

# Curriculum Vitae

**Male**

**D.O.B. 04 August 1977**

**Number of years working in industry: 23 years 9 months**

**Candidate ID Number:** 11940

**Nationality:** Polish

**Language Skills:**

Fluent: English, Polish

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Massage Therapist

## Personal Statement

I'm a qualified, fully insured, multi-skilled massage therapist with a physiotherapy background and nearly 20 years of experience both in the U.K and Poland.

After graduation from the Medical Vocational School in 2000 in Warsaw, I gained extensive physiotherapy experience in many hospitals in Warsaw, including working as a physiotherapy technician in a renowned Polish rehabilitation hospital where I worked alongside some of the best specialists in the field of physiotherapy. I was also employed at the prestigious sports club, Okecie Warsaw as masseur.

In 2008, I graduated from the North London School of Sports Massage gaining a BTEC Level 4 Professional Diploma in Sports and Remedial Soft Tissue Therapy

Since 2008, I have been working for a Premier League Football Club, in addition to some of London's top sports clinics, health clubs and health spas including:

- West Ham United Football Club
- Dorchester Collection
- Highgate Private Hospital
- The Laboratory Fitness Club
- Ware Football Club
- Cockfosters Football Club

My area of expertise is sports therapy, but I strongly believe my treatment would benefit not only sports people like gym users, amateur or professional athletes but also individuals with day-to-day soft tissue problems. I use a variety of techniques and personalise the treatment for each client. Depending on indications, conditions and needs, my treatment would include:

- deep tissue massage,
- trigger point therapy,
- myofascial release,
- muscle energy techniques,
- stretching

I'm a dynamic, quickly adaptable and ambitious person. My sense of humour and personality make me a good team player. I am constantly trying to broaden my vocational knowledge and I regularly participate in various conferences and training programs.

Seeking work in London, UK

## Employment History:

**February 2018 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Health Club)

**Duties included:**

- Soft Tissue therapy for first team players
- Sports Massage for referees before and after football matches

**June 2018 - October 2020 - Massage Therapist** at De Leon Physiotherapy Clinic , London, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

- Deep tissue and sports massage

**June 2008 - April 2017 - Massage Therapist** at Laboratory Health & Fitness Club in Hendon,, london, UK - United Kingdom, (Health Club)

**Duties included:**

I specialise in Sports Therapy including Strapping & Taping, Deep Tissue Massage, Pre and Post Event Massage, Soft Tissue Release, and Muscle Energy Techniques. I also do Remedial and Relaxing Massage

**June 2014 - April 2016 - Massage Therapist** at Ware football club, Ware, UK - United Kingdom, (Health Club)

**Duties included:**

At the Ware FC, currently members of Isthmian League Division One North, my duties are to support a physiotherapist as Sports Massage Therapist as well as to run training sessions as a Goalkeeping Coach.

**November 2013 - March 2016 - Massage Therapist** at Dorchester spa, London , UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Freelance Massage therapist at the award winning, 5\* SPA providing Deep Tissue, Swedish Massages and Aromatherapy

**August 2011 - November 2015 - Massage Therapist** at Highgate private hospital, London , UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

Freelance, Sports Therapist in Sports Injury Clinic based at Highgate Private Hospital, London where as a part of multidisciplinary team I am responsible for treating clients with various injuries, providing full range of massage treatments, stretching and taping.

**August 2004 - June 2007 - Massage Therapist** at Cockfosters Football Club, London, UK - United Kingdom, (Health Club)

**Duties included:**

Pre-match preparation involving physiotherapy, stretching exercises and massages. Responding to any post-football match injuries.

**August 2003 - June 2004 - Massage Therapist** at Okecie Warsaw" F.C., Warsaw, Poland, (Health Club)

**Duties included:**

The scope of duties included: pre match preparation of the players as far as medical aspects are concerned, then first

aid provided during games and post-match biological regeneration of players

**May 2000 - May 2004 - Physiotherapy Technician** at Specialist Centre of Rehabilitation STOCER", Warsaw, Poland, (Hospital / Medical Clinic)

#### **Duties included:**

In this hospital my remit was to care for patients with spinal chronic illnesses, degeneration diseases of limbs and other musculoskeletal injuries

#### **Education and Qualifications:**

##### **2010 The North London School of Sports Massage,**

NLSSM Certificate

Strapping & Taping Course

##### **2009 Gateway Workshop**

FHT accredited certificate

Indian Head Massage

##### **2008 The Body Basic School of Body Therapy**

FHT approved certificate

On-Site Seated Chair Massage Course

##### **2008 The North London School of Sports Massage**

BTEC Diploma in Sports and Remedial Massage Therapy

#### **Vocational Qualifications**

Medical Vocational School no. 6 in Warsaw.- Diploma of physiotherapy technician

The College of Special Andragogy (Education of Adults Learners Disabled Mentally or Disadvantaged) at the Maria Grzegorzewska Academy for Special Education in Warsaw. Graduated after the completion of a B.A thesis diploma

#### **Hobbies and Interests**

Sport - mainly football as I was playing semi-pro level and have some coaching experience

Books

Cinema, Theatre

Computers

CV created at [www.spastaff.com](http://www.spastaff.com)

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