

Dr hab. Robert Trybulski profesor Akademii Górnośląskiej im. Wojciecha Korfantego 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)". W działalności naukowej koncentruje się na regeneracji powysiłkowej mięśni, terapii mięśniowo-powięziowej, kompleksowej terapii obrzęków, ultrasonografii układu mięśniowo-szkieletowego oraz teorii treningu sportowego. Autor i współautor licznych publikacji naukowych (lista poniżej), publikowanych m.in. w prestiżowych czasopismach, takich jak „British Journal of Sports Medicine", „Sports Medicine", „Journal of Strength and Conditioning Research", „Metabolism: Clinical and Experimental" oraz „European Radiology".

Współredaktor 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.

W latach 2018–2026 członek Zarządu Polskiego Towarzystwa Medycyny Manualnej, a w ostatniej kadencji jego prezes. Profesor Akademii Górnośląskiej im. Wojciecha Korfantego w Katowicach, Wydział Medyczny, oraz profesor wizytujący Lwowskiego Państwowego Uniwersytetu Kultury Fizycznej im. Iwana Boberskiego we Lwowie i Uniwersytetu „Aurel Vlaicu" w Aradzie w Rumunii.

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