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# Osteopathy and Sport

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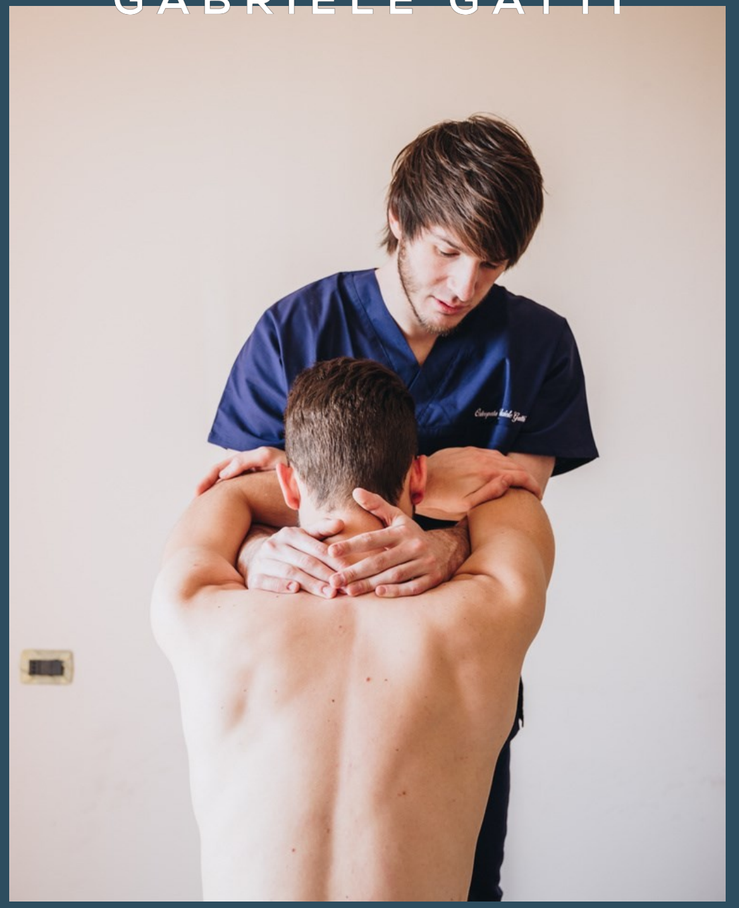
# About me:

GABRIELE GATTI

- Osteopath Graduated from ICOM Cinisello Balsamo in 2018 with the title M.Ost RQ
- Registered with the British G.Os.C. since 2018
- Graduated in MCB in 2016
- Since 2018, I have been working at CCFO ICOM as a lecturer and, since 2021, as Clinical Internship Coordinator
- I work at my private practice in Meda (MB).



# Clinical internship activities for ICOM students

At ICOM COLLEGE, I coordinate osteopathy students who:

- Undertake **supervised clinical training**
- Work **free of charge** during the Spring Cup
- Support **all participating athletes**

For home teams:

- **Weekly ongoing** osteopathic monitoring
- Prevention and management of overload during the season

A sustainable model that combines **health, sport and professional growth**.

# The importance of osteopathy

Competitive sport exposes athletes to:

- high training loads
- repetition of complex technical movements
- continuous mechanical and neuromuscular stress

Osteopathy, when incorporated into a multidisciplinary sports context:

- improves musculoskeletal function
- reduces pain
- promotes functional recovery

Frank et al., 2014
Licciardone et al., 2016

# Functions of Osteopathy in Sport

**Fundamental role in competitive sport**

### Musculoskeletal improvement

Osteopathy promotes **optimal musculoskeletal function**, helping athletes maintain high performance and prevent injuries through mobilisation and manipulation techniques.

### Pain reduction

Through a specific approach, osteopathy helps **reduce** musculoskeletal **pain**, allowing for faster recovery and improved quality of life for athletes.

### Recovery support

Osteopathy offers **effective support for functional recovery**, facilitating a return to sporting activity and improving the overall well-being of athletes after an injury.

Swain et al., 2018
McPoil et al., 2015

# Injury Prevention in Skating

Osteopathy focuses on improving neuromuscular control and proprioception, reducing the risk of overload and compensation injuries, which are essential for synchronised skating and optimal performance.

# Integrated osteopathic intervention in injuries

In the event of trauma or overload:
osteopathy **complements** medical and physiotherapy treatment by working on:

- Joint mobility
- Myofascial tension
- Compensatory adaptations

The objectives of the osteopath, in collaboration with the athletic trainer, are:

- Encouraging a return to sport
- Reducing the risk of recurrence
- Supporting functional recovery

# Osteopathic intervention and performance

**Complementary support in sports recovery**

Osteopathy **does not directly increase performance**, but:

- reduces pain and dysfunction
- improves training continuity
- promotes better quality of movement

**Training** continuity remains one of the main predictors of performance in complex sports such as ice skating.

Bishop et al., 2014

# Educational value

**Integrating osteopathy and sport**

Integrating osteopathic training with sports creates opportunities to **support athletes**, improve performance, and strengthen ties with the local community through meaningful events.

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