



ESRA

Elite Sports Rehabilitation Academy

SHANGHAI · 上海

FOUNDING COHORT · 2026

■ PROGRAMME PROSPECTUS

Rehabilitation **built for** **elite sport.**

From clinical skills to return to performance.

Elite Sports Rehabilitation + Sports Manual Therapy

One integrated certification. For the first time in China.

8 CLINICAL MODULES

FOUNDING COHORT · 2026

ENGLISH + LIVE 中文

SHANGHAI · 上海

Born in elite sport. Built for practice.

A rehabilitation system shaped by daily clinical work with Olympic and professional athletes, integrating clinical assessment, hands-on skills, rehabilitation, loading, performance testing and return to sport.

■ THREE PILLARS · ONE INTEGRATED SYSTEM

01

Elite Sports Rehabilitation

Assessment to return to performance

The athlete region by region: clinical assessment, injury classification, clinical reasoning, rehabilitation planning, exercise prescription, load management, strength and power, objective testing, return-to-sport decision making and reintegration.

02

Sports Manual Therapy

Manual therapy within a complete sports rehabilitation system

Technique, palpation, hands-on assessment and region-specific clinical testing, taught as a clinical tool inside the rehabilitation process rather than as a philosophy of its own.

03

ESRA Academy

The evidence behind the practice, kept current

Module theory, the research supporting each protocol and a technique video library, reviewed as new evidence is published.

8

CLINICAL MODULES

24

DAYS IN PERSON

26

PLACES MAXIMUM

上海

SHANGHAI · 2026 · EN +
LIVE 中文

**One system.
One credential.**

Complete the programme and you qualify as a **Certified ESRA Practitioner**: elite sports rehabilitation and sports manual therapy, in one integrated credential.

Eight modules.

The complete athlete.

Each region is approached through both **rehabilitation** and **hands-on clinical skills**, then the programme progresses into loading, objective testing and reintegration. Delivered in person in Shanghai.

01

Foot & ankle

CLINICAL ASSESSMENT

MANUAL THERAPY

PALPATION

CLINICAL REASONING

INJURY CLASSIFICATION

02

Knee

MANUAL THERAPY

CLINICAL TESTING

REHAB PROGRESSION

ACL PATHWAY

EXERCISE PRESCRIPTION

03

Hip & athletic groin pain

MANUAL THERAPY

GROIN PAIN CLASSIFICATION

CLINICAL REASONING

LOAD MANAGEMENT

MUSCLE INJURY

04

Pelvis & lumbar spine

MANUAL THERAPY

PALPATION

CLINICAL TESTING

REHAB PROGRESSION

ATHLETE PREPARATION

05

Thoracic & cervical spine

MANUAL THERAPY

CLINICAL TESTING

TENDINOPATHY

LOAD MANAGEMENT

REHAB PROGRESSION

06

Upper limb

MANUAL THERAPY

SHOULDER & ELBOW

DYNAMOMETRY

STRENGTH DEVELOPMENT

RTS TESTING

07

Return to performance

STRENGTH & CONDITIONING

FORCE PROFILING

POWER & REACTIVE STRENGTH

RTS TESTING

REINTEGRATION

EXIT CRITERIA

08

Integrated practice & certification

CASE MANAGEMENT

CLINICAL REASONING

MULTI-REGION INTEGRATION

PRACTICAL EXAMINATION

From clinical skills to return to performance.

One practitioner. One system. The entire rehabilitation journey.

■ THE PRACTICAL DETAIL

PROGRAMME	8 clinical modules delivered across 6 in-person seminars in Shanghai, with the ESRA Academy included throughout
FACULTY	Gabriel Kerspern & Edoardo Balzani · Sports physiotherapy and strength & conditioning in elite sport for over 10 years · Two Olympic cycles, 9 Olympic medals won by the athletes and teams they supported
SCHEDULE	6 seminars of 4 consecutive days · 24 days in person across 9–12 months · Dates announced with the Founding Cohort
LOCATION	Shanghai · Venue announced with the cohort
LANGUAGE	Taught in English with live Chinese translation · Course materials and ESRA Academy in English + 中文
WHO IT'S FOR	Physiotherapy students & physiotherapists · Strength & conditioning coaches · Sports-medicine professionals
COHORT SIZE	Maximum 26 practitioners · Hands-on learning by design
ASSESSMENT	Final written examination + supervised practical examination
TUITION	Tuition & payment options provided with pre-admission information

■ THE CREDENTIAL

Certified ESRA Practitioner

ELITE SPORTS REHABILITATION
+ SPORTS MANUAL THERAPY

ESRA-2026-0001-CL

Serialised · verify at esraeducation.com

Ready to apply?

- 01 Register your interest
- 02 Application + interview
- 03 Confirm your place

Register interest

Founding-cohort places are released to this list first.



[WWW.ESRAEDUCATION.COM](https://www.esraeducation.com)



WECHAT OFFICIAL ACCOUNT