

Prof. Dr Andreja MILUTINOVIĆ

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FOOTBALL MEDICINE • INJURY PREVENTION • REHABILITATION

Visionary scientific professional reputed for training world-known elite football players, building innovative rehabilitation programs, and achieving leading results.

Results-oriented and multilingual Medical Services, Fitness, and rehabilitation with 20 years of experience in helping athletes achieve the maximum level of athletic potential and implementation of cutting-edge football training solutions that drive outstanding results. Offers broad expertise in conditioning and fitness program development, psychical preparation, diagnostics of athletes, and athletes' psychology observation, delivering and innovative strategic plans.

Adept at leading scientific research programs and projects. Shaped through Executive and Expert roles within prominent international football clubs and National Teams.

LEADERSHIP PROFILE

- Globally Minded Strategic Thinker
- Injury Management and Rehabilitation
- Physical Fitness
- Muscle Strength and Contraction
- Individual Exercise Program Development
- Football Analytics
- Athletes Training
- Team and Individual Coaching

PROFESSIONAL EXPERIENCE

AC Milan, Milan, Italy | 1/2022 – 12/2024

SPORTS SCIENCE

- Focus on enhancing athletes' performance and general health by applying scientific knowledge of physiology, biomechanics, psychology and rehabilitation.

FC Dynamo Moscow, Moscow, Russia | 1/2021 – 12/2022

HEAD OF SPORTS SCIENCE

- Focus on enhancing athletes' performance and general health by applying scientific knowledge of physiology, biomechanics, and psychology.

SERBIAN NATIONAL TEAM, Belgrade, Serbia | 2020 – Present

HEAD OF MEDICAL SERVICES, FITNESS, AND CONDITIONING

- Manage a team of 30+ professionals, including doctors, physiotherapists, and conditioning trainers.
- Introduced new strategic initiatives regarding the nationals team assessment process to boost the athlete's performance, capability, and endurance.
- Liaise with coaches to assess individuals and teams and improve individual and team performance.

2004 – Present

INDIVIDUAL WORK WITH ATHLETES

- Provided expert instructions to the best 3 Elite Football players in 2019, including Luka Modric, Mohamed Salah, and Gianluigi Buffon.
- Help athletes achieve superior results by developing bespoke exercise forms based on strength and weakness and one-on-one training sessions.
- Facilitate players' goal-setting process through coaching and identification of individual challenges.
- Develop an exercise program and maintained diagnostic and testing equipment.
- Perform fitness assessment incorporating body composition, strength, flexibility, and cardiovascular functions.
- Counsel clients on adequate nutrition through food plan development.

Croatian National Team, World Cup Russia | 2018

CONSULTANT/ASSOCIATE

- Acted as Official External Associate at the World Cup semifinal and the final game.
- Supervised and motivated athletes in completing given exercises and guided players on preventing muscle cramps and injuries.
- Demonstrated and taught apposite techniques for lifting weight-training equipment.
- Helped athletes in recovering from injuries and gaining physical fitness.

FC Internazionale, Milani, Italy | 2014 - 2015

CONSULTANT

- Evaluated players to understand psychophysical condition and history of nutrition and supplements to manage injuries.
- Ensured player optimal performance by conducting rehabilitation of various forms of injury and conditioning needs.
- Collaborated with other sports medicine staff to manage the rehabilitation of injured players.
- Created personal training programs that addressed specific injuries or health problems.

FC Rubin, Kazan, Russia | 2013 - 2014

CONSULTANT

- Designed and implemented cutting-edge programs to meet players' individual and team targets.

Ukraine National Football Team | 2012 - 2014

CONSULTANT

Serbian National Football Team | 2011 - 2013

CONSULTANT

- Spearheaded the physical preparation and rehabilitation of the young Serbian national team.

FC Metalist, Kharkiv, Ukraine | 2010 - 2012

CHIEF OF THE MEDICAL AND FITNESS TEAM

- Introduced new instructions and coordinated players in building stamina, strength, and proper use of equipment.

Laboratory for Methodical Research | 2004 - 2010

RESEARCHER

COOPERATION WITH CLUBS

Real Madrid C.F., Borussia Dortmund, AFC Ajax, S.L. Benfica, ACF Fiorentina, FC Schalke 04, Hamburger SV, SV Werder Bremen, RSC Anderlecht, PFK CSKA Moscow, FC Shakhtar Donetsk, FK Partizan Beograd, FK Crvena Zvezda, Udinese Calcio, Sporting Club de Braga, FC Twente, Rayo Vallecano, Sevilla F.C, Man. City, Man. United, Juventus, Chelsea, Liverpool, Fenerbahçe SK.

EDUCATION

Ph.D. in Sports Medicine, <i>Faculty of Sport</i> , Kragujevac, Serbia	2023
Master's Degree, <i>Faculty of Sports UNION</i> , Belgrade, Serbia	2019
Rates of Chiropractic, Kyiv, Ukraine	2009 – 2010
Medical School Fizioterapista	2016
School of Massage, Belgrade, Serbia	2007 – 2009
Biomechanical Institute of Diagnostics	2004 - 2006
Master of Sport and Physical Education	2004 – 2005
Faculty of Sport and Physical Education	1998 – 2004

COOPERATION WITH PLAYERS

Liverpool F.C. - Mohamed Salah and Dejan Lovren

Real Madrid C.F. - Luka Modrić

Juventus F.C. - Gianluigi Buffon

FC Shakhtar Donetsk – Darijo Srna

Zlatan Ibrahimović

Hoakin Korea

Nemanja Vidić

A.S. Roma - Edin Džeko and Aleksandar Kolarov

FC Bayern Munchen - Ivan Perišić

ACF Fiorentina - Nikola Milenković

AS Monaco - Stevan Jovetić

Shanghai SIPG - Marko Arnautović

Besiktas JK - Adem Ljajić, Ante Rebić

Zenit St. Petersburg - Igor Smolnikov

FC Schalke 04 - Matija Nastasić

FK Partizan Beograd - Lazar Marković and Zoran Tošić

West Ham United - Adreii Yarmolenko

AFC Ajax - Dušan Tadić

Eintracht Frankfurt - Filip Kostić

Bayern Munich – Matthijs de Ligt

Juventus – Dušan Vlahović

Inter Milan – Denzel Dumfries

Inter Milan - Hakan Çalhanoğlu

Juventus – Juan Cuadrado

Real Madrid – David Alaba

Manchester City – Joško Gvardiol

Manchester City – Mateo Kovačić

Fenerbahçe SK - İsmail Yüksek, Chalar Sjonchu, Chengiz Under

Feyenoord -Sebastijan Szimanski

Atalanta – Charles de Ketelare

Al-Hilal – Aleksandar Mitrović

Dinamo Kyiv - Andriy Yarmolenko

Bologna – Roberto Soriano

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CONFERENCES

Medical Conference Spiker	2024
Isokinetic Conference, Madrid	2022, 2023
Football Medicine: The Players Voice Conference	2010 - current
Congresses in London, Dubai, Monaco, New York, Vienna, Nice	2019
Psychical preparation and period of sensitive development, Dubai, UAE	2014
Congress of Medical Prevention in Football, New York	2014
Diagnostics of athletes, Moscow, Russia	2013
Muscle injury, Kharkiv, Ukraine	2012
Psychology of athletes, Belgrade, Serbia	2010
Testing the strength of athletes, Tel Aviv, Israel	2009
Ankle injury, Doha, Qatar	2008
Technologies in sport, Sarajevo, Bosnia and Herzegovina	2008
Sport and doping, Salonica, Greece	2006
Injuries in sports, Ljubljana, Slovenia	2006
ACL ligament injury, Ljubljana, Slovenia	2006
Sport and Health, Moscow, Russia	2006
Training process, Belgrade, Serbia	2005
Injuries in sports, Athens, Greece	2005
Load in sports, Kyiv, Ukraine	2005
Injuries in sports, Zagreb, Croatia	2004

RESEARCH PROJECTS

- Angles in rehabilitation (duration of the project: 4 years)
- 8 degrees free-angle (duration of the project: 2,5 years)
- Speed of muscle contraction (duration of the project: 1 year)
- Long jump (duration of the project: 6 months)
- Running in a curve and the load generation (duration of the project: 3 years)
- Analysis of body composition of children up to 12 years old (duration of the project: 6 months)

PUBLICATIONS

Muscle Strength and Power Model in Elite Football Players after Anterior Cruciate Ligament Reconstruction, M1 Scientific Sports Medicine Journal, 2020.

A comparison in knee flexor and extensor strength following ACL reconstruction in international, male soccer players receiving patellar tendon or hamsrings grafts, Biology of Sport 2024.