

Curriculum Vitae

Female

D.O.B. 19 February 1986

Number of years working in industry:

8 years 7 months



Candidate ID Number: 124949

Nationality: Spanish

Language Skills:

Fluent: English, Spanish

Basic: French, Italian

Permitted to work in: European Union

Position Sought: Spa Consultant, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Yoga / Pilates Teacher

Personal Statement

I consider myself a friendly person who inspires confidence and I am able to work with different teams of people, always trying to do my best to make the team work.

I am currently trying to live in a different country to get to know new cultures and be able to improve my skills, not just professionals in a multicultural environment.

Seeking work in international locations

Employment History:

May 2018 - March 2023 - Senior Therapist at (most recent employer hidden for confidentiality) Madrid, Spain, (Hospital / Medical Clinic)

Duties included:

Assesment, evaluation, treatment of inpatients and outpatients from the hospital.

Perform training plans to increase the health and make the patient be better of its injuries.

Make group sessione with the rest of the staff such doctors, nurses and other health specialist to find the better treatment.

Products worked with:

Acupuncture, dry needling, massage, deep tissues message, thai massage, respiratory therapies, therapeutic exercises, training plans, pilates

June 2018 - August 2018 - Head Therapist at CAU Metropolitano Rugby Club, Madrid, Spain, (Health Club)

Duties included:

Head of physiotherapy at a Rugby Club, my duties include supervise the trainings, provide assessment and treatment plans to the first team players.

I go with the team to all the competitions and take care of the players not only during the match but also across the previous hours and provide diagnosis and treatment after the match.

Products worked with:

Ultrasound, dry needling, PRP, pilates, kinesiotaping, stretching, training plans

May 2016 - May 2018 - Head Therapist at Sanitas SPS, Madrid, Spain, (Hospital / Medical Clinic)**Duties included:**

As a part of the tele-health division of the company my duties include talk with patients, perform a diagnosis of their physical conditions and health problems and provide a treatment to restore their health.

Also I was treating with sports professionals and maternity plans to reduce complications and help the future mother to achieve the pregnancy in best health conditions.

Products worked with:

Tele rehabilitaiton, e-health.

Remote working with hand-off therapies

March 2017 - September 2017 - Head Therapist at Eurobuilding Metropolitan SPA, Madrid, Spain, (5 Star Hotel Spa)**Duties included:**

Receive clients from the SPA.

Explain the treatments available to them and help them choose the one that suits them best.

Explain the different hydrothermal circuits.

Inform them about creams and treatments that they can continue to apply at home, as well as payment and appointment management.

Products worked with:

Swedish massage

Deep tissue therapy

Acupuncture

Training Plans

Thai Massage

Body scrub

Lymphatic Drainage

Cupping therapies

Watsu

February 2014 - July 2014 - Head Therapist at Siluets Fitex, Madrid, Spain, (High Street Salon)**Duties included:**

My responsibilities include receiving the patient and making a diagnosis of their injury. Apply the most appropriate therapies to improve your state of health. Recommend additional beauty treatments and products. Make personal training plans.

Products worked with:

Swedish Massage

Sports massage

Pilates

Training Plans

Fitness plans

Dry needling

Ultrasound

September 2012 - January 2014 - Physiotherapy Coordinator at Alcobendas Levitt Football Club, Alcobendas, Spain, (Health Club)

Duties included:

As physiotherapy coordinator of the football club, my duties include:

Management of all other physiotherapists as well as allocation of equipment and treatment rooms. Inventory control and maintenance. Management of first team players as well as diagnosis and treatment, during training and competitions.

Management of the pre-season, carrying out physical reconditioning plans for the first team players. Develop plans to improve the health of players and reduce the occurrence of sports injuries

Products worked with:

Managing

Accounting and inventory

Physiotherapy

Sports Physiotherapy

Dry needling

Acupuncture

Kinesiotapping

Functional tapping

Cupping

Therapeutic Massage

Training Plans

Strength and physical conditioning

Education and Qualifications:

2016 International Thai Massage School, Chiang Mai, Thailand

Level 1 of Thai Massage

Thai Massage Level 1

2014 Spanish Physiotherapy Association

Level KT 3, instructor exam passed at International Kinesiotapping Association

Kinesiotapping

2008 University Francisco de Vitoria

Bachelor Degree

Product Training:

July 2020 Expert in ultrasound and invasive physiotherapy that includes the application of techniques such as neuromodulation and acupuncture and electroacupuncture.

Catholic University of Murcia.

Expert in ultrasound and invasive physiotherapy that includes the application of techniques such as ultrasound for diagnosis, neuromodulation, acupuncture and electroacupuncture.

September 2018 Myofascial Release Techniques

FUDEN, Madrid

Myofascial release techniques allow acting on that tissue, relaxing the existing tension and improving muscle trophism and the range of joint movement.

March 2016 Expertise in sports physiotherapy

Complutense University of Madrid

Expertise in Sports Physiotherapy including training plans and different therapy techniques as functional tapping, osteopathy techniques, sports massage, Maitland therapy, dry needling

April 2014 Pilates Method

Madrid Gimnastics Federation

Pilates professor in its different modalities, floor, apparatus and machines

September 2008 Expertise in Manual Therapies

Francisco de Vitoria University, Madrid

Expert in manual therapy that includes techniques such as sports massage, osteopathy, ciryax massage, ice massage, hydrotherapy, mud and parafango, wraps and manual lymphatic drainage

September 2008 Bachelor in Physiotherapy

Francisco de Vitoria University, Madrid

Bachelor in physiotherapy includes a deep knowledge of human anatomy and physiology.

Manual therapy techniques and different massage modalities, such as Swedish massage, deep massage, Maitland technique, Mckenzie method, votdja, perfetti and others

Vocational Qualifications

Scuba Diving, Padi Rescue Diver and I am take Dive Master Level at this moment

First Aid provider and CPR provider by the American Heart Association every two years

Bachelor in Computer Sciences

Hobbies and Interests

Strength Training, reading, travel, diving, crochet, beauty therapies

CV created at www.spastaff.com

