lectures are:

- Return to play after ACL reconstruction.
- Return to play after knee cartilage procedures.
- Second ACL injury prevention through movement analysis and neuromuscular training.
- ACL injury mechanism

Publications

- **Paper. Della Villa F**, Straub RK, Mandelbaum B, Powers CM. Confidence to Return to Play After Anterior Cruciate Ligament Reconstruction Is Influenced by Quadriceps Strength Symmetry and Injury Mechanism. *Sports Health*. 2021 Feb 3:1941738120976377. doi: 10.1177/1941738120976377.
- **Paper.** Grassi A, Caravelli S, Fuiano M, D'Hooghe P, Filippini M, **Della Villa F**, Mosca M, Zaffagnini S. Epidemiology of Achilles Tendon Rupture in Italian First Division Football (Soccer) Players and Their Performance After Return to Play. *Clin J Sport Med*. 2021 Feb 1. doi: 10.1097/JSM.0000000000000879.
- **Paper.** Buckthorpe M, Danelon F, La Rosa G, Nanni G, Stride M, **Della Villa F**. Recommendations for Hamstring Function Recovery After ACL Reconstruction. *Sports Med*. 2021 Apr;51(4):607-624.
- **Paper. Della Villa F**, Buckthorpe M, Grassi A, Nabiuzzi A, Tosarelli F, Zaffagnini S, Virgile A, Della Villa S. Infographic. Systematic video analysis of ACL injuries in professional male football (soccer): injury mechanisms, situational patterns and biomechanics study on 134 consecutive cases. *Br J Sports Med*. 2020 Oct 19: bjsports-2020-103241. doi: 10.1136/bjsports-2020-103241.
- **Paper.** Grassi A, Tosarelli F, Agostinone P, Macchiarola L, Zaffagnini S, **Della Villa F**. Rapid Posterior Tibial Reduction After Noncontact Anterior Cruciate Ligament Rupture: Mechanism Description From a Video Analysis. *Sports Health*. 2020 Sep/Oct;12(5):462-469. doi: 10.1177/1941738120936673.
- **Paper. Della Villa F**, Buckthorpe M, Grassi A, Nabiuzzi A, Tosarelli F, Zaffagnini S, Della Villa S. Systematic video analysis of ACL injuries in professional male football (soccer): injury mechanisms, situational patterns and biomechanics study on 134 consecutive cases. *Br J Sports Med*. 2020 Dec;54(23):1423-1432. doi: 10.1136/bjsports-2019-101247.
- **Paper.** Buckthorpe M, Tamisari A, **Della Villa F**. A ten task-based progression in rehabilitation after acl reconstruction: from post-surgery to return to play: a clinical commentary. *Int J of Sports Phys Ther* 15(4):611-623 Follow journal. doi: 10.26603/ijsp20200611
- **Paper.** Grassi A, Macchiarola L, Lucidi GA, Stefanelli F, Neri M, Silvestri A, **Della Villa F**, Zaffagnini S. More than a 2-fold risk of contralateral anterior cruciate ligament injuries compared with ipsilateral graft failure 10 years after primary reconstruction. *Am J Sports Med*. 2020. <https://doi.org/10.1177/0363546519893711>
- **Paper.** Grassi A, Macchiarola L, Filippini M, Lucidi GA, **Della Villa F**, Zaffagnini S. Epidemiology of anterior cruciate ligament in Italian First Division soccer players. *Sports Health*. 2020;12(3):279-

88.

- **Paper.** Buckthorpe M, Pirotti E, **Della Villa F.** Benefits and use of aquatic during rehabilitation after ACL reconstruction – a clinical commentary. *Int J Sports Phys Ther.* 2019;14(6): 978-993.
- **Paper.** Buckthorpe M, Stride M, **Della Villa F.** Assessing and treating gluteus maximus weakness: a clinical commentary. *Int J Sports Phys Ther.* 2019;14(4):655–69
- **Paper.** Buckthorpe M, **Della Villa F,** Della Villa S, Roi GS. On-field rehabilitation part 2: On-field Rehabilitation Part 2: A 5-Stage Program for the Soccer Player Focused on Linear Movements, Multidirectional Movements, Soccer- Specific Skills, Soccer-Specific Movements, and Modified Practice. *J Orthop Sports Phys Ther.* 2019; 49:470-575.
- **Paper.** Buckthorpe M, **Della Villa F,** Della Villa S, Roi GS. On-field rehabilitation part 1: 4 pillars of high-quality on-field rehabilitation are restoring movement quality, physical conditioning, restoring sport-specific skills, and progressively developing chronic training load. *J Orthop Sports Phys Ther.* 2019; 49:565-569.
- **Paper.** Buckthorpe M, **Della Villa F.** Optimising the 'mid-stage' training and testing process after ACL reconstruction. *Sports Med.* 2019 Nov 28. doi: 10.1007/s40279-019-01222-6.
- **Paper.** **Della Villa F,** Andriolo L, Ricci M, et al. Compliance in post-operative rehabilitation is a key factor for return to sport after revision anterior cruciate ligament reconstruction. *Knee Surg Sports Traumatol Arthrosc.* 2019 Aug 3. doi: 10.1007/s00167-019-05649-2.
- **Paper.** Buckthorpe M, La Rosa G, **Della Villa F.** Restoring knee extensor strength after anterior cruciate ligament reconstruction: a clinical commentary. *Int J Sports Phys Ther.* 2019;14(1):159–72
- **Paper.** **Della Villa F,** Mandelbaum B, Lemak L. The Effect of Playing Position on Injury Risk in Male Soccer Players: Systematic Review of the Literature and Risk Considerations for Each Playing Position. *AJO* 10/2018
- **Paper.** Andriolo L, Filardo G, Kon E, Ricci M, **Della Villa F,** Della Villa S, Zaffagnini S, Marcacci M. Revision anterior cruciate ligament reconstruction: clinical outcome and evidence for return to sport” *KSSTA* 2015
- **Paper.** **Della Villa F,** Ricci M, Perdisa F, Filardo G, Gamberini J, Caminati D, Della Villa S. Anterior cruciate ligament reconstruction and rehabilitation: predictors of functional outcome”. *Joints* 2016
- **Book (monography).** Krutsch, W., Mayr, H.O., Musahl, V., Della Villa, F., Tscholl, P.M., Jones, H. Injury and Health Risk Management in Sports A Guide to Decision Making: A Guide to Decision Making. Springer Ed. doi: 10.1007/978-3-662-60752-7. ISBN: 978-3-662-60751-0.
- **Book chapter:** **Della Villa F,** Della Villa S, Buckthorpe M. A Biomechanical Perspective on Rehabilitation of ACL Injuries in Basketball. *Basketball Sports Medicine and Science* 2020. 10.1007/978-3-662-61070-1_57
- **Book chapter:** Della Villa F, Gastaldo Marco, Buckthorpe, Matthew. Prevention Strategies in Traumatic and Overuse Injuries. *Injury and Health Risk Management in Sports A Guide to Decision Making: A Guide to Decision Making* 2020. 10.1007/978-3-662-60752-7_11.
- **Book chapter:** Della Villa S, Ricci M, Della Villa F. Conservative treatment for cartilage lesions: rehabilitation and reconditioning. *Sigascot Cartilage e-book* 2015
- **Book chapter:** Della Villa S, Della Villa F, Fazzini D, Ricci M. Rehabilitation and return to sport.

Sigascot Cartilage e-book 2015.

- **Book chapter:** Nanni G, Della Villa F, Ricci M, Rizzo D, Della Villa S Hamstring injuries. Football Traumatology II ed. 2016
- **Book chapter:** Della Villa S, Della Villa F, Ricci M, Respizzi S. New trends in rehabilitation. Football Traumatology II ed. 2016
- **Book chapter:** Della Villa S, Ricci M, Della Villa F, Bizzini M. Implementation of prevention in sports. Prevention of injuries and overuse in sports. ESSKA book. 2016
- **Book chapter:** Della Villa S, Della Villa F, Ricci M, Tsapralis K. Rehabilitation and return to sport. Surgery of the meniscus. ESSKA book 2016
- **Book chapter:** Della Villa F, Andrade R, Pereira Castro A, Cassiano Neves M. Apophysitis. Injuries and Health Problems in Football. ISAKOS book 2017
- **Book chapter:** Della Villa S, Della Villa F, Ricci M, Doral MN, Gasbarro G, Musahl V. ACL Risk of Reinjury: When Is It Safe to Return (Time or Criteria). Injuries and Health Problems in Football 2017
- **Book chapter:** Boldrini L, Danelon F, Della Villa F, Della Villa S. Non operative Treatment of Patellofemoral Joint. The Patellofemoral Joint 2014 Isakos book
- **Book chapter:** Boldrini L, Danelon F, Della Villa F, Della Villa S. Patellofemoral Postoperative Rehabilitation The Patellofemoral Joint 2014 Isakos book

Membership

FIFA Medical. Member of the FIFA Medical Advisory board for the FIFA Medical centre of excellence.

ESSKA member (2014-current). ESSKA/ESMA board member (2018-current)

ICRS (International Cartilage Repair Society) member (2015-current),

ISAKOS member (2015-current)

Football Science Institute (FSI) professor

Editorial board of Video Journal of Sport Medicine (SAGE publishing)

Reviewer for:

- American Journal Sports Medicine (AJSM)
- British Journal Sports Medicine (BJSM)
- Orthopaedic Journal Sports Medicine (OJSM)
- Science and Medicine in Football
- Knee Surgery Sports Traumatology Arthrosc. (KSSTA)
- Journal of Experimental Orthopaedics (JEO)

Autorizzo il trattamento dei miei dati personali ai sensi del D.lgs.196/2003 e del Regolamento UE 679/2016

Dr Francesco Della Villa MD

