



NAME & ID: **Michał Hadala**  
 PASSPORT: ED9256858

Birth: 14 april 1981  
 City: Rzeszów (Poland)

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 (+48) 792 814 145 (Poland)

E-mail: [michalhadala@wp.pl](mailto:michalhadala@wp.pl)

Address: Street: Stokrotek 10 City: Rzeszów Post code: 35604

### + Current category as a teacher

**Prof. internacional KINETIC CONTROL & PERFORMANCE MATRIX**  
 Organisation: KCI Kinetic Control International, Movement Performance Solution  
 Address: 33 West Street, Chichester, West Sussex, PO19 1QS United Kingdom  
 Phone: +44 (0)1243 786555

**Accredited instructor of McConnell Institute**  
 Organisation: McConnell Institute - [www.mcconnell-institute.com](http://www.mcconnell-institute.com) |  
[www.mcconnell-institute.pl](http://www.mcconnell-institute.pl)

**CEO Fizjo-Sport**  
 Address: Stokrotek 10, 35604 Rzeszow, Poland  
 Phone: +48 535002686 email: [biuro@fizjo-sport.pl](mailto:biuro@fizjo-sport.pl)

### + Current category as a clinician

Center: Fizjo-Sport Centrum Fizjoterapii,  
 ul. Podpromie 8/2a, 35-051, Rzeszów, Polonia  
[www.fizjoterapiarzeszow.pl](http://www.fizjoterapiarzeszow.pl)

### + Academic degrees

- 2000-2003 **Diploma in Physiotherapy**  
 University of Rzeszow (Poland), Faculty of Medicine

Final project:  
*Titulo de la tesis del grado: Defects in human posture and curvatures of the spine among population of children aged 12 in Elementary Schools in Rzeszow.*  
 Degree: outstanding
- 2003-2005 **Master in Physiotherapy**  
 University of Rzeszow (Poland), Faculty of Medicine

Final project:  
*Titulo de la tesis del grado: Injuries in football players and the medical staff work method in selected football teams in Poland and Spain.*  
 Calificación: sobresaliente
- 2006-2009 **PhD studies completed with DEA**  
 University of Valencia, Spain | Department of Physiology, Faculty of Medicine
- 2010 **European Doctorate in Medicine and Sports Applied Sciences**  
 University of Valencia, Spain /Double degree (Spanish and European)

PhD final project:  
*Application of Sports Medicine and Science Related to the America's Cup. A comprehensive research on anthropometry, physical conditioning, epidemiology and prevention of injuries, muscle overload and psychological impact.*  
 Qualification: outstanding, 27.VII.2010

+ Other academic titles

- 2015-2017      **McConnell Institute Accredited Instructor**
- 2007-2009      **KCIT Kinetic Control Movement Accredited Instructor**
- 2007-2008      **PSIT Performance Matrix Accredited Instructor**
- 2005-2007      **CMP Certified Mulligan Practitioner - Manual Therapy in Movement,**

+ Research centers and universities

- 2014              **European Teachers Program at the University of Gdansk** *(AWF Gdansk)*  
Gdansk, Poland
- 2009              **Master in movement dysfunction** *(45 créditos ECTS)*  
St Mary's University College, London, England
- 2009              **Project on prevention and new aspects of sports retraining** *(1 month)*  
Edinburgh, Scotland
- 2007              **European project** *(3 months)*  
University of Rzeszow, Poland
- 2005              **Sports Medicine Clinic – “Carolina Medical Center** *(1 month)*  
Specialty in sports physiotherapy | Warsaw, Poland
- 2004              **Institute of Sports Medicine and Traumatology** *(4 months)*  
Valencia, Spain
- 2003-2004      **Universidad Cardenal Herrera** *(1 year)*  
Valencia, Spain
- 2001              **Post-Traumatology Hydrotherapy and Rehabilitation Center** *(3 meses)*  
Kolobrzeg, Poland

+ Lecturing

- 2014-2017      **Lecturing in Master degrees**  
Seville, Valencia | Spain
- 2009-2015      **Kinetic Control accredited international instructor** *(more than 3000 hours)*  
Courses in Universities, Private centers, Hospitals | Countries: Spain, Poland, England, South America (Peru, Venezuela, Mexico)
- 2014              **European Teachers Program at the University of Gdansk** *(AWF Gdansk)*  
Gdansk, Poland
- 2007-2009      **Teacher in Master: Sports physiotherapy** *(20 teaching hours)*  
University of Valencia, Valencia, Spain
- 2007              **Professor of Sports Physiotherapy** *(30 teaching hours)*  
Cardenal Herrera University, Valencia, Spain
- 2005-2006      **Professor of Physiotherapy and Rheumatology** *(100 teaching hours)*  
University of Rzeszow, Poland

+ Professional career and work experience

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- 2015 Director of the Fizjo-Sport clinic (Poland, Rzeszow)  
Development and improvement of the models of assessment, treatment and understanding the patient's movement dysfunction
- 2014 Professor at the University of Gdansk (AWF Gdansk)
- 2009- 2017 International Professor of Kinetic Control  
Development and improvement of models to treat and understand function and movement
- 2009 Professor and consultant of Movement Performance Solution Prevention of sports injuries  
Manchester City FC, Chelsea FC, NBA New York Knicks, Trentino Volley
- 2008- 2013 Private clinic, Physiotherapy and rehabilitation (part time) Valencia Spain
- 2008-2012 Research Staff at the University, Medicine and sports applied sciences:  
works published in high impact journals in the United States and Europe University of Valencia, Spain
- 2008 Physiotherapist, Poland national team in athletics
- 2005-2007 Responsible for rehabilitation unit and medical department of the South African team in the 32nd edition of the Copa América 2007
- 2000-2003 Physiotherapist, Orthopedic Hospital of Rzeszow, Poland

+ Most relevant courses

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- 2017 The Movement Solution: Sacro-Illac Joint | MARC COMERFORD Rzeszow, Poland (40 hours)
- 2017 Explain Pain | DAVID BUTTLER, Valencia, Spain (14 hours)
- 2017 THE McCONNELL APPROACH: causes, grounds and treatment of musculoskeletal pain and its common problems | JENNY McCONNELL, Rzeszow, Poland (40 hours)
- 2016 The Movement Solution: moving the boundaries Lower Leg | MARC COMERFORD London, England (40 hours)
- 2016 Thoracic spine and rib cage | MARC COMERFORD Rzeszow, Poland (24 hours)
- 2015 The Movement Solution: Sacro-Illac Joint and Thoracic spine | MARC COMERFORD London, England (40 hours)

+ Most relevant courses

- 2015 Neurodynamic Solutions Superior and Lower Quadrant | MICHAEL SHACKLOCK Valencia, Spain (32 hours)
- 2015 Pathophysiology, biomechanics and shoulder rehabilitation | ROBERT DONATELLI Valencia, Spain (18 hours)
- 2015 THE McCONNELL APPROACH: causes, grounds and treatment of musculoskeletal pain and its common problems | Jenny McConnell, Valencia, Spain (56 hours)
- 2015 A physiotherapeutic approach to advanced concepts in examination and treatment of the shoulder complex | Filip Struyf, Valencia, Spain (18 hours)
- 2014 EXOS Performance Mentorship level 1 & 2, Katowice Poland (72 hours)
- 2014 Course on the Treatment of Dysfunctions of the Lumbar and Lower Extremity (MSI) | SHIRLEY SAHRMANN, Rzeszow, Poland (48 hours)
- 2013 Course on the Treatment of Upper Extremity Dysfunction (MSI) | SHERYL CALDWELL, Valencia, Spain
- 2013 Course on the Treatment of Dysfunctions of the Lumbar Spine (MSI) | SHIRLEY SAHRMANN, Valencia, Spain
- 2013 Course on the Treatment of Lower Extremity Dysfunction (MSI) | NANCY BLOOM, Valencia, Spain
- 2013 Course on the Treatment of Cervical Column Dysfunctions | GWENDOLEN JULL, Valencia, Spain
- 2013 Practical Course of Orthopedic Surgery based on Evidence, organized by INVESCOT - Valencia, Spain
- 2009 Matrix Pain, LORIMEL MOSELEY, Edynburgo, Escocia
- 2009 Movement Solution (120 hours - 45 ECTS) London, England
- 2008 Movement Dysfunction and Functional Stability Retraining of the Sacro-Iliac Joint | Valencia, Spain (35 hours)
- 2008 Myofascial Trigger Point Treatment for Movement Dysfunction & Complex Pain | Amersfoort, Holland (25 hours)
- 2008 Core Stability Training for Peak Performance Return To Work Return To Sport | Amersfoort, Holland (25 hours)
- 2008 Movement dysfunction course diagnosis of mechanical dysfunction and stability Retraining of the hip and lower leg Manchester, England (35 hours)
- 2008 Performance matrix, performance stability | London, England (35 hours)
- 2008 Movement Diagnosis of Mechanical Dysfunction and Stability. Retraining of the Neck and Shoulder Girdle, Valencia, Spain (40 hours)
- 2008 Fundamentals of Biomechanics: Articular Biomechanics, Measurement Techniques and Main Applications Valencia, Spain (120 hours)
- 2007 Movement dysfunction course diagnosis of mechanical back pain subgroups and stability retraining of the lumbar spine, Valencia, Spain (70 hours)
- 2007 Understanding Movement & Function Concepts | Seville, Spain (40 hours)

+ Participation in research projects

- 2013-2016 The role of the extensor muscle in the hip Catholic University of Valencia, Spain
- 2013-2015 The Effectiveness of Lumbar Extensor Training: Local Stabilization or Dynamic Strengthening Exercises. A Review of Literature Fizjo-Sport Poland
- 2010-2014 Changes in sports injuries incidence over time in world-class road cyclists | Catholic University of Valencia, Spain
- 2005-2008 Project based on research results in one of the teams participating in the sailing championship - America's Cup | University of Valencia, Spain
- 2004-2005 "Injuries and the therapeutic plan in the first and second Polish division (comparison test with the other teams in Europe)". | Rzeszow University, Poland
- 2004-2005 Biorhythmic in everyday life: "In harmony with nature. Influence of biological clock on the life quality" | Rzeszow University, Poland
- 2004 "The role of botulinum toxin A injections in the treatment of the children with cerebral palsy in the opinions of their parents". | Rzeszow University, Poland
- 2001-2003 Scoliosis in Primary School: "Defects in human posture and curves of the spine among population of children aged 12 in Elementary Schools in Rzeszow". | Rzeszow University, Poland

+ Active participation in Seminars, Congresses and Events of Relevant Scientific Dissemination

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>IX International Conference of Rehabilitation, Wroclaw, Poland 2002</p> <p>X Congreso de la Rehabilitación, Varsovia, Poland 2003</p> <p>II International Days of Science, Siedlce, Poland 2003</p> <p>Conferencia de Fisioterapia, I Congreso de la Salud Universitario, Valencia, Spain 2004</p> <p>V Congreso Internacional de la Sociedad de Rehabilitación, Rzeszow, Poland 2004</p> <p>International Days of Physiotherapy, Wroclaw, Poland 2005</p> <p>XXVI Congreso de la sociedad de Medicina Deportiva, Wroclaw, Poland 2005</p> <p>II Congreso Internacional de la Medicina y Traumatología Deportiva (PTTS), Varsovia, Poland 2005</p> <p>12th Congreso National Femeede, Sevilla, Spain 2007</p> <p>3rd International Congress of Polish Sport Thraumatolgy Society, Warsaw, Poland 2007</p> <p>Congress of the Spanish Association of Thraumatolgy in Sport SETRADE, Valencia, Spain 2008</p> | <p>The 16th European Congress of Physical and Rehabilitation Medicine, Bruges, Belgium 2008</p> <p>I XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE; Sports Medicine for a Better World, Barcelona, Spain 2009</p> <p>I International Congress of Sport Traumatology and Arthroscopy for Central-Eastern Europe, Varsov, Poland 2009</p> <p>III World Conference on Movement Dysfuntion, Edinburgh, Scotland 2009</p> <p>Conference on Movement Dysfuntion, London, England 2008, 2009, 2010, 2011, 2013</p> <p>XIII Congreso de la Federación Española de Medicina del Deporte (FEMEDE), Bilbao, Spain 2010</p> <p>Conferencia de INVESCOT, Valencia, Spain 2010</p> <p>IOC World Conference on Prevention of Injury &amp; Illness in Sport, Monaco 2011</p> <p>I Jornadas de Avances en Fisioterapia, Readaptación y Traumatología Deportiva, Valencia, Spain 2012</p> <p>XIV Congreso de la Federación Española de Medicina del Deporte (FEMEDE), Santander, Spain 2012</p> |
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## + Most relevant publications in Physiotherapy and Sports Medicine

Hadala M, Gryckiewicz S.

The effectiveness of lumbar extensor training: local stabilization or dynamic strengthening exercises. A review of literature. *Ortop Traumatol Rehabil.* 2014 Nov-Dec;16(6):561-72. doi: 10.5604/15093492.1135044. Review.

Abdominal muscle EMG-activity during bridge exercises on stable and unstable surfaces.

Czaprowski D, Afeltowicz A, Gębicka A, Pawłowska P, Kędra A, Barrios C, Hadala M. *Phys Ther Sport.* 2014 Aug;15(3):162-8. doi: 10.1016/j.ptsp.2013.09.003. Epub 2013 Sep 27.

Barrios C, Bernardo ND, Vera P, Laíz C, Hadala M.

Changes in sports injuries incidence over time in world-class road cyclists. *Int J Sports Med.* 2015 Mar;36(3):241-8. doi: 10.1055/s-0034-1389983. Epub 2014 Nov 6.

Hadala M, Barrios C.

Sports injuries in an America's Cup yachting crew: A 4-year epidemiological study covering the 2007 challenge. *J Sports Sci.* 2009 May;27(7):711-7. doi: 10.1080/02640410902785487.

Barrios C, Hadala M, Almansa I, Bosch-Morell F, Palanca JM, Romero FJ.

Metabolic muscle damage and oxidative stress markers in an America's Cup yachting crew. *Eur J Appl Physiol.* 2011 Jul;111(7):1341-50. doi: 10.1007/s00421-010-1762-6. Epub 2010 Dec 10.

De Bernardo N, Barrios C, Vera P, Laíz C, Hadala M.

Incidence and risk for traumatic and overuse injuries in top-level road cyclists. *J Sports Sci.* 2012;30(10):1047-53. doi: 10.1080/02640414.2012.687112. Epub 2012 May 16.

Hadala M, Barrios C.

Different strategies for sports injury prevention in an America's Cup yachting crew. *Med Sci Sports Exerc.* 2009 Aug;41(8):1587-96. doi: 10.1249/MSS.0b013e31819c0de7.

Hadala M, Cebolla A, Baños R, Barrios C.

Mood profile of an America's Cup team: relationship with muscle damage and injuries. *Med Sci Sports Exerc.* 2010 Jul;42(7):1403-8. doi: 10.1249/MSS.0b013e3181cd5cb9.

Jakub Ławnicki, Michał Hadala, Wojciech Zaręba

Low back pain in the overhead athletes: Evaluation and treatment based on movement system *Polish Annals of Medicine*, Volume 24, Issue 2, August 2017, Pages 214-220

Agnieszka Leszczyńska, Barbara Daniszewska, Magdalena Pruszyńska, Agnieszka Przedborska, Michał Hadałac, Jan W.Raczkowskia

Effects of a health improvement programme on quality of life in elderly people after falls. *Polish Annals of Medicine* Volume 23, Issue 2, June 2016, Pages 129-134

Michał Hadala, Szymon Gryckiewicz

Movement pattern and muscle balance as a source of lumbar spine health according to the concept of Kinetic Control Review *Polish Annals of Medicine*, Volume 21, Issue 2, September 2014, Pages 152-157

Protasiewicz-Fałdowska H, Hadala M, Dzienisiewicz A, Kowalska-Miranowicz H, Gryckiewicz Sz, Kowalski I

Training of flexion and rotation of the lumbar-sacral spine based on Kinetic Control *Volume 21, Issue 1, June 2014, Pages 45-50*

Hadala M, Vera P, Barrios C.

Anthropometry Profile and its Influence on Injury Pattern in America's Cup Racing Crew. *Sports Medicine & Doping Studies.* 2012, S5

Hadala M, de Bernardo N, Vera P, Laíz C, Barrios C.

Pre-season screening of core muscle balance and control tests in the lumbar spine in professional road cyclists can we prevent uncontrolled movement? *British Journal of Sports Medicine.* 2011 April 5, 2011

Hadala M, Barrios C.

Reply to a critical commentary of the paper entitled "Sport injuries in an America's Cup yachting crew: A 4-year epidemiological study covering the 2007 challenge. *Journal of Sports Science* 2010 Aug 28(10):1141-4.

Hadala M, Barrios C.

New perspective in sports injury prevention in an America's Cup Sailing Prevention of sport injuries in an America's Cup. *Manual Therapy* 14(2009) S40-S52.

Hadala M, Barrios C.

Sports injuries in the grinders of an America's Cup sailing crew between 2004-2007. *Archivos de Medicina del Deporte* 2009;Volumen XXVI-N(132) pp.273-279.

Pub Med, High Impact factor Publication

Direct Science

## + Most relevant publications in Physiotherapy and Sports Medicine

Barrios C, Hadala M, Almansa MI, Bosch F, Romero FJ.

Metabolic muscle damage and oxidative stress markers in an America's Cup Yachting Crew. Proceedings of the XXX FIMS World Congress; Barcelona - 20th-22nd of November  
Archivos de Medicina del Deporte 2008; 128 (6) pp. 455.

Bieganowski K, Hadala M, Wierzbowska C, Tejedor N.

Characteristic of injuries in 32 America's Cup yacht racing.

Polish Journal of Sports Medicine 2008; 24(4):247-257

Hadala M, Barrios C.

Anthropometric characteristics, body composition profile and physical fitness of an America's Cup yacht crew. Proceedings of the XXX FIMS World Congress;  
Barcelona 20th-22nd of November 2008

Archivos de Medicina del Deporte 2008;128(6) pp.494.

Hadala M, Barrios C

Prevention of sports injuries during competition in an America's Cup yachting-race crew. Effectiveness of a specific program of physiotherapy.

Journal of Rehabilitation Medicine 2008; Suppl 47:111.

Hadala M, Comerford M, Mottram S.

Performance Stability - a new perspective on risk assessment and retraining for movement and sport. Proceedings of the XXX FIMS World Congress;  
Barcelona 20th-22nd of November 2008

Archivos de Medicina del Deporte 2008;128(6) pp.495.

Hadala M, Bieganowski K, Wierzbowska C, Tejedor N, Snela S.

Injuries in football players and the medical staff work method in selected football teams in Poland and Spain. Polish Journal of Sports Medicine 2006; 5(6):22;272-276.

Hadala M, K Bieganowski, D Solek, K Rzucilo, S Snela, L Jachym

Defects in human posture and curvatures of the spine among population of children aged 12 in Elementary Schools in Rzeszow. Fizjoterapia Polska 2006; 3(4):6;23-23

Bieganowski K, Hadala M, Snela S.

In harmony with nature. Influence of biological clock on the life quality.

Fizjoterapia 2005; 13(2):5-11

## + Publication in national polish journal of physiotherapy

Hadala M., Gryckiewicz Sz.

Praktyczne podstawy koncepcji Kinetic Control. Rytm lędźwiowo-miedniczno- biodrowy. Ocena kontroli zgięcia odcinka lędźwiowego.

Praktyczna Fizjoterapia & Rehabilitacja, 2015; 3, s.26-30

Gryckiewicz Sz, Gniewek T, Hadala M, Hagner-Derengowska M, Nowacka K, Hagner W.

Restoration of neuromuscular control in patients with lumbar spine flexion pattern disorder based on the Kinetic Control concept. V Międzynarodowe Dni Rehabilitacji, Monografia. Rzeszów 2013. s.55-65.

Gryckiewicz Sz, Gniewek T, Hadala M.

Transversus abdominis, multifidus and psoas major as local stabilization training in lumbar pain syndromes. Kinetic Control priorities vs. Evidence based medicine.

Monografia. Bydgoszcz 2013: Vol 1; s.41-52.

Gryckiewicz Sz, Hadala M.

Movement System Impairments – analiza i leczenie zaburzeń w obrębie układu ruchu na podstawie koncepcji Shirley Sahrmann.

Praktyczna Fizjoterapia & Rehabilitacja, 2014; 7, s.16-21

Worobel M, Gryckiewicz Sz, Hadala M.

Analiza rytmu łopatkowo-ramiennego na podstawie koncepcji Kinetic Control.

Praktyczna Fizjoterapia & Rehabilitacja 2014; 5, s. 20-23

Atraszkiewicz O, Kochanek J, Kujawska A, Gryckiewicz Sz, Hadala M.

Postawa swayback - ocena, analiza i terapia według koncepcji Kinetic Control.

Praktyczna Fizjoterapia & Rehabilitacja 2014; 3, s. 6-12.

Czajkowska A, Gustyn E, Gryckiewicz Sz, Hadala M.

Integracja dysfunkcji ruchowej na poziomie obręczy biodrowej i odcinka lędźwiowego kręgosłupa według koncepcji Kinetic Control - studium przypadku.

Praktyczna Fizjoterapia & Rehabilitacja 2014; 1, s.28-36

Worobel M, Gryckiewicz Sz, Hadala M.

Rola kontroli ustawienia łopatki w funkcjonowaniu stawu ramiennie-łopatkowego wg Kinetic Control na podstawie pacjenta poruszającego się na wózku inwalidzkim-opis przypadku.

Praktyczna Fizjoterapia & Rehabilitacja 2013; 11, s. 6-11

Adamczyk W, Sobczak Z, Gryckiewicz Sz, Hadala M.

Ocena braku kontroli wyprostu lędźwiowego odcinka kręgosłupa. Funkcjonalna ocena i terapia w oparciu o metodę Kinetic Control – studium przypadku.

Praktyczna Fizjoterapia & Rehabilitacja 2013; 4, s. 12-17

Gniewek T, Gryckiewicz Sz, Hadala M.

Rola mięśnia poprzecznego brzucha w treningu stabilizacji na podstawie aktualnej ewidencji naukowej. Priorytety czy uzupełnienie terapii w oparciu o koncepcje Kinetic Control?

Praktyczna Fizjoterapia & Rehabilitacja 2013; 3, s. 4-12

Janczyk P, Gryckiewicz Sz, Hadala M.

Kompleksowa diagnostyka i analiza aparatu ruchu u zawodniczki trenującej towerrunning na podstawie koncepcji Kinetic Control oraz Performance Stability.

Praktyczna Fizjoterapia i Rehabilitacja 2013; 2, s. 29-34

Gniewek T, Góra T, Hadala M.

Prewencja dolegliwości bólowych kręgosłupa lędźwiowego u terapeutów. Ocena i terapia według koncepcji Kinetic Control. Fakty czy mity poparte dowodami

Praktyczna Fizjoterapia i Rehabilitacja 2013; 1, s. 4-12

Gryckiewicz Sz, Hadala M.

Ekscentryczna kontrola mięśnia pośladkowego średniego jako częsta przyczyna urazów stawu kolanowego w sporcie na podstawie Kinetic Control.

Praktyczna Fizjoterapia i Rehabilitacja 2012; 12, s. 58-63

Gryckiewicz Sz, Hadala M.

Zaburzenie kontroli ruchu zgięcia jako najczęstsza przyczyna uszkodzenia krążka międzykręgowego w odcinku lędźwiowym kręgosłupa według koncepcji Kinetic Control.

Praktyczna fizjoterapia & rehabilitacja 2012; 9, s. 44-48

Gniewek T, Hadala M.

Koncepcja Kinetic Control jako integralna część terapii funkcjonalnej w procesie leczenia dysfunkcji narządu ruchu na przykładzie patologii kręgosłupa lędźwiowego.

Praktyczna fizjoterapia & rehabilitacja 2012; 7-8, s. 4-12



## + Publication in national polish journal of physiotherapy

Biały M, Hadała M.

Reedukacja nerwowo-mięśniowa pacjenta z zaburzeniami kontroli ruchu zgięcia odcinka lędźwiowego kręgosłupa.

Praktyczna Fizjoterapia i Rehabilitacja 2012; 6, s. 30–6

Góra T, Hadała M.

Zespół cieśni podbarkowej - postępowanie terapeutyczne w oparciu o metodę Kinetic Control.

Praktyczna Fizjoterapia i Rehabilitacja 2012; 6, s. 24–28

Góra T, Hadała M.

Funkcjonalna diagnostyka i terapia pacjenta z zaburzeniami kontroli ruchu wyprostu i rotacji odcinka lędźwiowego kręgosłupa w oparciu o metodę Kinetic Control.

Praktyczna Fizjoterapia i Rehabilitacja 2012; 5, s. 4–12

Góra T, Hadała M.

Funkcjonalna diagnostyka i terapia pacjenta z niestabilnością stawu biodrowego w oparciu o metodę Kinetic Control. Praktyczna Fizjoterapia i Rehabilitacja 2012; 4, s. 4–9.

Hadała M.

Centrum stabilizacji „Core Stability” jako podzespół treningu kontroli motorycznej według założeń Kinetic Control. W nawiązaniu do artykułu

„Mity stabilności centralnej” autorstwa Eyal’a Ledermana.

Praktyczna Fizjoterapia i Rehabilitacja 2012; 4, s. 27–35.

Biały M, Adamczyk W, Hadała M.

Funkcjonalna diagnostyka i usprawnianie szyjnego odcinka kręgosłupa w oparciu o metodę Kinetic Control i Neurac. Praktyczna Fizjoterapia i Rehabilitacja 2012; 3, s. 10–17.

Hadała M.

Stabilizacja centrum jako priorytet w rehabilitacji sportowca- nowe perspektywy w ocenie i treningu według Performance Stability i Kinetic Control.

Praktyczna Fizjoterapia i Rehabilitacja 2011; 9, s. 56–63.

Hadała M.

Metody Kinetic Control i Performance Stability praktyczne narzędzie dla wszystkich specjalistów.

Praktyczna Fizjoterapia i Rehabilitacja 2012; 3, s. 10–6.

Hadała M.

Funkcjonalny trening stabilizacji w dysfunkcji ruchu. Zasady i strategie dynamicznej kontroli ruchu według nowoczesnego modelu Kinetic Control.

Praktyczna Fizjoterapia i Rehabilitacja 2011; 6, s. 52–6.

+ Book

Comerford M., Mottram S., M Hadala (Polish translation) | Kinetic Control. Uncontrolled Movement Churchill Livingstone | Urban & Partner Polska 2016  
Pedregal M, Hadala M. | Entorno Pilates y dolor lumbar. Septem Ediciones 2012 | ISBN 978-84-15279-98-3

+ Awards and prizes

2001	National Prize for Young Researchers   Award-winning topic: "Scoliosis in the Primary School" Wroclaw, Poland
2003-2004	National Award for academic performance   Warsaw, Poland
2004-2005	National Award for academic performance   Warsaw, Poland
2005	Extraordinary Career Award   Rzeszow, Poland
2007	Distinguished by the work presented during the III International Congress of the Polish Association of Sports Traumatology; "Effectiveness of the physiotherapeutic program in sport injury prevention during America's Cup 2007".   Warsaw, Poland
2007	Distinguished by the work presented during the XII Congress of the Spanish Federation of Sports Medicine; "Effectiveness of the physiotherapeutic program in sport injury prevention during America's Cup 2007".   Sevilla Spain
2008-2012	FPU Scholar   University of Valencia, Faculty of Medicine   Valencia Spain

+ Languages

Polish; native  
Spanish; native, examen DELE  
English; advance  
Deutch; basic

signature:



*I hereby give consent for my personal data included in my application to be processed for the purposes of the recruitment process under the Personal Data Protection Act as of 29 August 1997, consolidated text: Journal of Laws 2016, item 922 as amended.*