

Resume' – Luis Fernando Lastra Borja

EDUCATION/TRAINING:

University: License in Physical Education and Health-
Universidad del Valle. 1982.

Post Graduate Studies: Physical Education, with specialization in
Sports Medicine and Sports -
School of Physical Education-Volta Redonda-
Rio de Janeiro- Brasil. 1983.

Active Member of the American Society of
Sports Medicine.

WORK EXPERIENCE:

CLUB DEPORTIVO CALI.

Player for Second Division 1980-1981

Conditioning Coach for Youth Squad,
August 1981-December 1982.

Conditioning Coach for Professional Squad,
January 1984-July 1990.

CLINIC OF THE KNEE

Muscular Reinforcement. Cali, Colombia
Founder and General Director,
1992-1996.

MEGALASTRA

Conditioning Center and Rehabilitation
for Sports Injuries, Cali, Colombia
Founder and General Director,
September 3, 1990 – present.
www.megalastraonline.com

FITNESS COACH: CLUB DEPORTIVO CALI, 1ST Div.
Place 2nd in Colombia, 1985 & 1986.

MARIA ISABEL URRUTIA.
Gold Medal Weightlifter from Cali, Colombia,
Australia Olympics - 2000

JAKELINE RENTERIA
Bronze Medal Freestyle Wrestling
Bejing Olympics - 2008

GUSTAVO YACAMAN.
Champion, South American Rally
1988-1994. Currently#1 pilot for BMW.

DIANA SOLIS.
World Champion Skating, 1999-2000.

DIEGO ARMANDO MARADONA.
Rehabilitacion August-November 2000.

COLOMBIAN NATIONAL TENNIS TEAM
Davis Cup. Colombia - Argentina. 1998.

COLOMBIAN NATIONAL TENNIS TEAM
Davis Cup. Colombia - Cuba. 2000.

FOOTBALL CLUB AS BARI - ITALIA.
Rehabilitation and Conditioning Coach for
Niche Guerrero and Zambrotta,
August-October 1997.

FELIPE BALOY.
Panamanian National Football Team,
Special Conditioning Coach – Gold Cup
USA, July, 2009

OTHERS:

HAROLD LOZANO, FAUSTINO ASPRILLA,
FREDDY RINCON (Former Captain of the
Colombian National Team), MAURICIO
"MAO" MOLINA, OSCAR CORDOVA, MIGUEL
CALLERO

CONFERENCES:

1- "PHYSICAL FITNESS AND PREVENTION OF SPORTS INJURIES".

IV Symposium of Physical Education
University of Sao Paulo – Brasil.
December 1992.

University of Los Angeles – California – USA.
April 1999.

2- "PHYSICAL FITNESS FOR YOUTH ATHLETES".

XXV Latin American Congress of Orthopedics and Trauma,
Cartagena. November 1995.

3- "MUSCULAR REINFORCEMENT IN THIGH INJURIES".

XXV Latin American Congress of Orthopedics and Trauma,
Cartagena. November 1995.

4- "MUSCULAR REINFORCEMENT IN INJURIES OR SURGERIES OF THE SHOULDER AND KNEE".

VI Symposium of Physical Education
University of Sao Paulo – Brasil.
December 1996.

5- "PRE-SEASON SPORTS INJURY PREVENTION"

XXV Latin American Congress of Orthopedics and Trauma,
Cartagena. November 1995.

6- "EXERCISE, IT'S A LIFESTYLE".

VIII Symposium of Physical Education.
University of Sao Paulo - Brasil.
December 1998.

XXXIII Latin American Congress of Orthopedics and Trauma,
Cartagena, May 2002.