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## Aldo Alexander Silva Garcia

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### BIOGRAPHY

Aldo Alexander Silva Garcia from Peru is an orthopaedic manual physical therapist. He completed his graduation from National University Federico Villarreal and masters in orthopedic manual therapy, specialty of clinical neurodynamics and osteopathic techniques of the locomotor system. He is a functional instrument manipulation creator & HANDS PRO tools. He is also an instrumental handling certifier with HANDS PRO worldwide. Currently, he is a director of FISIOLIFE, physiotherapy center and FISOEDUCA. He has more than 15 years of experience as a university professor in National University Federico Villarreal, Cayetano Heredia University, University of Applied Sciences UPC and been awarded as best professor at the School of PT UPC and also a lecturer in manual therapy and currently in instrumental manipulation. He is a member of the peruvian orthopedic physiotherapy society. He has been a renowned speaker in national and international conferences in the area of orthopedic manual therapy.

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### HANDS PRO INSTRUMENTAL HANDLING IN SPORT

**H**ANDS PRO is a group of tools created and designed for soft tissue work in physiotherapy. The mechanical advantage of the tools allows the work of the tissues, with less force and we can reach deeper tissues more easily. In people who exercise muscles and tissue in general has greater resistance; with the HANDS PRO tools, you can easily overcome that resistance with better results. The professional who works with HANDS PRO, avoids joint wear and tear due to the force it has to do when working with the patient. The work that the professional does is with large muscles, avoiding to increase the muscle load in the fingers. According to research studies the biggest problem that the physiotherapist presents is the thumb, the HANDS PRO tools, are designed to avoid work with the thumbs. The comfort of HANDS PRO will allow that the work with the tool has greater advantage for the hands of the professional and excellent results for the patient. The work with the tools allows: to make a muscular discharge, improve the circulation by the manipulation of the tissues, to improve the flexibility when working the technique of functional manipulation, and it improves the pain when working in the different trigger points.

The work in the sport is done with the three tools of HANDS PRO: The Tumi Healer, The Arm Pro and the Leg Pro. All these tools are the only ones to work the whole body of the patients.

HANDS PRO allows us to work: muscles, fasciae, tendons, ligaments and the neural interface, all functionally. The goal of HANDS PRO is to provide the best working tool in physiotherapy and the patient.