

The Success of Andrea Magini- Head of Rehabilitation & Injury Prevention

An international benchmark in elite rehabilitation and injury prevention

BOCA RATON, FL, UNITED STATES, February 6, 2026 /EINPresswire.com/ -- The success of Andrea Magini – Head of [Rehabilitation & Injury Prevention](#)

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Rehabilitation is not just treatment; it's a continuous, measurable process integrating physiotherapy, gym work, prevention and psychological support”

Andrea Magini

In today's professional sport environment, where performance, prevention and athlete welfare must coexist under constant pressure, [sports physical therapy](#) is no longer a secondary support role but a strategic pillar. Andrea Magini, Head of Rehabilitation & Injury Prevention, represents one of the most advanced international expressions of this modern approach.

His career originates from a genuine passion for sport, transformed early on into a clear professional pathway. After earning his degree and completing a two-year postgraduate Master's in Sports Physical Therapy, Magini immediately directed his career toward hands-on work in highly competitive, multicultural environments, where scientific rigor must translate into fast and responsible decision-making.

Over the years, he has built high-level experience across clubs, federations and Olympic institutions, working throughout Europe, Asia and the United Kingdom. Among his most significant roles are those of Sport Physiotherapist for the China Olympic Committee, consultant for the China Futsal National Team (CFA), and collaboration with the Rugby New Zealand National Team, demonstrating his ability to adapt methodology across sports disciplines and cultural contexts.

In football, he has worked with elite organizations including ACF Fiorentina (Youth Academy), Villarreal CF and Chelsea Football Club, operating in the Premier League—one of the most demanding environments worldwide in terms of intensity, load management and competitive pressure. In Asia, he held key positions in the Chinese Super League with Henan Jianye FC and Shijiazhuang Ever Bright FC, integrating into complex, highly structured international performance staffs.

Alongside his on-field work, Andrea Magini is also a University Professor and Tutor at the University of Siena, reflecting a strong commitment to education, knowledge transfer and scientific development. He is IFSPPT certified (International Federation of Sports Physical Therapy) and holds the FIFA Diploma in Football Medicine, qualifications that confirm internationally recognized standards of excellence.

His professional development has been shaped through advanced training with leading authorities in sports medicine and performance, including Roald Bahr, Daniele Tognaccini, Jill Cook, Davide Lama, Phil Glasgow, Jean-Claude Altieri and Bruno De Michelis. This educational pathway reflects a rare integration of science, biomechanics, performance and psychology.

What distinguishes Magini's work is a multidisciplinary and continuous approach, guiding the athlete from injury through the full return-to-training process, integrating physiotherapy, gym-based rehabilitation, prevention strategies and psychological support. Rehabilitation is conceived as an active, measurable and progressive process, grounded in evidence-based practice, objective data and advanced technology such as GPS systems, motion sensors, dynamometry and validated assessment scales.

Load management, injury prevention in healthy athletes and protocol personalization according to positional demands and sport-specific gestures represent, in Magini's view, the true added value in elite sport. Athletes who remain healthy longer perform better and represent a more sustainable investment for clubs and organizations.

Equally central is the human dimension: dialogue, daily presence and the construction of trust. Without trust, Magini emphasizes, there can be no recovery and no performance.

"In many contexts, the physiotherapist is still associated with passive treatment. In reality, this role is an active one—becoming the voice of the athlete's body, translating data and sensations into informed decisions."

His work with Nicolas Jackson stands as a clear example of Magini's strategic impact within a high-level performance staff. Facing a significant muscle injury and a history of recurrent setbacks, Jackson benefited from a comprehensive rehabilitation pathway that went beyond clinical care, encompassing medical, psychological and performance-based management.



Andrea Magini, Head of Rehabilitation & Injury Prevention, during professional activity in elite sport

This was not about treating a muscle, but about rebuilding an athlete—restoring stability, confidence and performance continuity. Magini's protocol combined physiotherapy, targeted gym work, load management and mental support, eliminating recurrences and allowing Jackson to regain form and confidence.

The outcome was evident: a stable return to competition, progressive performance improvement and a decisive season that led to his transfer to Chelsea FC, underscoring how the modern sports physiotherapist is a strategic cornerstone within the team.

In an environment where the difference between success and injury is determined daily, Andrea Magini stands as an indispensable figure for elite teams—a comprehensive expert capable of integrating medicine, psychology and performance into everyday practice, ensuring continuity, prevention and tangible results.

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