



Dr hab. Robert Trybulski profesor Akademii Górnośląskiej im. Wojciecha Korfatego w Katowicach

(rocznik 1972) jest absolwentem Akademii Wychowania Fizycznego im. J. Kukuczki w Katowicach na kierunku wychowanie fizyczne (1993-1997) oraz fizjoterapia (1994- 1998). Dysertację doktorską pod tytułem „Fizykalne metody drenażu limfatycznego w regeneracji powysiłkowej mięśni przedramion” obronił w 2015 roku, uzyskując stopień dr n.k.f. W 2025 roku uzyskał habilitację na podstawie cyklu badawczego zatytułowanego: „Ocena wybranych metod fizjoterapeutycznych w regeneracji powysiłkowej układu mięśniowo-szkieletowego zawodników mieszanych sportów walki (MMA)”. Pracę dydaktyka łączy z pracą kliniczną i trenerską. Jest właścicielem Centrum Medycznego Provita w Żorach z wielospecjalistycznymi poradniami. Jego pasją od 15 roku życia są sporty walki. W Pszczyńskiej

Akademii Sztuk Walki zrzeszonej w Polskiej Federacji Dalekowschodnich Sztuk i Sportów Walki uzyskał stopień 8 DAN w 2015 roku. Aktualnie jest trenerem MMA w klubie Inżbud Octagon Team Żory. W obszarze działań medycznych oraz przygotowania motorycznego współprowadzi czołowych zawodników MMA i innych sportów walki w kraju. W działalności naukowej koncentruje się na regeneracji powysiłkowej mięśni, terapii mięśniowo-powięziowej, kompleksowej terapii obrzęków, ultrasonografii układu mięśniowego oraz teorii treningu sportowego. Autor i współautor licznych publikacji naukowych publikowanych m.in. w prestiżowych czasopismach takich jak British Journal of Sports Medicine, Sports Medicine oraz Journal of Strength and Conditioning Research, Metabolism: Clinical and Experimental. Współredaktor pierwszego na polskim rynku kompleksowego podręcznika „Fizjoterapia sportowa” oraz autor książki Biomarker-Guided Physical Recovery Interventions – Microvascular and Neuromechanical Mechanisms in Sports Recovery wydanej przez Springer Nature w 2026 roku.

Prezes Polskiego Towarzystwa Medycyny Manualnej. Profesor Akademii Górnośląskiej im. Wojciecha Korfatego w Katowicach (Wydział Medyczny) oraz profesor wizytujący Lwowskiego Państwowego Uniwersytetu Kultury Fizycznej im. Iwana Boberskiego we Lwowie.

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