



Dr. Gina Gao Jianhong, PT, CES, PhD

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Dr. Gina Gao Jianhong is an international master trainer and researcher specializing in Tissue Flossing and Flossband application in sports rehabilitation and injury prevention. With extensive experience in both clinical practice and scientific research, she is recognized for advancing evidence-based flossing techniques and bridging the gap between sports science and rehabilitation practice.

Her pioneering work focuses on quantifying Flossband tension and elongation, developing standardized application methods, and exploring the therapeutic mechanisms of tissue flossing across different populations. She is among the first researchers to investigate the clinical application of tissue flossing for non-specific chronic low back pain and lower back rehabilitation.

Additionally, Dr. Gina specializes in sports injury prevention and rehabilitation, actively collaborating internationally while conducting Flossband workshops and certification programs for healthcare professionals, coaches, and athletes worldwide.

Contributions in Tissue Flossing

- *The Potential Mechanisms of Tissue Flossing with Flossband Application around Joints or Soft Tissues: A Theoretical Framework*
- *The Effect of Tissue Flossing Technique on Sports Injury Prevention and Rehabilitation: A Systematic Review of Recent Research*
- *Effects of Tissue Flossing Application with Directional Differences on Flexibility and Sprint Performance in Male Netball Players*
- *Acute Effect of Tissue Flossing on Muscle Stiffness and Perceptive Rating in Middle Distance Runners: A Pilot Study*

- *Acute Effects of Tissue Flossing with Corrective Exercise Programs on Pain and Trunk Extension Strength Restoration in Patients with Non-Specific Chronic Low Back Pain*
- *Quantifying the Compression Force Matched with Different Elongation Tension of the Flossband*
- *Thermal Effect on Flossband Stretch Tension*
- *The Comprehensive Handbook of Flossband Application*
- *Acute Effects of Tissue Flossing Combined with Corrective Exercise on Pain and Functional Restoration in Non-Specific Chronic Low Back Pain: A Randomized Controlled Trial*